

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

# NINJA® Foodi®

**FLEXDRAWER**

**10.4L Air Fryer**

**QUICK START  
GUIDE**



**+ IRRESISTIBLE RECIPES  
+ COOKING CHARTS**

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www.ninjatestkitchen.eu

**NOTE:**

Use the handles on the side when opening and closing the drawer.  
Place drawer on a heat resistant surface.  
When using this appliance, provide at least 15cm of space above and on all sides for adequate air circulation.

# USING YOUR NINJA® FOODI® FLEXDRAWER AIR FRYER

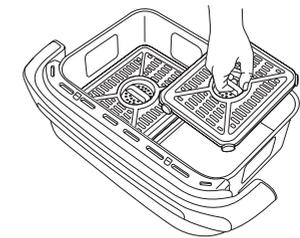
## 7 COOKING PROGRAMS

<p><b>MAX CRISP</b></p> <p>Best for cooking smaller quantities of frozen food which may need a high temperature</p>	<p><b>AIR FRY</b></p> <p>Best for fresh foods like chicken wings and your favourite frozen snacks</p>	<p><b>ROAST</b></p> <p>Best for roasting vegetables and meats</p>	<p><b>BAKE</b></p> <p>Best for making cakes and other baked desserts</p>
<p><b>REHEAT</b></p> <p>Best for reviving leftovers</p>	<p><b>DEHYDRATE</b></p> <p>Best for making veggie/fruit crisps and jerky</p>	<p><b>PROVE</b></p> <p>Create an environment for dough to rest and rise.</p>	

## FOR BEST RESULTS

**CRISPER PLATES**

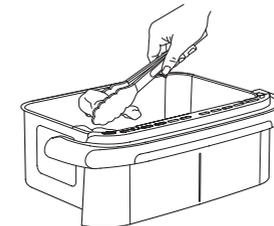
The crisper plates promote overall browning. Ensure the crisper plates are inserted in the bottom of the drawer before food is added unless recipe states that the crisper plates are not required.



**NOTE:** Carefully install crisper trays to ensure they are inserted correctly.

**TOSS**

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



**TIP:** To air fry wet, battered ingredients, use the proper breading technique. It is important to coat foods first with flour, then with egg and then with breadcrumbs. Press the breadcrumbs firmly onto the battered ingredients, so crumbs won't be blown off by the fan.



# Using the MEGAZONE

## TRANSFORM FROM MEGAZONE TO DUAL ZONE

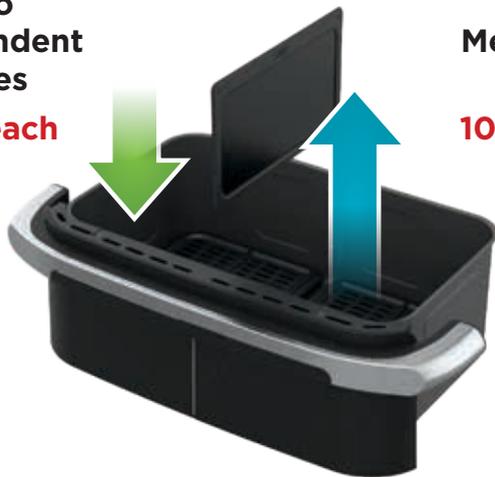
Cook in 1 large drawer or divide into 2 independent cooking zones



## VERSATILE MEGAZONE

Two independent zones

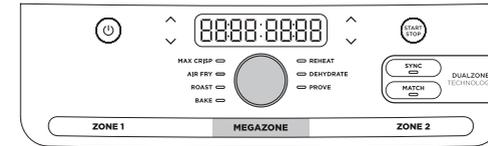
5.2L each



One MegaZone

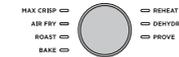
10.4L total

To cook a large batch of a single food, remove the divider and use the entire cooking space like a traditional air fryer.



### STEP 1: Select MEGAZONE

- Place food in drawer.
- Turn the dial to select a cooking function (e.g., AIR FRY).



### STEP 2: Set Time & Temperature

- Use the TEMP arrows, on the left of the dial, to set the temperature.
- Use the TIME arrows, on the right of the dial, to set the temperature.



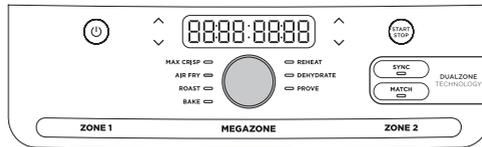
### STEP 3: Begin Cooking

- Press START/STOP to begin cooking.

# Using DualZone Technology

## SYNC

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



### STEP 1: Program Zone 1

- Insert divider into middle of the drawer
- Place food into the drawer.
- The unit defaults to Zone 1.
- Turn the dial to select a cooking function (e.g., AIR FRY).



### STEP 2: Set Time & Temperature

- Use the TEMP arrows, on the left of the dial, to set the temperature.
- Use the TIME arrows, on the right of the dial, to set the temperature.



### STEP 3: Program Zone 2

- Select Zone 2.
- Turn the dial to select a cooking function (e.g., ROAST), and repeat Step 2.



