

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

# NINJA®

## AIR FRYER

# QUICK START GUIDE









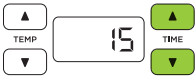



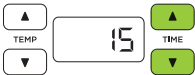


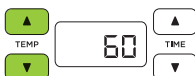
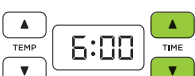
+ COOKING CHARTS  
+ 15 IRRESISTIBLE RECIPES

# USING YOUR AIR FRYER'S FUNCTIONS

Pull crispy meals out of thin air.

The Ninja® Air Fryer circulates super-hot air around your food to remove moisture from its surface to give it that golden-brown, crispy finish.

**PREHEAT RECOMMENDATION:** Let the unit preheat for 3 minutes before adding ingredients.

FUNCTION	ACCESSORY REQUIRED	TEMP	TIME
<b>AIR FRY</b>  Crisp without the guilt of deep-fried food.	 Crisper Plate	 Adjust temp as needed	 Set time, in minutes, and press START/STOP to begin
<b>ROAST</b>  Bake and roast your favourite foods traditionally made in an oven without the crisper plate.		 Adjust temp as needed	 Set time, in minutes, and press START/STOP to begin
<b>REHEAT</b>  Perfect for reviving your leftovers.	 Crisper Plate	 Adjust temp as needed	 Set time, in minutes, and press START/STOP to begin
<b>DEHYDRATE</b>  Gently and slowly remove moisture from foods to create delicious homemade snacks.	 Crisper Plate	 Adjust temp as needed	 Set time in 15-minute increments and press START/STOP to begin

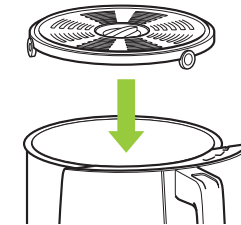
# AIR FRY

For more inspiring recipes and cooking charts, visit [ninjakitchen.eu](http://ninjakitchen.eu).



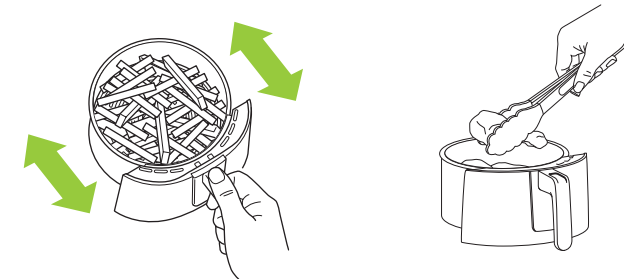
## PREHEAT

For best cooking and crisping results, always preheat your Ninja Air Fryer for 3 minutes.



## CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry.



## 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.

# Air Fry Cooking Chart

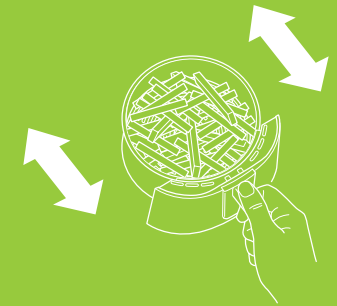
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Asparagus	1 bunch	Whole, stems trimmed	2 tsp	200°C	8-12 mins
Beetroot	6 small or 4 large (about 1kg)	Whole	None	200°C	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	200°C	25-30 mins
Broccoli	1 head	Cut in 2.5cm florets	1 Tbsp	200°C	10-12 mins
Brussels sprouts	500g	Cut in half, stem removed	1 Tbsp	200°C	15-20 mins
Butternut squash	500g-750g	Cut in 2.5cm pieces	1 Tbsp	200°C	20-25 mins
Carrots	500g	Peeled, cut in 1.5cm pieces	1 Tbsp	200°C	13-16 mins
Cauliflower	1 head	Cut in 2.5cm florets	2 Tbsp	200°C	15-20 mins
Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	200°C	12-15 mins
Green beans	375g	Trimmed	1 Tbsp	200°C	8-10 mins
Kale (for crisps)	225g	Torn in pieces, stems removed	None	150°C	8-10 mins
Mushrooms	225g	Rinsed, cut in quarters	1 Tbsp	200°C	7-9 mins
Potatoes, white	750g	Cut in 2.5cm wedges	1 Tbsp	200°C	18-20 mins
	450g	Hand-cut chips*, thin	1/2-3 Tbsp, vegetable oil	200°C	20-24 mins
	450g	Hand-cut chips*, thick	1/2-3 Tbsp, vegetable oil	200°C	23-26 mins
	4 whole (185-250g)	Pierced with fork 3 times	None	200°C	30-35 mins
Potatoes, sweet	750g	Cut in 2.5cm chunks	1 Tbsp	200°C	15-20 mins
	4 whole (185-250g)	Pierced with fork 3 times	None	200°C	30-35 mins
Courgette	500g	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	15-18 mins
<b>POULTRY</b>					
Chicken breasts	2 breasts	Bone in	Brushed with oil	190°C	25-35 mins
	2 breasts	Boneless	Brushed with oil	190°C	18-22 mins
Chicken thighs	4 thighs	Bone in	Brushed with oil	200°C	22-28 mins
	4 thighs	Boneless	Brushed with oil	200°C	18-22 mins
Chicken wings	1kg	Drumettes & flats	1 Tbsp	200°C	22-26 mins
<b>FISH &amp; SEAFOOD</b>					
Fish cakes	2 cakes	None	Brushed with oil	180°C	12-15 mins
Lobster tails	4 tails	Whole	None	190°C	5-8 mins
Salmon fillets	2 fillets	None	Brushed with oil	200°C	10-13 mins
Prawns	16 large	Whole, peeled, tails on	1 Tbsp	200°C	7-10 mins

\*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.

**For best results, shake or toss often.**

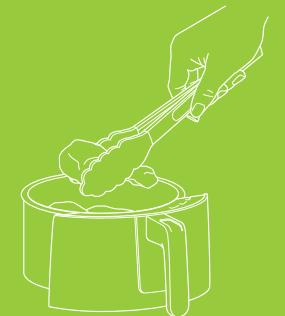
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



Shake your food

OR



Toss with silicone-tipped tongs

# Air Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>BEEF</b>					
Burgers	4 quarter-pounders	2.5cm thick	None	190°C	8-10 mins
Steaks	2 steaks (8oz each)	Whole	None	200°C	10-20 mins
<b>PORK</b>					
Bacon	4 strips, cut in half	None	None	180°C	8-10 mins
Pork chops	2 thick-cut, bone-in chops	Bone in	Brushed with oil	190°C	15-17 mins
	4 boneless chops	Boneless	Brushed with oil	190°C	14-17 mins
Pork tenderloins	2 tenderloins	Whole	Brushed with oil	190°C	25-35 mins
Sausages	4 sausages	Whole	None	200°C	8-10 mins
<b>FROZEN FOODS</b>					
Chicken nuggets	1 box	None	None	200°C	10-13 mins
Fish fillets	1 box (6 fillets)	None	None	200°C	14-16 mins
Fish fingers	18 fish fingers	None	None	200°C	10-13 mins
French fries	450g	None	None	180°C	20-25 mins
French fries	1kg	None	None	180°C	28-32 mins
Mozzarella sticks	1 box	None	None	190°C	8-10 mins
Popcorn shrimp	1 bag	None	None	200°C	9-11 mins
Frozen sweet potato chips	450g	None	None	190°C	20-22 mins
Hash browns	450g	None	None	180°C	18-22 mins

