

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

NINJA®

Foodi®

MAX

Dual Zone
9.5L Air Fryer

With Smart Cook System

QUICK START
GUIDE



+ COOKING CHARTS
+ IRRESISTIBLE RECIPES

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USING YOUR NINJA® FOODI® MAX DUAL ZONE AIR FRYER

6 COOKING PROGRAMS

<p>MAX CRISP</p> <p>Best for cooking smaller quantities of frozen foods like chicken nuggets and battered onion rings</p>	<p>AIR FRY</p> <p>Best for fresh foods like chips and your favourite frozen snacks</p>	<p>ROAST</p> <p>Best for roasting joints of meat and vegetables</p> <p>TIP: Use the probe when cooking meats</p>
<p>REHEAT</p> <p>Best for reviving leftovers</p>	<p>DEHYDRATE</p> <p>Best for making veggie/fruit crisps and jerky</p>	<p>BAKE</p> <p>Best for making cakes and other baked desserts</p>

RECIPE KEY

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



Vegetarian Food



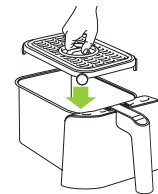
Digital Cooking Probe



FOR BEST RESULTS

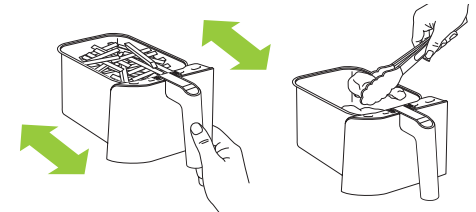
CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry and for all recipes in this guide unless otherwise stated. Ensure crisper plate is inserted into the bottom of the drawer before food is added unless recipe states that the crisper plate is not required.



SHAKE OR TOSS

For best results, frequently shake your food or toss it with silicone-tipped tongs to get it as crispy as you'd like.

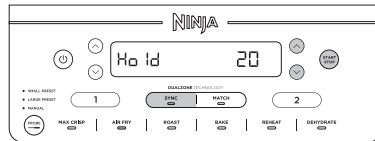


Using DualZone Technology

(without Probe)

SYNC

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



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select the desired cooking function (e.g., AIR FRY).



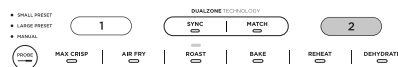
STEP 2: Set Time & Temperature

- Use the left arrows to set the temperature.
- Use the right arrows to set the time.



STEP 3: Program Zone 2

- Select Zone 2.
- Select the desired cooking function (e.g., ROAST), and repeat Step 2.



STEP 4: Begin Cooking

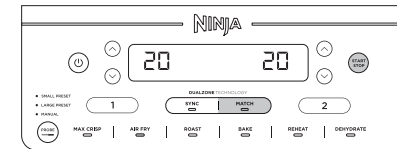
- Select SYNC.
- Press the START/STOP button to begin cooking.
- The Zone with the shorter cook time will display HOLD.



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

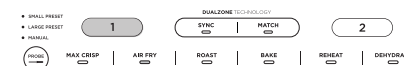
MATCH

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



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select the desired cooking function (e.g., AIR FRY).



STEP 2: Set Time & Temperature

- Use the left arrows to set the temperature.
- Use the right arrows to set the time.



STEP 3: Begin Cooking

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



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

Perfectly done with the Digital Cooking Probe

The leave-in probe continuously monitors the internal temperature of food in two places for more accurate cooking results.

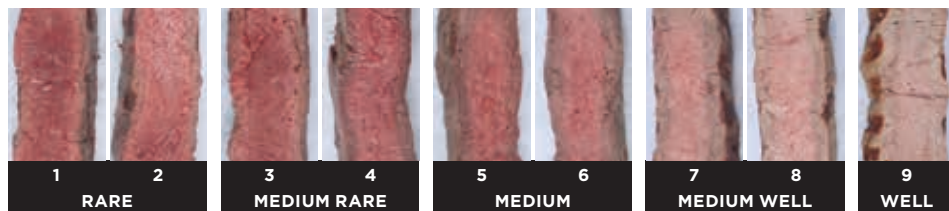
For more information on how to use the probe, refer to pages 7-9.



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

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.



Cooking in a Single Zone with Probe

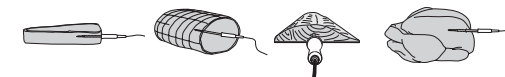
Using the probe to cook joints of meat in a single cooking zone?

STEP 1 Setup

- Remove the probe storage compartment located on the left-hand side of the unit and unwind the cord to remove the probe.
- Remove Zone 1 drawer (before plugging in the probe).

STEP 2 Insert Probe

- Insert probe in protein using the guide in the Instruction Booklet to ensure the probe is placed correctly.
- Place protein in basket and insert into unit.



STEP 3 Function Selection

- Plug probe into socket (located on the left-hand side of the control panel).
- Select Zone 1 and then desired cooking function (e.g. Air Fry)

STEP 4 Probe Selection

- **SMALL PRESET**
 - **LARGE PRESET**
 - **MANUAL**
- Use the PROBE button to select either Small or Large preset, depending on size of protein. Use the arrows on the right of the display to select your desired food type and the arrows on the left of the display to set the internal outcome of your food.
- If selecting the MANUAL button, use the internal cook temperatures recommended in the Instructions.



NOTE: Cooking temperature will automatically default based on function selection. Temperature can be adjusted based on preference or recipe Instructions.

There is no temperature adjustment available on Max Crisp.

STEP 5 Start Cooking

- There is no preheat needed.
- Once you have made your selections, press the START/STOP button to begin cooking.
- The screen will display the current probe temperature as well as the target temperature.

STEP 6 Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

SYNC with Probe

Using the probe to make a joint of meat and potatoes?
Program each zone and pair the probe with SYNC Technology to eliminate the guesswork and have both zones finish at the same time.

MATCH with Probe

Cooking the same food in each zone?
Set Zone 1 with probe and use Match Cook to automatically match settings to Zone 2.

