

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



NINJA Foodi

2-IN-1 FOOD PREP SYSTEM

12 delicious recipes



Your guide to mixing and blending like a Foodi.

Welcome to the Ninja® Foodi® 2-in-1 Food Prep System Inspiration Guide. Here you're just a few pages away from recipes, tips, tricks and helpful hints to give you everything you need to create cakes, batters, soups, salsa and more. Now let's get started.



Meet the PowerBase.

Power in the palm of your hand.

Thanks to its power-dense motor, the PowerBase can transform into a different appliance whenever a new accessory is attached. Mixing and blending are just the beginning.





Let's get
mixing

Hand Mixer Basics

Get to know your hand mixer



Beaters: Speeds 1–5

With the beaters installed, use speed 1 for mixing dry ingredients with liquids. Ramp up to speeds 3–4 to make cookie doughs, batters, frostings or to mash potatoes. Use up to speed 4 when creaming butter. Not recommended to use for pastry, yeasted doughs, such as pizza or bread.



Whisk: Speed 5 (sold separately)

With the whisk installed, it is recommended to use speed 5, but make sure to slowly ramp up to this setting. The whisk at speed 5 is good for whipping cream, egg whites and more. Starting on speed 1 and slowly increasing to speed 5 will prevent splattering and achieve the best consistency.



Follow the recipe mixing times carefully. Also, watch closely for visual cues that will help determine how long to mix.



Always start on speed 1 and then slowly increase speed in order to prevent ingredients from splattering. When mixing is complete, ensure to power off the unit.

Let's get
blending



Hand Blender Basics

Get to know your hand blender

Choosing your container



The blending container should be large enough for the **blender head to be fully submerged** in the ingredients.

Once submerged, there should be ample room in the container to avoid overflowing and splashing. A saucepan or large measuring jug is recommended.

NOTE: Do not blend in non-stick cookware.

Blending Tips:

- Before blending larger ingredients, such as onions, tomatoes, potatoes and peppers, chop the food into smaller pieces (roughly 2.5cm squares or smaller). For best and smoothest results, cut food into uniform sizes. Cook vegetables prior to puréeing.
- Do not blend tough skins, peels, seeds or stones. Before blending, peel foods such as onions, potatoes, squash, garlic, oranges and lemons.
- Blend frozen fruit, ice, nuts and hard vegetables like carrots, potatoes and squash with liquid for best results.
- Let hot foods slightly cool before blending.
- For better control of results, start at low speed and ramp up to high speed by pressing and holding the TURBO button. Use pulses to keep from overprocessing.

Blending and pureeing



Submerge vents of blender head in ingredients and tilt blade up and away from yourself.

While blending, move the blender head through ingredients in an **up-and-down** motion, making sure to stop blending any time the blender head is no longer submerged.

VEGAN MAYO

PREP: 5 MINUTES

MAKES: 260g

ACCESSORIES: HAND BLENDER ATTACHMENT

INGREDIENTS

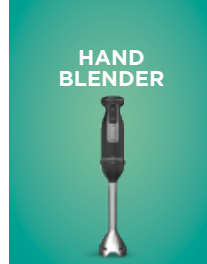
60ml chickpea aquafaba

½ tablespoon apple cider vinegar

½ tablespoon mustard

200ml sunflower oil, chilled

TIP Add ingredients like herbs, spices, sriracha or even garlic for a twist on the classic.



DIRECTIONS

1. Place aquafaba, apple cider vinegar and mustard into a tall glass or kilner jar.
2. Submerge the blender head into the mixture ensuring it is flush with the bottom of the container.
3. Press and hold the power button to start the hand blender, then lift it up slowly through the mixture while continuing to process to form an emulsion for about 60 seconds.
4. Once emulsified, gradually pour in oil while moving the hand blender up and down throughout the mixture for approximately 1 minute.
5. Transfer any mayo not being used immediately to a storage container (or leave it in the kilner jar and seal with a lid). Mayo will keep for up to a week in the refrigerator.