**For best results, shake or toss often.**

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

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



Shake your food

OR



Toss with silicone-tipped tongs

## TIPS & TRICKS

- 1 We recommend 3 minutes of preheating. You can use the built-in timer to set a 3-minute countdown.
- 2 When cooking a smaller quantity of food, cook for less time. When cooking a larger quantity of food, cook for more time. Always check food frequently.
- 3 For best results with fresh vegetables and potatoes, use at least 1 tablespoon of oil. Add more oil as desired to achieve the preferred level of crispiness.
- 4 Use the crisper plate when you want food to come out crispy. The crisper plate elevates food in the pan, allowing air to go under the plate and evenly crisp ingredients.
- 5 Make sure the pan is fully inserted during cooking. For consistent browning, arrange ingredients in an even layer on the bottom of the pan with no overlapping.
- 6 Cook time and temperature can also be adjusted at any time during cooking. Simply press the up and down TIME or TEMP arrows to adjust the time or temperature.
- 7 For best results, check progress throughout cooking and remove food when desired level of brownness has been achieved. We recommend using an instant-read thermometer to monitor the internal temperature of food. Remove food immediately after the cook time is complete to avoid overcooking.
- 8 Occasionally, the fan from the air fryer will blow lightweight food around. To alleviate this, secure food (like the top slice of bread on a sandwich) with cocktail sticks.

# Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
<b>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
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, pit 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
<b>MEAT, POULTRY, FISH</b>			
Beef jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
Chicken jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
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

## TIPS & TRICKS

- 1 Use a kitchen mandolin slicer to slice fruits and vegetables to a consistent, thin size.
- 2 In most cases, fruits and vegetables should be sliced as thin as possible without falling apart.
- 3 Some fruits, like apples and pears, will oxidize and should be soaked for 5 minutes in water with a squeeze of lemon juice. This will help them retain their colour while they dehydrate.
- 4 Fruits and vegetables should be patted as dry as possible before being loaded into the pan.
- 5 Lay raw food flat on bottom of pan and crisper plate. Food should be placed close together to optimise space but individual pieces should not overlap or be stacked.
- 6 Most fruits and vegetables take between 6 and 8 hours (at 60°C) to dehydrate. When trying a new food, start checking crispiness at 6 hours and monitor until it is dried to your liking.
- 7 To maximize longevity, store dehydrated food at room temperature in an airtight container for up to 2 weeks.
- 8 When dehydrating meats and fish, it is recommended to Roast at 160°C for 1 minute as a final step in order to fully pasteurize the food.
- 9 For jerky, the longer you dehydrate it, the crispier it will be.

# BACON & PEPPER BREAKFAST HASH

**PREP:** 15 MINUTES | **COOK:** 43-45 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** ROAST

## INGREDIENTS

225g uncooked streaky bacon,  
cut in 1cm pieces  
1 small yellow onion, peeled,  
diced  
1 red bell pepper, diced  
2 white potatoes, peeled, diced  
1 teaspoon paprika  
1 teaspoon ground black pepper,  
plus more for seasoning  
1 teaspoon celery or garlic salt  
1 teaspoon sea salt, plus more  
for seasoning  
4 eggs

## DIRECTIONS

- 1 Remove the crisper plate from the pan and insert pan in unit. Preheat the unit by selecting ROAST, setting the temperature to 180°C and setting the time to 3 minutes. Select START/STOP to begin.
- 2 After 3 minutes, add bacon to the pan. Reinsert pan. Select ROAST, set temperature to 180°C and set time to 45 minutes. Select START/STOP to begin. Cook for 5 minutes, or until bacon is crispy, stirring occasionally.
- 3 After 5 minutes, remove pan from unit and add the onion, pepper, potatoes and spices. Stir to incorporate. Reinsert pan to resume cooking.
- 4 Cook for 35 minutes, stirring occasionally, until potatoes are cooked through and golden brown.
- 5 Once vegetables are browned, remove pan from unit and crack four eggs onto the surface of the hash. Season with additional salt and pepper to taste. Reinsert pan to resume cooking.
- 6 Cook for 3 to 5 minutes, or until eggs are cooked to your preference. Serve immediately.