### STEP 4: Begin Cooking

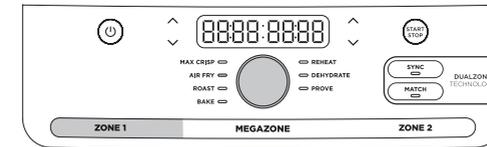
- Select SYNC.
- Press START/STOP to begin cooking.
- The Zone with the shorter cook time will display HOLD.



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

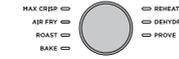
## MATCH

Cooking the same food in each Zone?  
Insert the divider, set Zone 1 and use MATCH to automatically duplicate settings to Zone 2.



### STEP 1: Program Zone 1

- Insert divider into middle of the drawer
- Place food into the drawer.
- The unit defaults to Zone 1.
- Turn the dial to select a cooking function (e.g., AIR FRY).



### STEP 2: Set Time & Temperature

- Use the TEMP arrows, on the left of the dial, to set the temperature.
- Use the TIME arrows, on the right of the dial, to set the temperature.



### STEP 3: Begin Cooking

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



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

# How to build a tray bake meal



Using the Roast function and some guidelines below, create your own masterpieces in the Flexdrawer Air Fryer.

## Pick a Protein

8 Chicken thighs, bone-in, skin-on (125g each)

4 Pork chops, bone-in (175g each)

8 Lamb chops, bone-in (85g each)

4 Salmon fillets (120g each)

400g Firm tofu, drained, patted dried, cut as desired

12 Plant-based sausages (60g each)

4 Plant-based steak burgers (170g each)

## Pick a Vegetable

300g, Broccoli florets, cut into 5cm florets

500g, Brussels sprouts, trimmed, halved if large

400g Butternut squash, peeled cut into 2.5cm chunks

400g Cauliflower florets, cut into 5cm florets

500g Carrots, peeled, sliced length ways into 2.5cm pieces

500g New potatoes, cut in half if large

500g Parsnips, peeled, quartered, cut into 7cm lengths

2 Peppers, de-seeded, cut into 3cm wide strips

500g sweet potatoes, peeled, cut into 3cm chunks

## Season/Marinate

Teriyaki

Olive oil

Hoisin

Lemon & rosemary

BBQ sauce

Peri Peri sauce

Desired seasonings or marinade

## Cook

Mix ingredients with seasonings or marinades.

Install both crisper plates and remove divider, then add ingredients to MegaZone drawer.

Select MEGAZONE, select ROAST, set temperature to 190°C, then set time based on protein.

10-15 minutes for fish.

15-20 minutes for pork, lamb, or plant-based proteins.

20-25 minutes for poultry.

# ROAST CHICKEN & ROOT VEGETABLES

**PROGRAM:** ROAST | **PREP:** 15 MINUTES | **COOK TIME:** 55 MINUTES  
**MAKES:** 4-6 SERVINGS

## INGREDIENTS

### FOR THE CHICKEN

1.6-2kg whole chicken  
Salt and ground black pepper, as desired  
½ lemon, cut into quarters  
5 sprigs thyme  
5 sprigs rosemary  
Garlic bulb, cut in half diagonally  
½ tablespoons olive oil

### FOR THE VEGETABLES

600g charlotte potatoes, cut in half lengthways, or in quarters for larger potatoes  
350g small carrots, peeled, cut in half lengthways  
350g large parsnips, peeled, quartered lengthways  
2 tablespoons oil  
1 teaspoon sea salt  
Few sprigs rosemary, roughly torn

### GRAVY

2 tablespoons plain flour  
300g chicken stock, more if needed

## DIRECTIONS

- 1 Season the cavity of the chicken with salt and pepper, then stuff the lemon, thyme, rosemary, garlic into the cavity. Brush oil over the chicken and season with salt and ground black pepper as desired.
- 2 In a large bowl, toss the prepared vegetables with oil, salt and rosemary sprigs.
- 3 Insert both crisper plates into the drawer. Place chicken in the centre, and insert drawer into unit.
- 4 Select MEGAZONE, select ROAST, set temperature to 190°C, set time to 55 minutes. Press the START/STOP to begin cooking.
- 5 With 18 minutes left on the display, open drawer and scatter vegetables around the chicken. Close drawer to continue cooking. Using silicone tongs, toss vegetables 2-3 times during cooking.
- 6 Cooking is complete when the internal temperature of the chicken reads 75°C on an instant-read thermometer. Transfer chicken to a board and allow to rest for 10 minutes before carving.
- 7 Serve chicken with the root vegetables and gravy.

**TIP:** To make a gravy, add the juices from the bottom of the drawer to a small saucepan along with the flour. When the juices are bubbling, slowly pour in chicken stock and bring back to the boil. Add any resting juices from the chicken and simmer for 4 minutes.