STEP 1

Set up Zone 1 with Probe

- Remove the probe storage compartment located on the left-hand side of the unit and unwind the cord to remove the probe.
- Remove Zone 1 drawer (before plugging in the probe).
- Insert probe in protein using the guide in the Instructions to ensure the probe is placed correctly.
- Place protein in drawer and insert into unit.

NOTE: The Digital Cooking Probe can only be used in Zone 1.

STEP 2

Program Zone 1

- Plug probe into the socket (located on the left-hand side of the control panel).
- Select Zone 1 and the desired cook function (e.g., Roast).
- Use the arrows on the left of the display to select the desired cook temperature.
- Use the PROBE button to select either the Small or Large preset, depending on the size of the protein. Reference the preset cooking chart on the following page for guidance.
- Use the arrows on the left of the display to select your desired protein and the arrows on the right of the display to set the internal outcome.

NOTE: You can't use the manual probe setting when selecting SYNC.

STEP 3

Program Zone 2

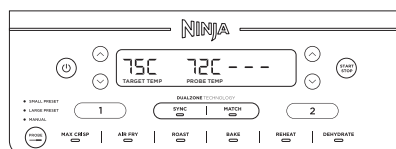
- Select Zone 2.
- Select function (e.g., Air Fry).
- Set cook temperature and time.

STEP 4

Start Cooking

- Select SYNC.
- Press the START/STOP button to begin cooking.

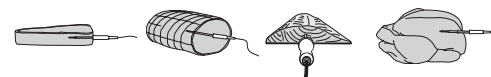
NOTE: During the initial setup, the zone with the shorter cook time will display HOLD. When cooking begins, the display will always show the probe and target temperature in Zone 1 and progress bars in Zone 2 during cook cycle. Select Zone 2 to see the remaining cook time.



STEP 1

Set up Zone 1 with Probe

- Remove the probe storage compartment located on the left-hand side of the unit and unwind the cord to remove the probe.
- Remove Zone 1 drawer (before plugging in the probe).
- Insert the probe in the protein according to the guide in the Instructions.
- Place protein in drawer and insert into unit.
- Plug probe into socket (located on the left-hand side of the control panel).



NOTE: The Digital Cooking Probe can only be used in Zone 1.

STEP 2

Program Zone 1

- Select Zone 1 and the desired cook function (e.g., Roast).
- Use the PROBE button to select Small Preset or Large Preset, depending on the size of the protein. Reference the preset cooking chart below for guidance.
- If selecting the MANUAL button, use the internal cook temperatures recommended in the Instructions.
- Use the arrows on the left of the display to select your desired protein and the arrows on the right of the display to set the internal outcome.
- Select MATCH, then press and the START/STOP button to begin cooking.



Preset Cooking Chart

PROTEIN	PRESET	EXAMPLES	WEIGHT (per drawer)
Pork	Small	Sausages	2 (250g each)
		Bone-In Pork Chops	2 (250g each)
	Large	Pork Fillet	1 (1kg each)
		Pork Loin/Roast	1 each (1.8-2.3kg)
Chicken	Small	Chicken Breast	3-4 each, (150-250g each)
		Bone-In Chicken Thighs	3-4 (100-150g each)
	Large	Whole Chicken	1 (up to 2kg)
Beef	Small	Steak (rare through well)	2-4 (175-350g each)
	Large	Topside	1 (1.3-1.8kg)
Fish	Small	Salmon Fillets	3-4 (120g each)
	Large	Side of Salmon	1 (300-450g)

Air Fry Cooking Chart

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

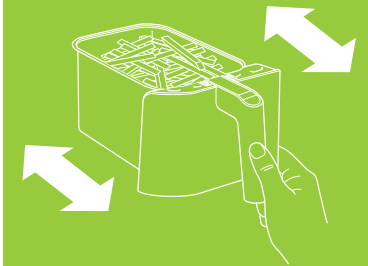
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
FRESH VEGETABLES					
Asparagus	400g	Whole, stems trimmed	2 tsp	200°C	6-8 mins
Beetroot	6 small or 4 large (about 1kg)	Whole	None	200°C	40-60 mins
Bell Peppers	4 (600g)	Whole	None	200°C	15-16 mins
Broccoli	400g	Cut in 2.5cm florets	1 Tbsp	200°C	11 mins
Brussels Sprouts	640g	Cut in half, stem removed	2 Tbsp	200°C	13-15 mins
Butternut squash	500-750g	Cut in 2.5cm pieces	1 Tbsp	200°C	16-18 mins
Carrots	500g	Peeled, cut in 1.5cm pieces	1 Tbsp	200°C	14-16 mins
Cauliflower	600g	Cut into 2.5cm florets	2 Tbsp	200°C	10-12 mins
Celeriac	600g	Peel and cut into 1.5cm cubes, 2 tbsp oil	1 Tbsp	200°C	14-16 mins
Corn on the cob	4 ears	Whole ears, husks removed, ends trimmed	1 Tbsp	200°C	15-18 mins
Courgette	500g	Cut in quarters lengthwise, then cut into 2.5cm pieces	1 Tbsp	200°C	8-10 mins
Fine Green Beans	400g	Trimmed	1 Tbsp	200°C	7-8 mins
Kale (for chips)	225g	Torn in pieces, stems removed	None	150°C	9 mins
Mushrooms	300g	Wiped, cut in quarters	1 Tbsp	200°C	10 mins
Portobello mushrooms	250g	Whole, brush with oil	1 Tbsp	180°C	10-12 mins
Parsnips	500g	Peel and cut into 1.5cm lengths, 1 tbsp oil	1 Tbsp	200°C	12-14 mins
Potatoes, white e.g. King Edward, Maris Piper or Russet	1kg	Cut in 2.5cm wedges	1 Tbsp	200°C	22-26 mins
	500g	Hand-cut chips*, thin	1/2-3 Tbsp, vegetable oil	200°C	16-18 mins
	500g	Hand-cut chips*, thick	1/2-3 Tbsp, vegetable oil	200°C	18-20 mins
	500g	Cut into even sized pieces	2 Tbsp, vegetable oil	200°C	15-20 mins
	4 whole (185-250g each)	Pierced with fork 3 times	1 Tbsp	200°C	36-40 mins
Potatoes, sweet	1kg	Cut in 2.5cm chunks	1 Tbsp	200°C	18-20 mins
	4 whole (185-250g each)	Pierced with fork 3 times	1 Tbsp	200°C	32-40 mins
Turnip	500g	Peel and cut into 1.5cm cubes, 2 tbsp oil	1 Tbsp	200°C	15-17 mins
FRESH POULTRY					
Chicken breasts	4 (600g)	None	Brushed with oil	200°C	15-16 mins
Chicken thighs	6 thighs (125-150g each/750-900g)	Bone in/skin on	Brushed with oil	200°C	19-22 mins
	6-8 thighs (100g each/600-800g)	Boneless/skinless	Brushed with oil	200°C	15-16 mins
Chicken wings	1kg	None	Brushed with oil	200°C	27-30 mins
Duck breasts	2 (400g)	Slash skin, cook breast side down, turn over halfway	Brushed with oil	200°C	18-22 mins
FRESH FISH & SEAFOOD					
Cod fillets	4 (480g)	None	Brushed with oil	200°C	6-8 mins
Fish cakes	2 (145g each)	None	None	200°C	12 mins
Prawns	16 jumbo (165g)	None	1 Tbsp	200°C	3-4 mins
Salmon fillets	4 (520g)	None	Brushed with oil	200°C	12-14 mins