PEA AND MINT SOUP

PREP: 15 MINUTES

MAKES: 4-6 SERVINGS

ACCESSORIES: HAND BLENDER ATTACHMENT

COOK: 25 MINUTES

INGREDIENTS

1 tablespoon oil

1 bunch of spring onions, sliced

1 potato, peeled and diced into 1.5cm cubes

1 garlic clove, crushed

700ml hot vegetable stock

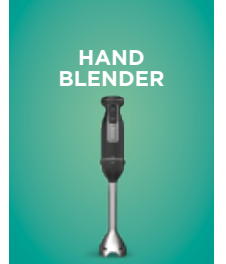
500g frozen peas

5g fresh mint leaves

25g fresh pea shoots, save some for serving

Salt and freshly ground black pepper

Crème fraîche or natural yogurt to garnish

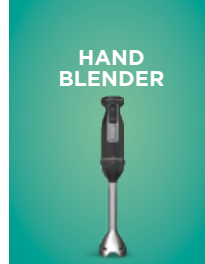


DIRECTIONS

1. In a large saucepan on a medium heat, add oil and preheat for a few minutes before adding onion. Cook covered for a few minutes to soften onion before adding potato and garlic. Cook with lid on again for 2 minutes.
2. Add the hot stock and peas. Bring to a boil and then simmer over a lower heat. Once simmering, add the mint leaves, pea shoots and seasoning. Cook for 5-10 minutes.
3. Remove pan from heat. Attach the hand blender attachment to the power base and submerge the blender head into the soup ensuring it is flush with the bottom of the pot. Press and hold the power button to start the hand blender and move the blender around as well as up and down to blend the ingredients for approximately 1 minute or until desired smoothness is achieved. Adjust seasoning if necessary.
4. Serve hot in bowls with a teaspoon of crème fraîche or yogurt and garnish with pea shoots.

BROCCOLI CHEDDAR SOUP

PREP: 15 MINUTES
COOK: 25 MINUTES
MAKES: 4 SERVINGS
ACCESSORIES: HAND BLENDER ATTACHMENT



INGREDIENTS

25g butter
1 onion, diced
1 tablespoon plain flour
800ml vegetable stock
1 medium carrot, sliced
1 broccoli head approx. 370g, cut into 2cm florets
1 teaspoon dried parsley
75g grated mature Cheddar, plus extra for topping
Salt and pepper to taste

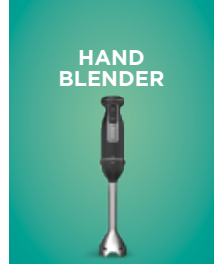


DIRECTIONS

1. In a medium saucepan, melt the butter then add diced onion. Cook for 2 minutes and then sprinkle with flour. Stir continuously until the flour starts to brown.
2. Slowly pour in the stock while stirring continuously. Add carrot, broccoli, parsley and season with salt and pepper to taste. Cover with lid and let cook for 20 minutes over medium heat, stirring occasionally.
3. After 20 minutes, stir in grated cheddar and remove from heat.
4. Attach the hand blender attachment to the power base and submerge the blender head into the soup ensuring it is flush with the bottom of the pot. Press and hold the power button to start the hand blender and move the hand blender around and up and down, to blend the ingredients for approximately 1 minute or until desired smoothness is achieved.
5. Serve hot topped with additional grated Cheddar.

PUMPKIN SOUP

PREP: 25 MINUTES
COOK: 40 MINUTES
MAKES: 6 SERVINGS
ACCESSORIES: HAND BLENDER ATTACHMENT



INGREDIENTS

50g butter
75g shallots, peeled and finely chopped
30g fresh ginger, peeled and minced
1 teaspoon paprika
1 teaspoons curry powder
¼ teaspoon cayenne pepper
600g pumpkin, peeled, seeded and cubed
225g potatoes, peeled and diced
225g carrots, peeled and diced
750ml vegetable stock
150ml single cream
1 teaspoon salt
½ teaspoon white pepper
½ teaspoon ground nutmeg

TIP Freeze soup in airtight container to store.