# HUNTER'S CHICKEN WITH BABY NEW POTATOES

**PROGRAM:** AIR FRY | **PREP:** 5 MINUTES | **COOK TIME:** 24 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

4 x 150g chicken breasts  
8 rashers of smoked back bacon  
750g baby new potatoes, if large cut in half  
1 teaspoon vegetable oil  
Salt and ground black pepper, as desired  
100g grated Cheddar cheese  
4 tablespoons BBQ sauce

## DIRECTIONS

- 1 Wrap each chicken breast with two bacon rashers.
- 2 In a medium bowl, toss potatoes with oil and season with salt and pepper, as desired.
- 3 Insert divider and both crisper plates into the drawer. Place chicken breasts in Zone 1 and potatoes in Zone 2, then insert drawer into unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 200°C and set time to 24 minutes. Select Zone 2, select AIR FRY, set temperature to 200°C and set time to 22 minutes. Select SYNC. Press START/STOP to begin cooking.
- 5 When 10 minutes remain, open drawer and top chicken with cheese. Toss potatoes with silicone-tipped tongs and close drawer to continue cooking.
- 6 Cooking is complete when the internal temperature of the chicken reads 75°C on an instant-read thermometer. Serve chicken drizzled with BBQ sauce and new baby potatoes.



# PORK BELLY WITH SOY & GINGER CABBAGE

**PROGRAM:** AIR FRY AND ROAST | **PREP:** 10 MINUTES | **MARINATE:** 2 HOURS  
**COOK TIME:** 22 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

### PORK

2 tablespoons soy sauce  
1 tablespoon sesame oil  
1 garlic clove, peeled, sliced  
2.5cm fresh ginger, peeled, sliced  
¼ teaspoon ground black pepper  
650g pork belly strips, cut into approx. 6cm long pieces

### SAUCE

50g oyster sauce  
1 tablespoon honey  
1 tablespoon soy sauce  
1 teaspoon rice vinegar  
1 teaspoon sesame oil

### SOY & GINGER CABBAGE

1 medium savoy cabbage (approx. 800g), core removed, sliced into ½ cm strips  
1 tablespoon sesame oil  
25ml soy sauce  
1.5cm fresh ginger, peeled, minced  
Ground black pepper, as desired

## DIRECTIONS

- 1 In large bowl, whisk together soy sauce, sesame oil, garlic, ginger and pepper. Add pork to bowl, cover in sauce and marinate in the refrigerator for 2 hours.
- 2 In small bowl, whisk together all sauce ingredients, then set aside.
- 3 In a large bowl, toss all cabbage ingredients together until cabbage is evenly coated.
- 4 Insert divider and both crisper plates into drawer. Place pork in Zone 1 and cabbage in Zone 2, then insert drawer into unit.
- 5 Select Zone 1, select AIR FRY, set temperature to 200°C and set time to 22 minutes. Select Zone 2, select ROAST, set temperature to 200°C and set time to 11 minutes. Select SYNC. Press the START/STOP to begin cooking.
- 6 When 11 minutes remain on Zone 1, open drawer and flip pork, close drawer to continue cooking.
- 7 When 6 minutes remain on each Zone, open drawer and brush prepared sauce on pork and toss the cabbage. Close drawer to continue cooking.
- 8 When cooking is complete, serve pork alongside cabbage.



**TIP:** Serve with rice or noodles and fresh coriander

# GREEK STYLE LEG OF LAMB WITH VEGETABLES

**PROGRAM:** ROAST | **PREP:** 20 MINUTES | **MARINATE:** 30 MINUTES  
**COOK TIME:** 1 HOUR 10 MINUTES | **MAKES:** 6 SERVINGS

## INGREDIENTS

2kg leg of lamb  
Salt and ground black pepper, as desired  
2 tablespoons dried oregano, divided  
1 large red onion, peeled, cut into 1cm slices  
2 red peppers, cut into 2.5cm pieces  
1 yellow pepper, cut into 2.5cm pieces  
1 aubergine, cut in quarters lengthways and into 1cm pieces  
2 courgettes, cut in half lengthways and into 1cm pieces  
2 tablespoons olive oil  
150g feta cheese, cut into 1cm cubes  
Juice of ½ lemon

## DIRECTIONS

- 1 Season lamb all over with salt, pepper and oregano. Leave to marinate at room temperature for 30 minutes.
- 2 Insert both crisper plates into the drawer. Place lamb fat side down, in the centre, and insert drawer into unit.
- 3 Select MEGAZONE, select ROAST, set the temperature to 190°C and set time to 1 hour 10 minutes. Press START/STOP to begin cooking.
- 4 When 25 minutes remain, open drawer and flip lamb. Close drawer to continue cooking.
- 5 In a large bowl, add onions, peppers, aubergine, courgette, oil, 1 tablespoon oregano, salt and pepper and toss until evenly combined.
- 6 When 35 minutes remain, open drawer and place vegetables around the lamb. Close drawer to continue cooking.
- 7 Throughout the cooking cycle, open drawer and toss vegetables to ensure even cooking. If lamb is getting too brown, cover with foil.
- 8 Cooking is complete when the internal temperature of the lamb reads 60°C on an instant read thermometer. Transfer lamb to a board and loosely cover with foil. Let rest for 10 to 20 minutes before slicing.
- 9 Add feta and lemon juice to the vegetables and serve with sliced lamb and mint yogurt if desired.

**TIP:** Serve with mint yogurt sauce, by combining 150ml Greek yogurt with handful of chopped mint, and salt as desired.