For best results, shake or toss often.

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

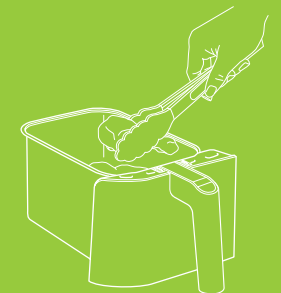
NOTE: unless stated otherwise in the preparation column, shake or toss often.

Shake your food



OR

Toss with silicone-tipped tongs



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

Air Fry Cooking Chart, continued

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

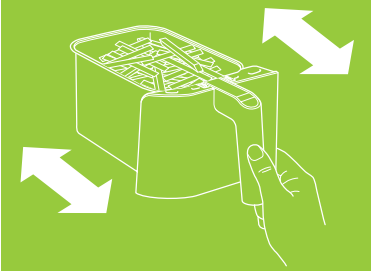
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
FRESH BEEF					
Burgers	4 (125g each)	2.5cm thick	None	190°C	11-12 mins
Steaks*	2 (230g each)	Whole	Brushed with oil	200°C	8-12 mins
FRESH PORK					
Bacon	4 rashers	None	None	220°C	6 mins
Gammon steak	1 (225g)	Cut rind at 2cm, turn over after 5 mins	Brushed with oil	190°C	10-12 mins
Pork chops	2 bone-in (250g each)	None	Brushed with oil	200°C	12-13 mins
	4 boneless (100g)	None	Brushed with oil	200°C	10-12 mins
Sausages	2 Pork Tenderloins (350-500g each)	None	Brushed with oil	190°C	22-27 mins
	4 (205g)	None	None	200°C	8 mins
Sausages	8 (410g)	None	None	200°C	10 mins
FRESH LAMB					
Lamb chops	4 (340g)	None	Brushed with oil	180°C	11-12 mins
Lamb steaks	3 (300g)	None	Brushed with oil	180°C	12-13 mins
FROZEN FOODS					
Breaded fish fillets	4 (440g)	Turn halfway	None	200°C	13-15 mins
Breaded garlic mushrooms	300g	None	None	190°C	10-12 mins
Chicken goujons	11 (270g)	None	None	190°C	8 mins
Chicken Kiev	4 (500g)	None	None	180°C	15 mins
Chicken nuggets	24 (400g)	None	None	200°C	13-15 mins
Fish fillets in batter	4 (440g)	Turn halfway	None	180°C	18 mins
Fish fingers	10 (280g)	None	None	200°C	15 mins
Hash browns	7 (390g)	Single layer	None	200°C	15 mins
Potato croquettes	550g	None	None	190°C	18-19 mins
Prawn tempura	8 (140g)	Turn halfway	None	190°C	8-9 mins
Roast potatoes	700g	None	None	190°C	20 mins
Scampi in breadcrumbs	280g	None	None	180°C	12 mins
Vegan burgers	4 (265g)	Single layer	None	180°C	10 mins
Vegan nuggets	14 (320g)	Single layer	None	180°C	12 mins
Vegetarian sausages	6 (270g)	None	None	190°C	9-10 mins
Yorkshire pudding	8 (150g)	None	None	180°C	3-4 mins

For best results, shake or toss often.

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

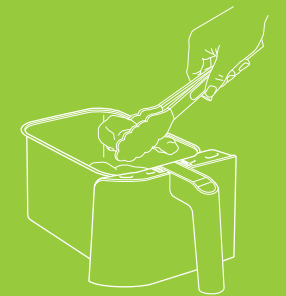
NOTE: unless stated otherwise in the preparation column, shake or toss often.