DIRECTIONS

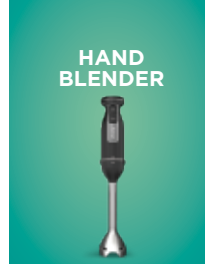
1. In a large saucepan, melt butter over a medium heat. Add shallots and ginger and sauté for 3-4 minutes.
2. Add paprika, curry powder, cayenne pepper to shallots and cook for 3 minutes. Add pumpkin, potatoes, carrots and stock to pan and stir. Bring to boil and simmer for 40 minutes or until the vegetables are cooked.
3. Stir in cream, salt, white pepper and nutmeg.
4. Remove pan from heat. Attach the hand blender attachment to the power base and submerge the blender head into the soup ensuring it is flush with the bottom of the pot. Press and hold the power button to start the hand blender and move the blender around as well as up and down to blend the ingredients for approximately 1 minute or until desired smoothness is achieved.
5. Serve hot.

MINT SAUCE

PREP: 5 MINUTES

MAKES: 250ml

ACCESSORIES: HAND BLENDER ATTACHMENT



INGREDIENTS

20g mint leaves

4 tablespoons boiling water

2 tablespoons white wine vinegar

2 tablespoons caster sugar

Salt and pepper to taste



DIRECTIONS

1. Place all ingredients into into a tall glass.
2. Submerge the immersion bell into the mixture ensuring it is flush with the bottom of the container.
3. Select the power button to start the hand blender, then lift it up slowly through the mixture while continuing to process for about 40 seconds.
4. Let sit for at least one hour before use.

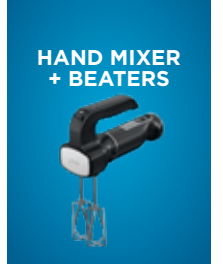
MINI YORKSHIRE PUDDINGS

PREP: 5 MINUTES

COOK: 12 MINUTES

MAKES: 12 MINI YORKSHIRE PUDDINGS

ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS



INGREDIENTS

2 large eggs

70g plain flour

Pinch of salt

80ml cold milk

6 teaspoons sunflower oil for mini muffin tin/patty tin



DIRECTIONS

1. Preheat oven to 220°C. Pour about half of a teaspoon of oil into each muffin/ patty tin and place it in the oven.
2. In a medium bowl, place eggs. Attach the hand mixer attachment to the power base then assemble the beaters. Select power to begin mixing on speed 1 for approximately 10 seconds to beat eggs.
3. Add flour and salt to eggs. Select power to begin mixing on speed 1 and then slowly increase to speed 3 until smooth thick batter forms, then gradually mix in milk until fully combined.
4. Carefully remove the hot muffin tin from oven. Pour batter into tin and quickly place back in the oven.
5. Bake for 12 minutes or until golden brown.
6. Serve immediately.

LEMON DRIZZLE TRAYBAKE

PREP: 10 MINUTES

BAKE: 25-30 MINUTES

MAKES: 12 SERVINGS

ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS

INGREDIENTS

275g self-raising flour

2 teaspoons baking powder

225g butter, softened, plus extra for greasing

225g caster sugar

4 medium eggs

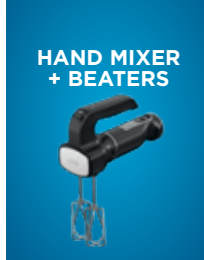
4 tablespoons natural yogurt

Zest of 2 unwaxed lemons

DRIZZLE TOPPING

100g granulated sugar

Juice of 2 lemons



DIRECTIONS

1. Preheat oven to 180°C. Grease a 18cm x 30cm shallow baking tin and line base with baking parchment.
2. In a large bowl, sift flour and baking powder together. Add butter, sugar, eggs, yogurt and half the lemon zest. Attach the hand mixer attachment to the power base then assemble the beaters. Select power to begin mixing on speed 1 and then slowly increase to speed 3. Beat for 1-2 minutes until smooth. Spoon or pour into prepared tin.
3. Bake for 25-30 minutes or until a cocktail stick is inserted in cake and it comes out clean.
4. Meanwhile, in a small bowl, stir sugar, remaining lemon zest and juice together and reserve.
5. When cooked, allow to cool slightly in tin. Prick over top of cake with a fork or cocktail stick. While the cake is still warm spoon over drizzle topping.
6. Allow to cool in tin. Cut into 12 pieces.