# HAND-CUT CHIPS

**PREP:** 10 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** AIR FRY

## INGREDIENTS

500g white potatoes, cut in  
6mm thick by 5cm long sticks  
1/2-3 tablespoons vegetable oil

## 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 Place both ingredients into a large mixing bowl; toss to combine. Use at least 1/2 tablespoon oil. For crispier results, use up to 3 tablespoons oil.
- 3 Insert crisper plate in pan and pan in unit. Preheat unit by selecting AIR FRY, setting the temperature to 200°C and setting the time to 3 minutes. Select START/STOP to begin.
- 4 After 3 minutes, place chips on the crisper plate; reinsert pan. Select AIR FRY, set temperature to 200°C and set time to 25 minutes. Select START/STOP to begin.
- 5 After 10 minutes, remove pan from unit and shake chips or toss them with silicone-tipped tongs. Reinsert pan to resume cooking.
- 6 Check chips after 20 minutes. For crispier chips, continue cooking for up to 25 minutes.
- 7 When cooking is complete, serve immediately with your favourite sauce.

**TIP:** Use at least 1 tablespoon oil when air frying hand-cut chips. For crispier results, use up to 3 tablespoons oil.

**TIP:** Shaking the chips is key for getting them crisp and golden brown, so shake or toss with silicone-tipped tongs frequently.

# COURGETTE FRIES WITH MARINARA SAUCE

**PREP:** 5 MINUTES | **FREEZE:** 30-45 MINUTES | **COOK:** 20-22 MINUTES  
**MAKES:** 8 SERVINGS | **PROGRAM:** AIR FRY

## INGREDIENTS

2 large courgettes, cut in 6mm thick by 7.5cm long sticks  
2 teaspoons sea salt  
120g all purpose flour  
2 eggs, beaten  
200g dried bread crumbs  
25g grated Parmesan cheese  
1 tablespoon garlic powder  
2 teaspoons onion powder  
125ml marinara sauce, for serving

## DIRECTIONS

- 1** Place courgette sticks on a plate and sprinkle with salt. Allow to sit at room temperature for 15 minutes to remove excess water. Pat dry.
- 2** Place flour in a shallow bowl or plate. Add eggs to another bowl. Place bread crumbs, Parmesan, garlic powder and onion powder into a third bowl or plate, stirring to combine.
- 3** Working in small batches, toss courgette sticks in flour. Tap off excess flour, then coat courgette in egg. Transfer courgette to bread crumbs, tossing well to evenly coat. Set aside.
- 4** Cover the plate with plastic wrap and place in the freezer for 30 to 45 minutes, or until the breading has hardened.
- 5** Insert crisper plate in pan and pan in unit. Preheat unit by selecting AIR FRY, setting temperature to 180°C and setting time to 3 minutes. Select START/STOP to begin.
- 6** After 3 minutes, place courgette sticks on crisper plate in a single layer; reinsert pan. Select AIR FRY, set temperature to 180°C and set time to 22 minutes. Select START/STOP to begin.
- 7** After 11 minutes, remove pan and shake courgette sticks or toss them with silicone-tipped tongs. Reinsert pan to resume cooking. Check if ready after 20 minutes. Repeat steps 6 and 7 with additional courgette sticks, if necessary.
- 8** When cooking is complete, serve fries immediately with marinara sauce.

**TIP:** Spray courgette sticks with cooking spray to coat before Air Frying.

# TERIYAKI CHICKEN WINGS

**PREP:** 5 MINUTES | **MARINATE:** 1 HOUR | **COOK:** 20 MINUTES  
**MAKES:** 2 SERVINGS | **PROGRAM:** AIR FRY

## INGREDIENTS

500g uncooked fresh chicken wings  
60ml teriyaki sauce

## DIRECTIONS

- 1** In a large bowl, toss chicken wings with teriyaki sauce. Cover and refrigerate for 1 hour.
- 2** Insert crisper plate in pan and pan in unit. Preheat unit by selecting AIR FRY, setting the temperature to 180°C and setting time to 3 minutes. Select START/STOP to begin.
- 3** After 3 minutes, place wings on crisper plate; reinsert pan. Select AIR FRY, set temperature to 180°C and set time to 20 minutes. Select START/STOP to begin.
- 4** After 11 minutes, remove pan from unit and shake wings or toss them with silicone-tipped tongs. Reinsert pan to resume cooking.
- 5** When cooking is complete, remove wings from pan and enjoy.