Shake your food



OR

Toss with silicone-tipped tongs



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

* If you prefer a rarer steak, choose the min time and if you prefer a well done steak, cook to max time

Air Fry Cooking Chart, continued

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

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
CHIPS					
Home made chips, 1cm thick	500g	Soak in water for 30 mins, pat dry	1-3 Tbsp oil	200°C	16-18 mins
Home made chips, 2cm thick	500g	Soak in water for 30 mins, pat dry	1-3 Tbsp oil	200°C	18-20 mins
Frozen chunky oven chips	500g	None	None	200°C	20 mins
Frozen crinkle chips	500g	None	None	210°C	18-20 mins
Frozen curly fries	700g	None	None	210°C	18-20 mins
Frozen French fries	500g	None	None	180°C	20 mins
Frozen gastro chips	700g	None	None	220°C	22 mins
Frozen potato wedges	650g	None	None	190°C	20 mins
Frozen skin on fries	500g	None	None	200°C	18-20 mins
Frozen straight cut chips	500g	None	None	200°C	18 mins
Frozen sweet potato fries	500g	None	None	180°C	22-24mins



Homemade chips



Chunky Chips



Crinkle Chips



French Fries



Potato Wedges



Sweet Potato Fries

Max Crisp Cooking Chart, Ideal for frozen foods

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

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	COOK TIME
FROZEN FOOD				
Battered onion rings	300g	None	None	9-10 mins
Chicken dippers	400g	None	None	9-10 mins
Chicken nuggets	400g	None	None	10 mins
Fish goujons	275g	None	None	10 mins
French Fries	500g	None	None	14 mins
Mozzarella sticks	180g	None	None	7-8 mins
Popcorn chicken	500g	None	None	12 mins
Potato pops	500g	None	None	12 mins
Waffle fries	550g	None	None	14-16 mins

NOTE There is no temperature adjustment available or necessary when using the Max Crisp function.

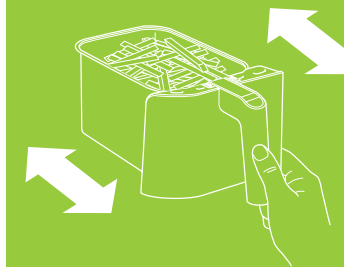
NOTE Best for cooking smaller quantities of frozen food which may need a high temperature.

For best results, shake or toss often.

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

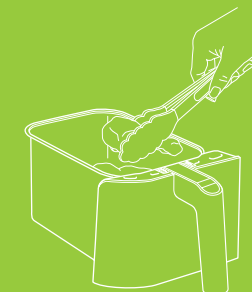
NOTE: unless stated otherwise in the preparation column, shake or toss often.

Shake your food



OR

Toss with silicone-tipped tongs



NOTE If cooking smaller amounts of food, use the recommended temperature, but reduce the time. For best results, check food and shake or toss it often until it reaches the desired outcome.

Roast Chart

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
FRESH MEAT					
Chicken, whole	1.38kg	Truss legs	Brush with oil	170°C	50 mins
Beef, top rump joint	750g	None	Brush with oil	160°C	45-50 mins (medium)
Pork, loin, boneless	800g	None	Score fat	180°C	60 mins

For best results, shake or toss often.

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

NOTE: unless stated otherwise in the preparation column, shake or toss often.

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRESH FRUITS & VEGETABLES			
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry	60°C	7-8 hours
Asparagus	Cut in 2.5cm pieces, blanched	60°C	6-8 hours
Bananas	Peeled, cut in 3mm slices	60°C	8-10 hours
Beetroot	Peeled, cut in 3mm slices	60°C	6-8 hours
Aubergine	Peeled, cut in 3mm slices, blanched	60°C	6-8 hours
Fresh herbs	Rinsed, patted dry, stems removed	60°C	4 hours
Ginger root	Cut in 3mm slices	60°C	6 hours
Mangoes	Peeled, cut in 3mm slices, 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
FRESH MEAT, POULTRY, FISH			
Beef, Chicken, 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

Using DualZone Technology: SYNC

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

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

CHOOSE ANY TWO	ADD ONE RECIPE PER ZONE	SET BOTH ZONES AND USE SYNC		
RECIPE	AMOUNT	MIX OR COMBINE THESE INGREDIENTS	FUNCTION	TEMP/TIME
Fish Cakes	2 fish cakes	Brush with melted butter	Air Fry	200°C 12-15 minutes
Balsamic Roasted Tomatoes	500g cherry tomatoes	60ml balsamic vinegar 1 Tbsp vegetable oil	Roast	200°C 15 minutes
Honey Sage Pork Chops	2-3 boneless pork chops (120g each)	1 Tbsp vegetable oil 1 Tbsp honey, 1/2 teaspoon dried sage	Roast	200°C 17-20 minutes
Cajun Potatoes	4 medium potatoes, diced	2 Tbsp vegetable oil 2 Tbsp Cajun seasoning	Air Fry	200°C 30 minutes
Green Beans with Almonds	500g green beans, ends trimmed	2 Tbsp vegetable oil 60g sliced almonds	Air Fry	200°C 8-10 minutes
Miso Glazed Salmon	3 salmon fillets (170g each)	2 Tbsp miso paste, 1 teaspoon vegetable oil Rub on to salmon	Air Fry	200°C 12-14 minutes
Honey Hazelnut Brussels Sprouts	500g Brussels sprouts, cut in half	2 Tbsp vegetable oil, 60ml honey, 60g chopped hazelnuts	Air Fry	200°C 13-15 minutes
Buffalo Chicken Thighs	4 boneless skin-on chicken thighs (110-140g each)	240ml buffalo sauce, toss with chicken	Air Fry	200°C 15-20 minutes
Plant Based "Meat" Burger	4 burgers (125g each) plant-based ground "meat"	1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	190°C 12 minutes
Mediterranean Cauliflower	1 head cauliflower, cut in 1.5cm florets	120ml tahini, 2 Tbsp vegetable oil	Air Fry	200°C 17-20 minutes
Frozen French Fries	500g	Season as desired	Air Fry	180°C 20 minutes
Corn on the cob	4	Brush with melted butter	Roast	180°C 15 minutes

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

HUNTERS BBQ CHICKEN & CHIPS

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

INGREDIENTS

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

DIRECTIONS

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



GARLIC LEMON ROAST CHICKEN WITH PARMESAN POTATOES



PREP: 15 MINUTES | **ROAST:** APPROX: 55 MINUTES | **AIR FRY:** 35 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

50g butter
1 lemon, zested and cut in half
2 garlic cloves, crushed
Salt and pepper, to taste
1.5kg whole chicken
1 tablespoon olive oil

POTATOES

800g new potatoes, cut in half lengthways
2 tablespoons olive oil
Few sprigs rosemary, roughly torn
30g Parmesan, grated
Salt and pepper, to taste