# STEAK & VEGGIE FAJITAS

**PROGRAM:** AIR FRY | **PREP:** 15 MINUTES | **COOK TIME:** 17 MINUTES  
**MAKES:** 4 SERVINGS

## INGREDIENTS

### FAJITA SPICED MARINADE

2 tablespoons smoked paprika  
1 tablespoon ground coriander  
1½ tablespoons ground cumin  
1 tablespoon dried oregano  
4 tablespoons olive oil  
Juice of ½ lime  
2 teaspoons sea salt  
Ground black pepper, as desired

### FAJITAS

200g sirloin steak, cut in ½cm slices  
2 onions, peeled, sliced into 1cm strips  
2 red peppers, sliced into 1cm strips  
2 yellow peppers, sliced into 1cm strips  
250g Portobello mushrooms, sliced into 1cm strips  
8 medium tortillas, to serve

## DIRECTIONS

- 1 In a large bowl, add all marinade ingredients and mix until combined, then divide between two large bowls.
- 2 In one bowl, add steak slices, half the onions and half of both peppers. In the second bowl add mushrooms, remaining onions and remaining peppers. Mix both thoroughly to make sure ingredients are coated in the marinade.
- 3 Insert divider and both crisper plates into the drawer. Place the steak mixture in Zone 1 and mushroom mixture in Zone 2. Insert drawer into unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 200°C and set time to 17 minutes. Select MATCH. Press START/STOP to begin cooking.
- 5 When 10 minutes remain, open drawer and using silicone-tipped tongs, toss ingredients and close drawer to continue cooking.
- 6 When cooking is complete, serve fajitas wrapped in soft tortillas and top as desired.



**TIP:** Serve with sour cream, a squeeze of lime, jalapeños and fresh coriander.

# LAMB KOFTA WITH SPICED SWEET POTATO WEDGES

**PROGRAM:** AIR FRY | **PREP:** 20 MINUTES | **COOK TIME:** 20 MINUTES  
**MAKES:** 4 SERVINGS

## INGREDIENTS

400g minced lamb  
20g fresh breadcrumbs, soaked briefly in cold water and squeezed out  
1 spring onion, finely chopped  
1 garlic clove, peeled, minced  
2 teaspoons Baharat spice mix  
1½ tablespoons coriander, finely chopped  
1½ tablespoons parsley, finely chopped  
Salt and ground black pepper, as desired  
700g sweet potatoes, peeled, cut into 1.25cm wedges  
2 tablespoons olive oil  
1 teaspoon paprika  
Extra roughly chopped parsley and coriander, to garnish  
Cooking spray  
Warm pitta bread, to serve

## DIRECTIONS

- 1 In large bowl, mix minced lamb, breadcrumbs, spring onion, garlic, Baharat spice, coriander, parsley, salt and pepper. Add salt and ground black pepper, as desired. Divide the mixture into four equal portions and shape evenly onto each skewer leaving 4cm at each end of the skewer
- 2 In large bowl, toss sweet potato with olive oil, salt, pepper and paprika.
- 3 Insert divider and both crisper plates into the drawer. Spray Zone 1 with cooking spray, then add the skewers. Place the sweet potato wedges in Zone 2. Insert drawer into unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 200°C and set time to 12 minutes. Select Zone 2, select AIR FRY, set temperature to 200°C and set time to 20 minutes. Select SYNC. Press START/STOP to begin cooking.
- 5 When 10 minutes remain, open drawer and using silicone-tipped tongs, flip the kebabs and toss the potatoes.
- 6 When cooking is complete, garnish lamb and sweet potatoes with coriander. Serve hot, with warm pitta bread.

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



**TIP:** Serve with mint yogurt sauce, by combining 150ml Greek yogurt with handful of chopped mint, and salt as desired.

# TOAD IN THE HOLE

**PROGRAM:** ROAST | **PREP:** 10 MINUTES | **COOK TIME:** 18 MINUTES  
**MAKES:** 4 SERVINGS

## INGREDIENTS

8 pork sausages  
1 tablespoon vegetable oil  
130g plain flour  
¼ teaspoon salt  
2 large eggs, beaten  
180ml semi-skimmed milk

## DIRECTIONS

- 1 Add sausages to 20cm x 25cm heat-proof dish and toss in oil.
- 2 Insert both crisper plates into the drawer. Add heat-proof dish and close drawer.
- 3 Select MEGAONE, select ROAST, set temperature to 210°C and set time to 18 minutes. Press START/STOP to begin cooking.
- 4 In large bowl, add flour and salt. Slowly mix in beaten eggs and milk until a smooth batter forms.
- 5 When 11 minutes remain, open drawer, turn sausages over and carefully pour the batter mix into the heat-proof dish. Close drawer to continue cooking.
- 6 When cooking is complete, remove heat-proof dish. Allow to cool for a few minutes before serving.