# ROAST POTATOES WITH SPICY MAYO

**PREP:** 5 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4-6 SERVINGS  
**PROGRAM:** ROAST

## INGREDIENTS

500g baby potatoes, cut in quarters  
2 tablespoons extra virgin olive oil  
3 teaspoons hot paprika, divided  
1 tablespoon plus 1 teaspoon smoked paprika, divided  
1 tablespoon plus 1 teaspoon garlic powder, divided  
2 teaspoons sea salt, divided  
100g mayonnaise  
2 tablespoons sun-dried tomato paste  
2 tablespoons sherry or white wine vinegar  
10g fresh parsley, finely chopped, for garnish

## DIRECTIONS

- 1 In a large mixing bowl, toss the potatoes in olive oil, 2 teaspoons hot paprika, 1 tablespoon smoked paprika, 1 tablespoon garlic powder and 1 teaspoon salt.
- 2 Insert crisper plate in pan and pan in unit. Preheat unit by selecting ROAST, setting temperature to 180°C and setting time to 5 minutes. Select START/STOP to begin.
- 3 After 5 minutes, place potatoes on crisper plate; reinsert pan. Select ROAST, set temperature to 180°C and set time to 25 minutes. Select START/STOP to begin.
- 4 After 13 minutes, remove pan and shake potatoes or toss them with silicone-tipped tongs. Reinsert pan to resume cooking.
- 5 While the potatoes are cooking, mix together mayo, tomato paste, vinegar, 1 teaspoon hot paprika, 1 teaspoon smoked paprika, 1 teaspoon garlic powder and 1 teaspoon salt in a small bowl.
- 6 When cooking is complete, garnish potatoes with parsley and serve warm with spicy mayo.

# FRENCH BREAD PIZZAS

**PREP:** 5 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** ROAST

## INGREDIENTS

1 baguette (30cm), cut in half lengthwise, then cut in half across to make 4 pizza crusts  
125ml pizza or marinara sauce  
110g grated mozzarella cheese, divided

## TOPPINGS

12 pieces sliced pepperoni or sausage  
1/2 green bell pepper, thinly sliced  
2 button mushrooms, thinly sliced  
Black olives

## GARNISHES

Grated Parmesan  
Dried oregano  
Crushed chillies

## DIRECTIONS

- 1 Coat the cut-side of each piece of bread with 2 tablespoons pizza sauce, allowing it to absorb into bread.
- 2 Cover each piece of bread with 2 tablespoons cheese. Add desired pizza toppings, then cover with the remaining cheese.
- 3 Insert crisper plate in pan and pan in unit. Preheat unit by selecting ROAST, setting temperature to 200°C and setting time to 3 minutes. Select START/STOP to begin.
- 4 After 3 minutes, add 2 slices of bread to the pan; reinsert pan. Select ROAST, set temperature to 200°C and set time to 5 minutes. Select START/STOP to begin.
- 5 When cooking is complete, remove pizzas from pan. Repeat with remaining pizzas.
- 6 Serve pizzas warm with desired garnishes.



# BRUSSELS SPROUTS & BACON

**PREP:** 5 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4-6 SERVINGS  
**PROGRAM:** AIR FRY

## INGREDIENTS

500g Brussels sprouts,  
cut in half  
5 strips uncooked streaky bacon,  
cut in 3mm pieces  
1 teaspoon garlic powder  
1 teaspoon black pepper  
1 teaspoon sea salt  
1 tablespoon olive oil

## DIRECTIONS

- 1 Place all ingredients into a large mixing bowl; toss to combine.
- 2 Insert crisper plate in pan and pan in unit. Preheat unit by selecting AIR FRY, setting the temperature to 200°C and setting time to 5 minutes. Select START/STOP to begin.
- 3 After 5 minutes, place Brussels sprouts on crisper plate; reinsert pan. Select AIR FRY, set temperature to 200°C and set time to 22 minutes. Select START/STOP to begin.
- 4 After 11 minutes, remove pan from unit and shake Brussels sprouts or toss them with silicone-tipped tongs. Reinsert pan to resume cooking.
- 5 When cooking is complete, serve immediately.