DIRECTIONS

- 1 Mash the butter with lemon zest, crushed garlic and seasoning
- 2 Season chicken cavity with salt and pepper. Stuff the lemon garlic butter under the skin of the chicken, place zested lemon halves into the cavity. Brush oil over the chicken and season the outside.
- 3 In a bowl, toss the prepared potatoes with oil and season to taste.
- 4 Insert the crisper plate into the Zone 1 drawer and place the chicken inside. Place probe into thickest part of the chicken, feed probe cord through cut out in top of drawer, then place probe in the socket to the bottom left of display. Insert drawer into unit.
- 5 Insert the crisper plate into the Zone 2 drawer and place the potatoes inside.
- 6 Select Zone 1, select ROAST, set temperature to 190°C and select Large Preset, then use arrows on the left to select chicken. Select Zone 2, select AIR FRY, set temperature to 190°C and set time to 35 minutes. Select SYNC. Press START/STOP.
- 7 Check and turn the potatoes again a couple of times before the cooking time is up so they cook and brown more evenly. When cooking is complete toss the grated Parmesan in and shake drawer.
- 8 Carve and serve the chicken with the potatoes.



CHICKEN CORDON BLEU WITH COURGETTES



PREP: 25 MINUTES | **AIR FRY:** APPROX. 35 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

2 chicken breasts, 180g each
Salt and pepper, to taste
2 teaspoons olive oil
2 slices cooked ham
100g Emmental cheese, sliced
20g plain flour
2 eggs
100g golden breadcrumbs

COURGETTES

3 courgettes, sliced into 1cm discs
2 tablespoons olive oil
2 teaspoons dried herbs de Provence or mixed herbs
Salt and pepper, to taste

DIRECTIONS

- 1 In a bowl, toss the prepared courgettes with oil and herbs. Season to taste.
- 2 Insert the crisper plate into the Zone 2 drawer and place the courgettes inside.
- 3 Place the chicken breasts on a cutting board, slice them with a knife without cutting all the way through and open like a book, pressing down to flatten them. Place between baking parchment. Using a rolling pin, flatten the chicken until it is ½ cm thick. Lay one slice of ham, and 50g sliced cheese across flattened breast. Roll ham and cheese into the breast, rolling from the thin end first.
- 4 Take three shallow bowls. Put the flour with salt and pepper in one, beat the eggs in another, add the breadcrumbs in the third. Dip the chicken in the flour, turning them to coat them well, then in the eggs and finally in the breadcrumbs. Repeat dipping again in the eggs then in the breadcrumbs.
- 5 Insert the crisper plate into the Zone 1 drawer and place chicken breasts into the drawer. Place probe into thickest part of one of the chicken breasts, feed probe cord through cut out in top of drawer, then place probe in the socket to the bottom left of display. Insert drawer into unit.
- 6 Select Zone 1, select AIR FRY, set temperature to 190°C and select Small Preset, then use arrows on the left to select chicken. Select Zone 2, select AIR FRY, set temperature to 190°C and set time to 20 minutes. Select SYNC. Press START/STOP.
- 7 Shake the courgette again a couple of times before the cooking time is up so they cook more evenly. When cooking is complete and serve chicken immediately with courgettes.



ROAST BEEF WITH POTATOES



PREP: 15 MINUTES | **ROAST:** APPROX: 55 MINUTES | **AIR FRY:** 30 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 tablespoon olive oil
1.3kg beef roasting joint
Salt and pepper, to taste

POTATOES

800g new potatoes, cut in half lengthways
2 tablespoons olive oil
Few sprigs rosemary, roughly torn
Salt and pepper, to taste

DIRECTIONS

- 1 Rub olive oil over beef joint and season with salt and pepper.
- 2 In a bowl, toss the prepared potatoes with oil and rosemary and season to taste.
- 3 Insert the crisper plate into the Zone 1 drawer and place the beef joint inside. Place probe into thickest part of the meat, feed probe cord through cut out in top of drawer, then place probe in the socket to the bottom left of display. Insert drawer into unit.
- 4 Insert the crisper plate into the Zone 2 drawer and place the potatoes inside.
- 5 Select Zone 1, select ROAST, set temperature to 190°C and select Large Preset, then use arrows on the left to select beef and arrows on the right to preferred outcome. Select Zone 2, select AIR FRY, set temperature to 190°C and set time to 30 minutes. Select SYNC. Press START/STOP.
- 6 Check and turn the potatoes again a couple of times before the cooking time is up so they cook and brown more evenly.
- 7 When cooking is complete allow the beef to rest and serve with potatoes



SALAMI & RICOTTA CALZONE

PREP: 15 MINUTES | **AIR FRY:** 8-9 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

350g shop bought or homemade raw pizza dough
150g ricotta
125g mozzarella, diced into 1½ cm cubes and drained
6 tablespoons pizza sauce
40g sliced salami, cut into 1 cm strips
Handful of basil leaves, roughly torn
Salt and pepper, to taste
Plain flour, for rolling
Oil cooking spray
Extra virgin olive oil, to serve (optional)



DIRECTIONS

- 1 Begin by dividing the dough into two equal balls. Roll out each into a 26cm circle on a floured surface.
- 2 Spread half of the ricotta onto each circle leaving a 2.5cm border around the edges. Season each with salt and pepper. Spread 2 tablespoons of pizza sauce onto each circle over the ricotta. Sprinkle over half the mozzarella, half the basil leaves and half the salami onto each circle.
- 3 Dampen the edges of the dough lightly with water and flip one half over the other to make a half moon. Press the edges together to close then go around the edge pinching and folding the dough over onto itself to ensure it is sealed.
- 4 Insert the crisper plates into both drawers. Spray the plates with oil and place a calzone into each drawer. Spread a tablespoon of pizza sauce over the top of each calzone, avoiding the crimped edges. Spray the calzone with oil and insert both drawers into the unit.
- 5 Select Zone 1, select AIR FRY, set temperature to 220°C and set time to 9 minutes. Select MATCH. Press START/STOP.
- 6 Begin checking after 8 minutes. The last minute is crucial. They will be done at 8 minutes but to get the calzone a little crisper and coloured, cook for another 20-30 seconds. Watch carefully as the top of the calzone may burn if you cook them for the whole 9 minutes.
- 7 Serve hot drizzled with extra virgin olive oil, if desired.