BUTTERCREAM ICING

PREP: 10 MINUTES

MAKES: 8-10 SERVINGS

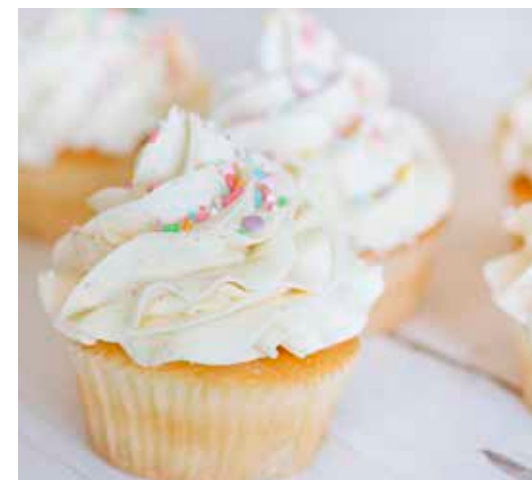
ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS

INGREDIENTS

200g butter, room temperature

1 teaspoon vanilla bean paste

300g icing sugar, sifted



DIRECTIONS

1. In a large bowl, add the butter. Attach the hand mixer attachment to the power base then assemble the beaters. Select power to begin mixing on speed 1 and slowly increase to speed 4. Beat for 1-2 minutes until smooth.
2. Add vanilla paste and half of the sugar. Select power to begin mixing on speed 1 and slowly increase to speed 3. Beat until fully incorporated. Then add remaining sugar and continue beating until light and fluffy for about 5 minutes.
3. Use the icing for cakes, cupcakes or Swiss roll.



LEMON WHIPPED BUTTER

PREP: 5 MINUTES
MAKES: 4 SERVINGS
ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS

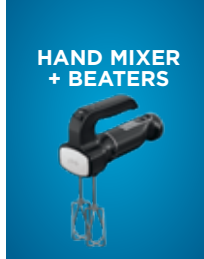
INGREDIENTS

125g butter, room temperature
½ lemon, juice and zest
1 tablespoon finely chopped fresh parsley
½ teaspoon garlic powder
Salt and pepper to taste



DIRECTIONS

1. In a medium bowl, add all the ingredients.
2. Attach the hand mixer attachment to the power base then assemble the beaters. Select power to begin mixing on speed 1 and slowly increase to speed 4. Beat for 1-2 minutes until smooth.
3. Serve with fresh crusty bread.



PROFITEROLES

PREP: 40 MINUTES
BAKE: 35 MINUTES
MAKES: 4-6 SERVINGS
ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS

INGREDIENTS

CHOUX PASTRY

65ml milk
65ml water
65g butter
½ teaspoon sugar
Pinch of salt
75g plain flour
2 large eggs

CHANTILLY CREAM

400ml double cream
40g icing sugar
1 teaspoon vanilla essence

GANACHE

80g dark chocolate, broken into smaller pieces
80g double cream
2 tablespoons just boiled water
10g honey

DIRECTIONS

1. Preheat oven to 200°C. Line a large baking tray with baking parchment.
2. In a medium saucepan, add milk, water, butter, sugar and salt. Bring to boil over medium heat while stirring constantly.
3. Attach the hand mixer attachment to the power base, then assemble the beaters. When mixture starts boiling, remove from heat and add all the flour at once. Select power to begin mixing starting on speed 1 and slowly increase to speed 3 until roux is combined.