**TIP:** For a fun tasty sweet and sour kick, add 1 tablespoon balsamic vinegar to the bowl before tossing.

# PORK LOIN WITH VEGETABLES

**PREP:** 15 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 2 SERVINGS  
**PROGRAM:** AIR FRY

## INGREDIENTS

1 medium courgette, cut  
in 2.5cm pieces  
1 yellow pepper, cut in  
2.5cm pieces  
1 red onion, peeled,  
cut in eighths  
3 teaspoons sea salt, divided  
3 teaspoons ground black  
pepper, divided  
2 teaspoons fresh  
oregano, chopped  
1 tablespoon olive oil  
1 uncooked pork loin  
roast (750g)

## DIRECTIONS

- 1 In a large mixing bowl, toss together courgette, pepper and onion (making sure to separate the onion layers) with 1 teaspoon salt, 1 teaspoon pepper, oregano and olive oil. Season the pork loin on all sides with the remaining salt and pepper.
- 2 Insert crisper plate in pan and pan in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 160°C and setting the time to 3 minutes. Select START/STOP to begin.
- 3 After 3 minutes, place vegetables on the crisper plate. Lay the pork, fat-side down, on top of the vegetables; reinsert pan.
- 4 Select AIR FRY, set temperature to 160°C and set time to 50 minutes. Select START/STOP to begin.
- 5 After 20 minutes, remove pan from unit and flip pork. Reinsert pan to resume cooking.
- 6 Cooking is complete when internal temperature reaches 65°C. Remove pan and let the pork cool for 5 to 10 minutes before serving.

# LEMON & HERB PANKO CRUSTED COD

**PREP:** 5 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 2 SERVINGS  
**PROGRAM:** AIR FRY

## INGREDIENTS

2 uncooked cod fillets (170g each)  
 1 1/2 teaspoons sea salt, divided  
 75g panko bread crumbs  
 2 tablespoons butter, melted  
 5g fresh parsley, minced  
 Zest and juice of 1 lemon

## DIRECTIONS

- 1 Season each cod fillet on both sides with 1/2 teaspoon salt.
- 2 In a mixing bowl, stir together bread crumbs, butter, parsley, lemon zest and juice and remaining salt. Mix thoroughly so the bread crumbs are coated with lemon and butter.
- 3 Generously pack the top of each cod fillet with bread crumb mixture.
- 4 Insert crisper plate in pan and pan in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 170°C and setting the time to 3 minutes. Select START/STOP to begin.
- 5 After 3 minutes, place the fillets breaded side up in the pan. Insert pan in unit.
- 6 Select AIR FRY, set temperature to 170°C and set time to 12 minutes. Select START/STOP to begin.
- 7 Cooking is complete when internal temperature reaches 65°C. Remove fillets and serve immediately.

**TIP:** If you don't want to eat the cod right away, you can also cool to room temperature and reheat to 75°C later on.

# BEEF & BROCCOLI

**PREP:** 5 MINUTES | **MARINATE:** 30 MINUTES | **COOK:** 20 MINUTES  
**MAKES:** 4 SERVINGS | **PROGRAM:** ROAST

## INGREDIENTS

1 tablespoon garlic powder  
 60ml soy sauce  
 1 teaspoon crushed chillies (optional)  
 500g uncooked sirloin steak, thinly sliced  
 375ml teriyaki sauce or marinade, divided  
 1 head broccoli, cut in 2.5cm florets  
 1 tablespoon vegetable oil  
 1 teaspoon sea salt  
 1 teaspoon ground black pepper  
 Cooked rice, for serving.