TIP: To make the calzone vegetarian, simply leave out the salami.

PORK FILLET WITH ROASTED VEGETABLES



PREP: 15 MINUTES | **ROAST:** APPROX: 35 MINUTES | **MAKES:** 3-4 SERVINGS

INGREDIENTS

1 tablespoon olive oil
700g pork fillet
Salt and pepper, to taste

ROASTED VEGETABLES

3 courgettes, 1cm slices
1 red pepper, 2.5cm slices
1 yellow pepper, 2.5cm slices
2 red peppers, cut into 8 wedges
4 garlic cloves, crushed
2 tablespoons olive oil
Salt and pepper, to taste

DIRECTIONS

- 1 Rub olive oil over pork fillet and season with salt and pepper.
- 2 In a bowl, toss the prepared vegetables with oil and garlic, season to taste.
- 3 Insert the crisper plate into the Zone 1 drawer and place the pork fillet inside. Place probe into thickest part of the meat, feed probe cord through cut out in top of drawer, then place probe in the socket to the bottom left of display. Insert drawer into unit.
- 4 Insert the crisper plate into the Zone 2 drawer and place the vegetables inside.
- 5 Select Zone 1, select ROAST, set temperature to 190°C and select Large Preset, then use arrows on the left to select pork and arrows on the right to preferred outcome. Select Zone 2, select ROAST, set temperature to 190°C and set time to 25 minutes. Select SYNC. Press START/STOP.
- 6 Check and turn the vegetables again a couple of times before the cooking time is up so they cook more evenly.
- 7 When cooking is complete, allow the pork to rest and serve with roasted vegetables



HERBED PORK CHOPS WITH GREEN BEANS



PREP: 15 MINUTES | **ROAST:** APPROX: 30 MINUTES | **AIR FRY:** 8 MINUTES
MAKES: 2 SERVINGS

INGREDIENTS

1 tablespoon olive oil
2 teaspoons of finely chopped rosemary and thyme
Salt and pepper, to taste
2 thick cut pork chops, 250g each
1 tablespoon olive oil

GREEN BEANS

300g green beans
1 tablespoon olive oil
Salt and pepper, to taste

DIRECTIONS

- 1 Rub olive oil and the fresh herbs over pork chops. Season with salt and pepper.
- 2 In a bowl, toss green beans with olive oil and season to taste.
- 3 Insert the crisper plate into the Zone 1 drawer and place the pork chops inside. Place probe into thickest part of one of the pork chops, feed probe cord through cut out in top of drawer, then place probe in the socket in the bottom left of display. Insert drawer into unit.
- 4 Insert the crisper plate into the Zone 2 drawer and place the green beans inside.
- 5 Select Zone 1, select ROAST, set temperature to 190°C and select Small Preset, then use arrows on the left to select pork and arrows on the right to preferred outcome. Select Zone 2, select AIR FRY, set temperature to 190°C and set time to 8 minutes. Select SYNC. Press START/STOP.
- 6 Shake the beans again a couple of times before the cooking time is up so they cook more evenly.
- 7 When cooking is complete allow the pork to rest for 5 minutes and serve with green beans.



MUSHROOM, HAM & CHEESE ARANCINI

PREP: 45 MINUTES (PLUS 30 MINUTES CHILLING TIME) | **AIR FRY:** 20 MINUTES
MAKES: 12 BALLS

INGREDIENTS

250g Arborio rice
50g unsalted butter
50g Parmesan, grated
2 teaspoons olive oil
250g chestnut mushrooms, roughly chopped
2 cloves garlic, minced
90g thick sliced ham, chopped into 1cm squares
25g bunch parsley
2 medium eggs, beaten
Approx. 50g Gruyère cheese, cut into 12 x 2cm cubes
Salt and pepper, to taste
Oil cooking spray

CRUMBING MIXTURE

75-100g panko breadcrumbs

DIRECTIONS

- 1 Begin by boiling the rice in salted water until tender (approx. 15 minutes) and draining it well. Mix in butter and Parmesan. Spread the mixture out onto a shallow tray and allow to cool.
- 2 Heat olive oil in a non-stick frying pan and saute mushrooms until liquid has evaporated. Add garlic and cook for 2 minutes. Set aside to cool.
- 3 When the rice has cooled down, mix in the mushrooms, ham, parsley and eggs and season to taste. Spread mixture in a thin layer and allow to cool.
- 4 Divide the mixture into 12 even amounts. Place some cold water into a bowl and dampen your hands with water as you shape each amount into a ball. Make a small indent into each ball and place a cube of cheese inside. Close rice mixture nearly over the cheese. Place each ball onto a parchment lined tray as you go.
- 5 Insert crisper plates into both drawers. Spray the plates with oil and set aside.
- 6 Roll each ball directly into panko breadcrumbs and place into the drawers. Spray the rice balls with oil and insert both drawers into unit.
- 7 Select Zone 1, select AIR FRY, set temperature to 190°C and set time to 20 minutes. Select MATCH. Press START/STOP.
- 8 When the rice balls are cooked, serve them hot.



LAMB KEBABS & AUBERGINE WEDGES

PREP: 20 MINUTES | **AIR FRY:** 15-17 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

400g minced lamb, fridge cold
20g fresh breadcrumbs, soaked briefly in cold water and squeezed out

1 spring onion, chopped finely

1 clove garlic, minced

2 teaspoons Baharat spice mix

1½ tablespoon finely chopped coriander

1½ tablespoon finely chopped parsley

2 tablespoon olive oil

2 aubergines (approx. 600g in total), each cut into 6 wedges

1 teaspoon salt

1 teaspoon pepper

Extra roughly chopped parsley and coriander, to garnish

Aleppo chilli flakes, to sprinkle (optional)

Oil cooking spray

Warm pitta bread, to serve

You will need four soaked 20cm wooden skewers for this recipe.