4. Return saucepan to hob. Continue cooking over medium heat stirring it continuously for approximately 3 minutes, or until mixture stops sticking to the sides of the saucepan and forms a ball. Remove from heat and allow to cool down slightly.
5. With the beaters still attached, select power, to begin mixing on speed 1. While mixing, add 1 egg at a time and mix until fully combined and smooth. Continue mixing for additional 60 seconds.
6. Place dough in a piping bag fitted with plain piping nozzle and pipe 18 balls, 4cm in diameter onto prepared baking tray. Transfer to oven and bake for 15 minutes.
7. After 15 minutes, reduce oven temperature to 175°C and continue baking for additional 20 minutes or until golden brown. Remove from oven to a wire rack and allow to cool down completely.
8. Meanwhile, in a separate large bowl, add all ingredients for Chantilly cream. Select power to begin beating starting on speed 1 and slowly increasing to speed 4 until stiff peaks appear. Spoon cream into a piping bag fitted with a plain nozzle and fill profiteroles or halve profiteroles with serrated knife and sandwich with cream. On a plate, arrange in a pyramid shape.
9. In a heat resistant bowl over a pan of hot water, add chocolate and cream. Stir regularly until chocolate is melted and smooth. Mix in just boiled water and honey. Drizzle profiteroles with ganache and serve immediately.



PANCAKES

PREP: 5 MINUTES
COOK: 2-3 MINUTES PER PANCAKE
MAKES: 4 SERVINGS
ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS

INGREDIENTS

125g plain flour
Pinch of salt
2 medium eggs
300ml milk
1 teaspoon sunflower oil
or cooking spray
Lemon and sugar to serve



DIRECTIONS

1. In a medium sized bowl, place flour, salt and make a well in centre and add eggs. Attach the hand mixer attachment to the power base then assemble the beaters. Select power to begin mixing on speed 1 then slowly increase to speed 4 while also gradually adding milk until a smooth batter is formed.
2. Heat a frying pan over a moderate heat. Brush pan with sunflower oil or spray with cooking spray. Pour a little batter into pan, swirl around to make a thin layer to completely cover pan. Cook underside until it is golden brown and the top starts to produce bubbles.
3. Flip over with a palette knife and cook the other side. Repeat with remaining batter.
4. Serve pancakes with a squeeze of lemon and a sprinkle of sugar.



CHOCOLATE, HAZELNUT, ORANGE BISCOTTI

PREP: 30 MINUTES
BAKE: 1 HOUR 15 MINUTES
MAKES: 30-36 BISCOTTI
ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS

INGREDIENTS

3 large eggs
180g caster sugar
1 teaspoon vanilla extract
270g plain flour, plus extra for shaping
30g cocoa powder
1 teaspoon baking powder
1 teaspoon salt
Zest from 2 oranges
100g toasted hazelnuts, roughly chopped
75g dark chocolate chips



DIRECTIONS

1. Preheat oven to 150°C. Line two large baking sheets with parchment paper.
2. In a large bowl, add eggs, sugar and vanilla extract.
3. Attach the hand mixer attachment to the power base, then assemble the beaters. Select power to begin mixing on speed 1 then slowly increase to speed 4 until mixture is pale in colour and thick.
4. Sift flour, cocoa powder, baking powder and salt into egg mixture. Select power starting on speed 1 and increase to speed 3 until fully incorporated about 1 minute.
5. While still mixing, add zest, hazelnuts and chocolate chips.
6. Spoon dough onto prepared tray in the shape of a loaf sized approximately 35cm x 12cm, using extra flour to aid shaping. Transfer to oven and bake for 50 minutes.
7. After 50 minutes, turn oven to 135°C. Remove loaf from the oven and let cool for 10 minutes.
8. Once dough has cooled down slightly, slice loaf into 1cm thick slices using a serrated knife. Divide individual slices between both baking sheets and place back in the oven for 20 minutes.
9. Allow biscotti to cool down completely on a wire rack before serving. Enjoy with tea or coffee.



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