**TIP:** Use vegan or vegetarian sausages for a meat free version.

**TIP:** Serve with gravy of choice.

# FISH 'N' CHIPS

**PROGRAM:** AIR FRY AND ROAST | **PREP:** 40 MINUTES | **COOK TIME:** 24-26 MINUTES  
**MAKES:** 4 SERVINGS

## INGREDIENTS

### CHIPS

1kg King Edward or Maris Piper potatoes, peeled and cut into 1.5cm thick chips  
2 tablespoons sunflower oil  
Salt and ground black pepper, as desired  
2 teaspoons semolina (optional)

### FISH

2 slices stale bread, torn into pieces  
1 garlic clove, peeled  
Zest of 1 lemon  
5g fresh parsley, leaves and stalks  
Salt and ground black pepper, as desired  
4 x 140g 2.5cm skinless cod fillets, pat dry  
2 tablespoons sunflower oil  
Cooking spray  
Tartar sauce (Optional)  
Mushy peas (Optional)

### TOPPINGS (OPTIONAL)

Lemon wedges  
Chopped parsley



## DIRECTIONS

- 1 Place chips in a large bowl, cover with cold water and allow to soak for 30 minutes to remove excess starch. Rinse and pat potatoes dry.
- 2 Return chips to the large bowl and toss with oil, salt, pepper, and semolina until evenly coated. Insert divider and both crisper plates into the drawer. Add chips to Zone 1.
- 3 In a food process, add bread, garlic, lemon zest, parsley, salt and pepper and process until fine in texture. Then transfer to a shallow bowl.
- 4 Evenly brush fillets with oil, then press into the breadcrumb mixture. Spray Zone 2 crisper plate with cooking spray, then add the fillets. Insert drawer into unit.
- 5 Select Zone 1, select AIR FRY, set temperature to 200°C and set time to 26 minutes. Select Zone 2, select ROAST, set temperature to 170°C and set time to 14 minutes. Select SYNC. Press START/STOP to begin cooking.
- 6 Using silicone-tipped tongs, toss chips a few times throughout the cooking cycle to ensure even cooking. When 2 minutes, remain check if cooked.
- 7 When cooking is complete, remove fish and chips, garnish with lemon wedges, parsley and serve with tartar sauce and mushy peas.

**NOTE:** This chip recipe calls for a thicker cut chip, traditionally found in a fish and chip shop. If you prefer crispy French fries, please see chip chart on page 33 for timings.

# CHILLI SALMON SKEWERS WITH GINGER SOY VEGETABLES

**PROGRAM:** AIR FRY | **PREP:** 10 MINUTES | **MARINATE:** 1 HOUR  
**COOK TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS

## SALMON

2 tablespoons soy sauce  
1 tablespoon honey  
1 tablespoon sriracha chilli sauce  
½ teaspoon sesame oil  
600g salmon fillet, cut into 4cm cubes

## VEGETABLES

2.5cm piece ginger, peeled, minced  
1 small garlic clove, peeled, minced  
1 tablespoon sesame oil  
2 tablespoons soy sauce  
1½ teaspoons Chinese five spice  
800g mixed vegetable selection of green beans, broccoli and baby corn, cut into 3cm pieces

## SAUCE

4 tablespoons soy sauce  
½ tablespoon rice vinegar  
2.5cm piece ginger, peeled, minced  
1½ tablespoons honey  
1 tablespoon sriracha

You will need four soaked 25cm wooden skewers for this recipe.

## DIRECTIONS

- 1 In a large bowl, combine soy sauce, honey, sriracha and sesame oil. Place salmon in marinade and evenly cover. Transfer bowl to refrigerator and let salmon marinate for 1 hour. Once marinated, divide salmon into four portions, and thread evenly onto four skewers.
- 2 In large bowl, combine ginger, garlic, sesame oil, soy sauce and Chinese five spice. Add vegetables and allow to marinate for 10 minutes.
- 3 Insert both crisper plates into drawer. Place the vegetables in the drawer and insert the drawer into the unit.
- 4 Select MEGAZONE, select AIR FRY, set temperature to 200°C and set time to 15 minutes. Press the START/STOP button to begin cooking.
- 5 When 11 minutes remain, open drawer and toss vegetables well, then layer the skewers on top. Close drawer to continue cooking.
- 6 When 9 minutes remain, turn salmon and toss vegetables. Close drawer and continue cooking.
- 7 When 6 minutes remain, open drawer, remove skewers and toss vegetables. Return skewers to drawer, placing them opposite side up to promote even cooking. Close drawer and continue cooking.
- 8 When cooking is complete, serve salmon skewers with vegetables and drizzle with prepared sauce. Serve with rice if desired.



# SPICY TOFU WITH GREEN VEGETABLES



**PROGRAM:** AIR FRY AND ROAST | **PREP:** 10 MINUTES | **AIR FRY:** 22 MINUTES  
**ROAST:** 14 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

### SOY GINGER MARINADE

2 tablespoon coriander stalks, finely chopped  
3 tablespoons soy sauce  
2 tablespoons olive oil  
3 tablespoons honey  
3 tablespoons sesame oil  
3 tablespoons rice vinegar  
1 garlic, clove, peeled, minced  
2.5cm piece fresh ginger, peeled, minced  
Salt and ground black pepper, as desired

### VEGETABLES

250g broccoli, cut in 3cm florets  
150g mange tout  
250g green beans, cut in half

### TOFU

2 tablespoons cornflour  
½ tablespoon Chinese five spice  
¼ teaspoon cayenne  
½ teaspoon salt  
600g firm tofu, pat dry and cut into 2cm cubes

## DIRECTIONS

- 1 In a large bowl, whisk together all marinade ingredients. Add the vegetables, toss to evenly coat and let marinate for 10 minutes.
- 2 In large bowl, mix cornflour, Chinese 5 spice, cayenne and salt. Add tofu and toss until coated.
- 3 Insert divider and crisper plates into the drawer. Place tofu in Zone 1 and vegetables in Zone 2, reserving any marinade. Insert drawer into unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 200°C and set time to 22 minutes. Select Zone 2, select ROAST, set temperature to 200°C and set time to 14 minutes. Select SYNC. Press the START/STOP to begin cooking.
- 5 When 11 minutes remain on Zone 1, open the drawer, and using silicone-tipped tongs, toss tofu. Close drawer to continue cooking.
- 6 When 7 minutes remain on Zone 2, open the drawer and using silicone-tipped tongs, toss vegetables. Close drawer to continue cooking.
- 7 When cooking is complete, transfer vegetables to a bowl, top with crispy tofu and drizzle with any remaining soy ginger marinade. Serve immediately.