DIRECTIONS

- 1 Mix the minced lamb, breadcrumbs, spring onion, garlic, Baharat spice and finely chopped coriander and parsley in a bowl. Add salt and pepper. Divide the mixture into four and shape evenly onto each skewer leaving 4cm at the end of the stick.
- 2 Mix the aubergines with the 2 tablespoons of oil and season to taste.
- 3 Insert the crisper plate into the Zone 1 drawer, spray the crisper plate with oil and place the kebabs onto the plate with each one facing in opposite directions as you go so they fit. Insert the drawer in unit.
- 4 Insert the crisper plate into the Zone 2 drawer and place the aubergines inside. Insert the drawer in unit.
- 5 Select Zone 1, select AIR FRY, set temperature to 200°C and set time to 9 minutes. Select Zone 2, select AIR FRY, set temperature to 200°C and set time to 15 minutes. Select SYNC. Press START/STOP.
- 6 Carefully give the aubergines a turn at least twice whilst cooking so they brown evenly. Check towards the end. They may need a couple more minutes.
- 7 When cooking is complete, serve hot, with warm pitta. Garnish with roughly chopped parsley and coriander and sprinkled with Aleppo pepper, if desired.

TIP: Serve with mint yogurt sauce by combining 150ml Greek or whole milk yogurt with a handful of chopped mint and salt to taste.

FISH 'N' CHIPS

PREP: 10 MINUTES | **AIR FRY:** 24-26 MINUTES | **ROAST:** 14 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

FOR THE CHIPS

700g King Edward or Maris Piper potatoes

2 tablespoons sunflower oil

Sea salt

2 teaspoons semolina (optional)

Lemon wedges and parsley to garnish

FOR THE FISH

2 slices stale bread, crusts removed and torn into pieces

1 garlic clove

Zest of 1 lemon

5g fresh parsley, leaves and stalks

Sea salt and pepper to taste

4 120g chunky thick skinless cod fillets, pat dry

2 tablespoons oil

Serve with tartar sauce and mushy peas

DIRECTIONS

- 1 Peel potatoes and cut into 1.5cm thick chips. Place in a bowl, cover with water and allow to soak for 30 minutes to remove excess starch. Rinse and pat potatoes dry.
- 2 In a clean bowl, add chips, oil, salt and semolina. Toss together to make sure the chips are coated. Insert crisper plates into both drawers and add the chips to Zone 1 drawer.
- 3 Place bread, garlic, lemon, parsley and seasoning into a food processor. Whizz until you have fine breadcrumbs. Add oil and pulse until mixed. Spoon breadcrumb topping onto cod. Press topping on with the back of spoon. Spray Zone 2 drawer and carefully place topped cod into drawer.
- 4 Select Zone 1, select AIR FRY, set temperature to 200°C and set time to 26 minutes. Select Zone 2 and select ROAST, set temperature to 170°C and set time to 14 minutes. Select SYNC. Press START/STOP.
- 5 After 10 minutes, shake Zone 1 drawer, shake again after 15 and 20 minutes. Check at 24 minutes if cooked enough.
- 6 When cooking time is complete, remove fish and chips and serve with tartar sauce and mushy peas.



ROASTED SALMON & PARMESAN ASPARAGUS

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

INGREDIENTS

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

DIRECTIONS

- 1 In a small bowl, mix together steak seasoning and brown sugar.
- 2 Rub the top of each salmon fillet with 1 tablespoon oil, then cover fillets generously with sugar mixture. Set aside.
- 3 In a bowl, toss asparagus with remaining 1 tablespoon oil, salt and pepper.
- 4 Insert crisper plates in both drawers. Place the fillets in Zone 1 drawer, skin side down, then insert drawer in unit. Place the asparagus in Zone 2 drawer, then insert drawer in unit.
- 5 Select ROAST, set temperature to 200°C and set time to 15 minutes. Select MATCH. Press START/STOP.
- 6 After 8 minutes, remove Zone 2 drawer from unit and flip asparagus using silicone-tipped tongs. Reinsert drawer to continue cooking.
- 7 After 13 minutes, remove Zone 2 drawer from unit and sprinkle half the Parmesan cheese over the asparagus and give the drawer a light toss. Reinsert drawer to continue cooking.
- 8 When cooking is complete, transfer fillets and asparagus to a serving plate. Sprinkle the remaining Parmesan cheese over the asparagus and serve.



FALAFELS & ROASTED VEGETABLES



PREP: 10 MINUTES | **AIR FRY:** 17 MINUTES | **ROAST:** 22 MINUTES | **MAKES:** 3 SERVINGS

INGREDIENTS

FOR THE FALAFEL

400g can chickpeas, drained and rinsed
2 tablespoons sunflower oil
1 small red onion, peeled and quartered
1 garlic clove, peeled
5g fresh flat leaf parsley leaves
5g fresh coriander
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon harissa paste
20g plain flour
½ teaspoon salt
Cooking spray

FOR THE ROASTED VEGETABLES

300g butternut squash, 1.5 cm diced
150g courgettes, cut into 2.5cm chunks
4 baby sweet peppers, cut in half or quarters
1 small red onion, peeled and sliced
2 tablespoons olive oil
1 tablespoon lemon juice
1 garlic clove, peeled and crushed
1 tablespoon fresh thyme leaves
1 teaspoon cumin
Salt and pepper to taste

TO SERVE

Pitta bread, salad leaves and mayonnaise swirled with a little smoked paprika

DIRECTIONS

- 1 Place all falafel ingredients into a food processor and pulse until fairly smooth. (The texture should be a little coarse.)
- 2 Using wet hands form mixture into 6 balls and place on a piece of baking parchment just larger than crisper plate. Place in fridge for 20 minutes to firm up.
- 3 Meanwhile, toss all the vegetables in oil, lemon juice, garlic, thyme, cumin and season to taste. Make sure they are well coated. Place crisper plates in both drawers. Remove vegetables from marinade (and reserve any marinade that is left), place vegetables in Zone 1 drawer. Insert drawer into unit.
- 4 Using the baking parchment as a sling, carefully place falafels onto crisper plate in Zone 2 drawer. Spray with oil. Insert drawer into unit. Select Zone 1, select ROAST set temperature to 180°C and time for 22 minutes. Select Zone 2, select AIR FRY set temperature to 200°C and time to 17 minutes. Select SYNC. Press START/STOP.
- 5 After 10 minutes, shake or stir roasted vegetables. Brush with any remaining marinade. Repeat again after 18 mins.
- 6 Serve falafels, cut in half in salad filled pitta bread topped with mayonnaise sprinkled with smoked paprika and roasted vegetables on side.

