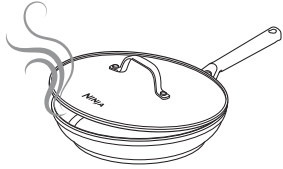


## Use & Storage



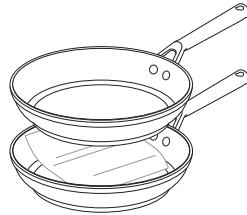
To allow steam to release when using the tempered glass lids for steaming or boiling, simply lift or angle the lid slightly to release steam.



When using an induction hob, the base of the pan should match the size of the hob. If a hob does not detect the cookware, try placing it on a smaller hob.



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



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

## Cleaning & Care Instructions

### RECOMMENDED

Let pans cool before cleaning.

While our product is 100% dishwasher safe, hand-washing with a mild washing up liquid is always best.

If you notice grease or discoloring on the stainless steel induction base, clean thoroughly with baking soda and white vinegar and then wipe with a sponge or soft cloth.

### NOT RECOMMENDED

Never use sharp instruments such as knives and forks or appliances such as electric mixers.

Do not use metallic or abrasive sponges.

Never use aerosol cooking spray.

Avoid sliding cookware on glass cook tops, as this can lead to scratching of the cook top surfaces.



### Register your purchase

 [registeryourninja.co.uk](https://registeryourninja.co.uk)  Scan QR code using mobile device

Register your Ninja ZeroStick Cookware to stay up to date with what's new from Ninja and learn about our 10 year Guarantee.

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For additional use and care info, tips, tricks, and FAQs, visit [ninjakitchen.co.uk](https://ninjakitchen.co.uk) or contact Customer Service at +44 (0)800 862 0453

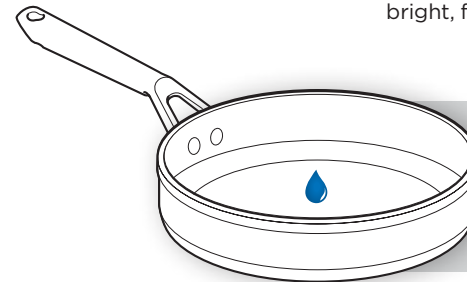
# NINJA®

## ZEROSTICK®



## Heat up before you cook up.

It can be tempting to cook food before the pan is hot enough. Preheating your pan not only prevents food from sticking, it also ensures an even sear on meat or fish and bright, flavorful vegetables.



### How do you know when your pan is hot enough?

A droplet of water will sizzle and jump around on the surface of the dry pan.

## Preheat. Cook. Enjoy.

No matter what you cook, preheating is the best way to get the most out of your cookware. Here are preheating guidelines for some family favorites. Preheat times can vary a bit based on your pan size, and hob size.



### Seared Steak

**preheat** on high for 3 minutes  
**cook** for 8 minutes  
(4 minutes per side)



### Pancakes

**preheat** on medium-high  
for 3-4 minutes  
**cook** for 3 minutes  
(flip after 2 minutes)



### Fajitas

**preheat** on medium-high  
for 2 minutes  
**cook** for 15 minutes

## Recommended Heat Settings



### Low

Use low heat for warming foods, simmering, or preparing delicate sauces.



### Medium

Use medium heat for reducing liquids and making pancakes, sandwiches and making omelette's.



### Medium-High

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



### High\*

Use high heat for boiling liquids and searing.

\*Never leave an empty pan on high for more than 2 or 3 minutes.

## Beyond the Hob

Go from hob to the oven—finish cooking thick juicy meats, melt cheese, brown crispy toppings, and bake one-pan dishes like scalloped potatoes. Do not cook in oven at temperatures above 180°C.



## Get started with a classic.



For the recipe below, you don't need any oil or butter. If you'd still like to use some for flavor or texture, place 1 tablespoon of either in the pan when preheating.

### INGREDIENTS

1 large egg  
Salt, ground pepper,  
herbs of choice, as  
desired

### DIRECTIONS

- 1 Place pan on hob and preheat on medium to medium-high heat for 2 to 3 minutes on a gas hob, or 4 to 5 minutes on an electric hob. Preheat times can vary a bit based on your pan size and hob size.
- 2 Crack egg in pan and let cook for at least 1 minute 30 seconds (up to 2 minutes), or until most of the white has set. Season egg with salt and/or pepper as desired.
- 3 Use a rubber or metal spatula to carefully flip egg over and cook for an additional minute to set the white. This will yield a runny yolk. Cook an extra 1 to 2 minutes for a firmer yolk.
- 4 Garnish with any herbs of your choice, like parsley or chives.

## Looking for more recipe inspiration, tips, and tricks?

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