# POTATO, SUNDRIED TOMATO & SPRING ONION FRITTATA



**PROGRAM:** AIR FRY | **PREP:** 10 | **COOK TIME:** 20 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

8 large eggs  
60ml double cream  
15g fresh parsley, finely chopped  
5g chives, finely chopped  
1 tablespoon capers, drained, finely chopped  
40g sundried tomatoes, drained and finely chopped  
4 spring onions, finely sliced  
30g Cheddar cheese, grated  
1 teaspoon salt  
½ teaspoon ground black pepper  
350g cooked potatoes, cut in 1cm slices

## DIRECTIONS

- 1 Neatly line a 20cm x 25cm heat-proof dish with baking parchment.
- 2 In large bowl, beat eggs with cream, parsley, chives, capers, sundried tomatoes, spring onions, Cheddar cheese, salt, and pepper until evenly combined.
- 3 Place potatoes in an even layer in the prepared dish and evenly cover with the egg mixture.
- 4 Insert crisper plates into the drawer. Place dish into drawer, insert drawer into unit.
- 5 Select MEGAZONE, select AIR FRY, set temperature to 180°C and set time to 20 minutes. Press START/STOP to begin cooking.
- 6 When 5 minutes remain, open drawer and cover dish with foil. Close drawer to continue cooking.
- 7 When cooking is complete, remove baking dish and transfer to a board. Allow to cool for 5 minutes before cutting. Serve with a crisp green salad and crusty bread.



# CHEESY POTATO & PEA PASTIES & CORONATION CHICKEN PASTIES

**PROGRAM:** AIR FRY | **PREP:** 15 MINUTES | **COOK TIME:** 20 MINUTES  
**MAKES:** 4 SERVINGS

## INGREDIENTS

2 x 320g pre-made rolled short crust pastry

2 eggs, beaten

Nonstick cooking spray

### CHEESY POTATO & PEA PASTIES

150g garlic and herb cream cheese

1 teaspoon lemon juice

½ teaspoon salt

Ground black pepper, as desired

50g mature Cheddar cheese, grated

200g cooked potatoes, cut into 2cm cubes

2 spring onions, sliced

70g frozen peas, defrosted

### CORONATION CHICKEN PASTIES

250g cooked chicken breasts, shredded

2 tablespoons sultanas

2 teaspoons medium curry powder

1 tablespoon fresh coriander, chopped

2 tablespoons mango chutney

1 teaspoon lemon juice

1 tablespoon korma paste

120g crème fraîche

½ teaspoon salt

Ground black pepper, as desired

## DIRECTIONS

- 1 To prepare the cheesy potato and pea pasties, combine cream cheese and lemon juice in a large bowl. Then add remaining ingredient and mix until evenly combined.
- 2 To prepare the coronation chicken pasties, place all ingredients in a large bowl and toss until evenly combined.
- 3 Unroll pastry sheets and cut both in half to create four rectangles, approx. 17cm x 23cm. Brush the edges of each sheet with egg mixture.
- 4 Place half the cheesy potato mixture onto one side of a pastry sheet, leaving a 2cm boarder. Fold the sheet up over the filling and press down on the edges to seal. Working around the edges, tightly tuck the top edge under and press together. Brush the top with the egg mixture and using a fork make a couple holes to release steam.
- 5 Repeat step 4 with the remaining cheesy potato mixture and the coronation chicken mixture.
- 6 Insert divider and both crisper plates into the drawer. Spray crisper plates with cooking spray. Add 2 pasties to each Zone, insert drawer into unit.
- 7 Select Zone 1, select AIR FRY, set temperature to 200°C, and set time to 20 minutes. Select MATCH and press START/STOP to begin cooking. With 5 minutes left, flip pasties to allow for a crisp finish.
- 8 When cooking is complete, pasties will be golden and crisp.



# TRIPLE CHEESE & CHUTNEY TOASTIES

**PROGRAM:** AIR FRY | **PREP:** 15 MINUTES | **COOK TIME:** 10 MINUTES  
**MAKES:** 4-6 SANDWICHES, DEPENDING ON BREAD SIZE

## INGREDIENTS

100g Gruyère cheese, grated

100g Emmental cheese, grated

150g mature Cheddar cheese, grated

2 tablespoons chives, finely chopped

Salt and ground black pepper, as desired

8 thick slices sourdough bread

4 teaspoons unsalted butter, softened

2 teaspoons Dijon mustard

4 tablespoons chutney of choice

## DIRECTIONS

- 1 In medium bowl, mix cheeses, chives, salt and pepper together.
- 2 To assemble the sandwiches, cover each slice of bread with butter, then place the bread butter side down on a board. Top 4 pieces of bread with mustard and the prepared cheese mixture. Spread the chutney on the remaining 4 slices. Close the sandwiches with the butter on the outside.
- 3 Insert both crisper plates into the drawer and place all sandwiches on crisper plate. Insert drawer into unit.
- 4 Select MEGAZONE, select AIR FRY and set temperature to 200°C and set time to 10 minutes. Press the START/STOP to begin cooking.
- 5 When 5 minutes remain, remove drawer from unit and using silicone-tipped tongs carefully turn the sandwiches. Close drawer to continue cooking.
- 6 When cooking is complete, remove the sandwiches from drawer and enjoy hot.