STUFFED AUBERGINE WITH MOZZARELLA



PREP: 10 MINUTES | **ROAST:** 20 MINUTES | **AIR FRY:** 10 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

2 large or 3 medium aubergines (about 800g)
2 tablespoons olive oil
150g tomato and basil sauce
200g cherry tomatoes, cut in quarters
15 large basil leaves, chopped
200g mozzarella, cut in cubes
Salt & pepper

DIRECTIONS

- 1 Cut the aubergines in half lengthwise, removing the stalk. Brush the flesh with olive oil, season with salt and pepper.
- 2 Insert a crisper plate in each drawer, place aubergines cut side down in the drawers and insert drawers into the unit.
- 3 Select ROAST, set the temperature to 190°C and the cooking time to 20 minutes and select MATCH. Press START/STOP to start cooking.
- 4 When cooking is complete, remove the aubergines using silicone tongs and lightly hollow out the flesh with a spoon. In a bowl, mix the flesh from the aubergines with the tomato and basil sauce, cherry tomatoes, mozzarella and the chopped basil leaves. Season with salt and pepper. Use this mixture to stuff the aubergines. Place the stuffed aubergines halves into the drawers with filling uppermost.
- 5 Insert the drawers into the unit. select AIR FRY, set the temperature to 200°C and the cooking time to 10 minutes and select MATCH. Press START/STOP to start cooking.
- 6 Once cooking is complete, use a silicone spatula to serve hot the aubergines with a salad or pasta.



BANANA & TOFFEE MUFFINS



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

INGREDIENTS

200g self-raising flour
1 teaspoon mixed spice
½ teaspoon salt
2 ripe bananas, approx. 320g with skins on
200g light brown sugar
100g vegetable oil
2 large eggs, beaten
1 teaspoon vanilla essence
50g chocolate chips
100g thick caramel or dulce de leche
12 dried banana chips to decorate

DIRECTIONS

- 1 Sift the flour, mixed spice and salt into bowl.
- 2 In a large mixing bowl, peel and mash the bananas until smooth. Mix in sugar, oil, eggs, vanilla essence and whisk together until the oil is incorporated.
- 3 Slowly add the dry ingredients to bananas and whisk continually to combine, stir in chocolate chips.
- 4 Insert crisper plates in both drawers. Place 6 double thickness muffin cases in each drawer, spoon mixture between the muffin cases filling ¾ full. Select Zone 1, select BAKE, set temperature to 160°C and set time to 15 minutes. Select MATCH. Press START/STOP.
- 5 After 12 minutes, remove Zone 1 drawer, check whether muffins are cooked through. Cooking is complete when a wooden skewer inserted in the centre comes out clean. Remove muffins from drawer and let cool on a wire rack for 5 minutes before decorating. Top each muffin with a spoonful of caramel and a banana chip.



PEANUT BUTTER CHOCOLATE BROWNIES



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

INGREDIENTS

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

DIRECTIONS

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



ROASTED PEARS & SHORTBREAD



PREP: 20 MINUTES (PLUS 20-30 MINUTES CHILLING TIME) | **ROAST:** 40 MINUTES
BAKE: 35 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

FOR THE SHORTBREAD

65g unsalted butter, room temperature
30g light brown soft or light muscovado sugar
75g plain flour
15g cornflour
Pinch fine sea salt

FOR THE ROASTED PEARS

6 Conference pears (approx. 150g each)
2 small lemons
1 small orange
80ml honey
15g unsalted butter
2 tablespoon water
Crème fraîche, to serve

DIRECTIONS

- 1 Cream the butter, sugar and salt together in a bowl for about one minute. Combine the plain flour and cornflour together well before adding to the creamed mixture and mixing to bring together. Chill before using.
- 2 Pat the mixture out onto a piece of baking parchment to a rectangle shape 16cm by 12cm. Place on a tray and chill for for 20-30 minutes or until firm.
- 3 In a bowl, squeeze 1 lemon and add enough cold water to eventually cover the pears. Peel the pears and place into the bowl as you go. With a peeler, peel 3-4 strips on both the remaining lemon and orange. Squeeze both and add the juice to a small saucepan along with the peel, honey, butter and 2 tablespoons of water. Heat to just dissolve the butter.
- 4 When the shortbread dough is firm, prick all over with a fork and cut into 6 rough squares.
- 5 Remove the crisper plates from both drawers. Arrange the pears lying down in the Zone 1 drawer. Pour all the juice and honey mixture over them then insert drawer in unit. Place shortbread biscuits in Zone 2 drawer, making sure to leave space around them then insert drawer in unit.
- 6 Select Zone 1, select ROAST, set temperature to 190°C and set time to 40 minutes. Select Zone 2, select BAKE, set temperature to 150°C and set time to 35 minutes. Press START/STOP.
- 7 Carefully give the pears a turn and baste 2 to 3 times whilst they are cooking. Check with point of knife if soft, if necessary roast them for longer.
- 8 Remove the shortbread from the drawer with silicone spatula and place them on a rack to cool. The cooking juices can be reduced in a saucepan to desired consistency if necessary. Serve the pears and shortbread with crème fraîche.



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