# BLUEBERRY & LEMON LOAF



**PROGRAM:** BAKE | **PREP:** 15 MINUTES | **COOK TIME:** 50 MINUTES  
**MAKES:** 1 LOAF

## INGREDIENTS

1 teaspoon sunflower oil,  
for greasing  
200g self-raising flour  
1 teaspoon baking powder  
¾ teaspoon sea salt  
Zest of 1 lemon  
2 teaspoons vanilla essence  
125g golden caster sugar  
100ml sunflower oil  
100ml natural yogurt  
2 large eggs, beaten  
100g blueberries

## DRIZZLE

Juice of 1 lemon  
60g caster sugar

## DIRECTIONS

- 1 Grease a Ninja loaf tin or 23cm × 12.5cm loaf tin with oil or line a loaf tin with baking parchment.
- 2 In a large bowl, sift together flour, baking powder and salt. Whisk in lemon zest, vanilla, sugar, oil, yogurt and eggs until evenly combined. Gently stir in the blueberries then transfer the mixture to the prepared tin.
- 3 Insert both crisper plates into unit. Place loaf tin inside and close drawer.
- 4 Select MEGAZONE select BAKE, set temperature to 160°C and set time to 50 minutes. Press START/STOP to begin cooking.
- 5 When 20 minutes remain, open drawer and cover loaf tin with foil to prevent over browning. Close drawer to continue cooking.
- 5 In a small bowl, whisk together the drizzle ingredients until sugar is dissolved.
- 7 Cooking is complete when a wooden cocktail stick inserted in the centre of loaf comes out clean.
- 8 Once loaf is cooked, use a cocktail stick to prick the top of the loaf, and pour over drizzle. Allow to cool in the loaf tin before serving.

**TIP:** Use oven gloves to remove loaf tin.



# RASPBERRY & WHITE CHOCOLATE BLONDIES



**PROGRAM:** BAKE | **PREP:** 10 MINUTES | **COOK TIME:** 23-24 MINUTES  
**MAKES:** 8-10 SERVINGS

## INGREDIENTS

170g salted butter,  
melted plus 1 teaspoon  
for greasing  
200g soft light brown sugar  
2 medium eggs  
1½ teaspoons vanilla essence  
200g plain flour  
½ teaspoon salt  
½ teaspoon baking powder  
150g white chocolate chips  
70g fresh or frozen  
raspberries

## DIRECTIONS

- 1 Grease and line a shallow 20 x 30cm heat-proof tin with baking parchment.
- 2 In large mixing bowl, mix melted butter, sugar, eggs and vanilla together until smooth. Stir in flour, baking powder and salt until combined. Fold in white chocolate chips and raspberries. Then transfer the batter to the prepared dish.
- 3 Insert both crisper plates into the drawer and place dish into drawer.
- 4 Select MEGAZONE, select BAKE, set temperature to 160°C and set time to 23-24 minutes. Press START/STOP to begin cooking.
- 5 When cooking is complete, carefully remove and leave to cool before cutting into 8 to 10 pieces.

**NOTE:** For the best output and to ensure even baking, a ceramic dish is not recommended.



# Air Fry Cooking Chart

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

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE OR MEGAZONE
<b>FRESH VEGETABLES</b>					
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	13-15 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	8-10 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	9-10 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	3-4cm pieces	2 Tbsp, vegetable oil	200°C	15-20 mins
	4 whole (185-250g each)	Pierced with fork 3 times	1 Tbsp	180°C	43-48 mins
Potatoes, sweet	1kg	Cut in 2.5cm chunks	1 Tbsp	200°C	20 mins
	4 whole (185-250g each)	Pierced with fork 3 times	1 Tbsp	180°C	32-40 mins
Turnip	500g	Peel and cut into 1.5cm cubes, 2 tbsp oil	1 Tbsp	200°C	15-17 mins
<b>FRESH POULTRY</b>					
Chicken breasts	4 (600g)	None	Brushed with oil	200°C	18-20 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	30-32 mins
Duck breasts	2 (400g)	Slash skin, cook breast side down, turn over halfway	Brushed with oil	200°C	18-22 mins
<b>FRESH FISH &amp; SEAFOOD</b>					
Cod fillets	4 (480g)	None	Brushed with oil	200°C	8-10 mins
Fish cakes	4 (145g each)	None	None	180°C	17-18 mins
Prawns	16 jumbo (165g)	None	1 Tbsp	200°C	4 mins
Salmon fillets	4 (520g)	None	Brushed with oil	210°C	12-14 mins

## MEGAZONE

**When cooking in the MegaZone, double the quantity of food for the same cook time.**

**For best results, toss food often with silicone-tipped tongs.**



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

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

\*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 SINGLE OR MEGAZONE
<b>FRESH BEEF</b>					
Burgers	4 (115g each)	2.5cm thick	None	190°C	12-14 mins
Steaks*	2 (230g each)	Whole	Brushed with oil	200°C	7-10 mins
<b>FRESH PORK</b>					
Bacon	4 rashers	None	None	210°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
	2 Pork fillets (350-500g each)	None	Brushed with oil	190°C	22-27 mins
Sausages	8 (410g)	None	None	200°C	10-13 mins
	16 (820g)	None	None	200°C	10-13 mins
<b>FRESH LAMB</b>					
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
<b>FROZEN FOODS</b>					
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	15 (270g)	None	None	190°C	9-10 mins
Chicken Kiev	4 (500g)	None	None	180°C	20-22 mins
Chicken nuggets	24 (400g)	None	None	200°C	10-12 mins
Fish fillets in batter	4 (440g)	Turn halfway	None	180°C	18 mins
Fish fingers	10 (280g)	None	None	200°C	9-10 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	200°C	9-10 mins
Vegan burgers	4 (265g)	Single layer	None	200°C	11 mins
Vegan nuggets	14 (320g)	Single layer	None	200°C	8 mins
Vegetarian sausages	6 (270g)	None	None	190°C	9-10 mins
Yorkshire pudding	8 (150g)	None	None	180°C	3-4 mins

## MEGAZONE

**When cooking in the MegaZone, double the quantity of food for the same cook time.**

**For best results, toss food often with silicone-tipped tongs.**



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

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

**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 SINGLE OR MEGAZONE
<b>CHIPS</b>					
Home made chips, 1cm thick	500g	Soak in water for 30 mins, pat dry	1-2 Tbsp oil	200°C	16-18 mins
Home made chips, 2cm thick	500g	Soak in water for 30 mins, pat dry	1-2 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	20-22 mins
Frozen gastro chips	700g	None	None	210°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 SINGLE OR MEGAZONE
<b>FROZEN FOOD</b>				
Battered onion rings	300g	None	None	10 mins
Chicken dippers	400g	None	None	12 mins
Chicken wings	1kg	None	None	30 mins
Chicken nuggets	400g	None	None	9-10 mins
Fish goujons	275g	None	None	10 mins
French Fries	500g	None	None	14-16 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.

## MEGAZONE

**When cooking in the MegaZone, double the quantity of food for the same cook time.**

**For best results, toss food often with silicone-tipped tongs.**



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

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

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

# Roast Chart

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME MEGAZONE
<b>FRESH MEAT</b>					
Chicken, whole	2.2kg	Truss if desired, turn over halfway	Rub with oil	190°C	40-45 mins
Beef topside, rolled roasting joint	1.4kg	None, turn over halfway, protect with foil	Rub with oil	160°C	55 mins (medium)
Pork, loin, boneless	1kg	None, turn over halfway	Score fat	190°C	50 mins
Rolled shoulder of pork	2.3kg	None, turn over halfway,	Rub with oil	180°C	1 hour 30 mins
Whole leg of lamb	2kg	None, turn over halfway	Rub with oil	190°C	1 hour 10 mins (well done)

## MEGAZONE

**When cooking in the MegaZone, double the quantity of food for the same cook time.**

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

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

# Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
<b>FRESH FRUITS &amp; VEGETABLES</b>			
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
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	60°C	6-8 hours
<b>FRESH MEAT, POULTRY, FISH</b>			
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. Toss often.

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	4 fish cakes (145g each)	None	Air Fry	180°C   17-18 minutes
Balsamic Roasted Tomatoes	500g cherry tomatoes	60ml balsamic vinegar 1 Tbsp vegetable oil	Roast	200°C   10-15 minutes
Honey Sage Pork Steaks	2-3 boneless pork steaks (120g each)	1 Tbsp vegetable oil 1 Tbsp honey, 1/2 teaspoon dried sage	Roast	200°C   15-17 minutes
Cajun Potatoes	4 medium potatoes, diced (800g)	2 Tbsp vegetable oil 2 Tbsp Cajun seasoning	Air Fry	200°C   30 minutes
Lemon asparagus	400g whole spears	Brush with melted butter and 1 teaspoon lemon juice	Air Fry	200°C   6-8 minutes
Miso Glazed Salmon	4 salmon fillets (120g 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	6 boneless skinless chicken thighs (110-140g each)	150ml buffalo sauce, toss with chicken	Air Fry	200°C   20-22 minutes
Plant Based Burger	4 burgers (125g each) plant-based ground	4 teaspoon BBQ sauce	Air Fry	190°C   12 minutes
Mediterranean Cauliflower	600g cauliflower, cut in 2.5cm florets	120ml tahini, 4 Tbsp vegetable oil	Air Fry	200°C   13-15 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   15-17 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.



**NINJA**<sup>®</sup>  
**Foodi**<sup>®</sup>  
**FLEXDRAWER**  
**10.4L Air Fryer**

For more recipes and inspiration  
visit us online at [ninjatestkitchen.eu](https://ninjatestkitchen.eu)

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