## DIRECTIONS

- 1 In a large plastic bag or mixing bowl, mix together garlic powder, soy sauce, crushed chillies, steak and half of the marinade. Let marinate in the fridge for at least 30 minutes or up to 24 hours. After marinating, strain beef and discard excess marinade.
- 2 In a large mixing bowl, toss the broccoli with the vegetable oil, salt and pepper.
- 3 Remove the crisper plate from the pan. Preheat the unit by selecting ROAST, setting the temperature to 190°C and setting the time to 5 minutes. Select START/STOP to begin.
- 4 After 5 minutes, add broccoli to pan; reinsert pan. Select ROAST, set temperature to 190°C and set time to 20 minutes. Select START/STOP to begin.
- 5 After 10 minutes, remove pan. Push broccoli to one side and add beef on opposite side. Reinsert pan to resume cooking.
- 6 Cook the beef and broccoli for another 10 minutes, rotating once after 5 minutes.
- 7 When cooking is complete, serve immediately with additional teriyaki sauce and steamed rice.

# SAUSAGE STUFFED PORTOBELLO MUSHROOMS

**PREP:** 10 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 4 STUFFED MUSHROOMS  
**PROGRAM:** AIR FRY

## INGREDIENTS

4 medium portobello mushrooms, washed, patted dry  
 250g uncooked pork sausage  
 25g grated Parmesan cheese  
 2 tablespoons pine nuts  
 2 tablespoons chicken stock  
 5g fresh parsley, chopped  
 Zest of 1 lemon  
 1 teaspoon sea salt  
 1/2 teaspoon ground fennel seed  
 25g dried garlic & parsley seasoned bread crumbs

## DIRECTIONS

- 1 Carefully remove the stems from the mushroom caps and set aside. Scoop out the black gills inside the mushroom cap with a small spoon and discard.
- 2 Roughly chop the mushroom stems and place in a large mixing bowl. Add remaining ingredients, except portobello caps and stir to combine.
- 3 Fill the mushroom caps so that the sausage mixture forms an even mound on top of each mushroom cap.
- 4 Insert crisper plate in pan and pan in unit. Preheat unit by selecting AIR FRY, setting temperature to 170°C and setting time to 5 minutes. Select START/STOP to begin.
- 5 After 5 minutes, place mushrooms on crisper plate; reinsert pan. Select AIR FRY, set temperature to 170°C and set time to 15 minutes. Select START/STOP to begin. Cooking is complete when internal temperature reaches 70°C.
- 6 When cooking is complete, let cool for 5 minutes before serving.

**TIP:** Mushrooms may need to be cooked in 2 batches due to varying size of mushrooms.

# SPICE-RUBBED CHICKEN BREASTS WITH CHIMICHURRI

**PREP:** 15 MINUTES | **COOK:** 35-40 MINUTES | **MAKES:** 2 SERVINGS  
**PROGRAM:** AIR FRY

## INGREDIENTS

1 tablespoon sea salt  
 1 tablespoon ground paprika  
 1 tablespoon chilli powder  
 1 tablespoon ground fennel  
 1 teaspoon fresh cracked black pepper  
 1 teaspoon onion powder  
 1 teaspoon garlic powder  
 1 teaspoon ground cumin  
 2 bone-in, skin-on chicken breasts (375-625g each)

## CHIMICHURRI

60ml olive oil  
 1/2 bunch fresh coriander leaves  
 1/2 bunch fresh parsley leaves  
 1 shallot, peeled, cut in quarters  
 4 cloves garlic, peeled  
 Zest and juice of 1 lemon  
 1 teaspoon sea salt

## DIRECTIONS

- 1 In a small mixing bowl stir together all dried spices.
- 2 Pat the chicken breasts dry and season them liberally on all sides with spice mixture.
- 3 Insert crisper plate in pan and pan in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 150°C and setting the time to 3 minutes. Select START/STOP to begin.
- 4 After 3 minutes, place chicken in pan; reinsert pan. Select AIR FRY, set temperature to 150°C and set time to 35 minutes. Select START/STOP to begin.
- 5 While chicken is cooking, combine the chimichurri ingredients in a food processor and process until finely minced, being careful not to over-process.
- 6 Cooking is complete when internal temperature reaches 75°C. Remove pan and let chicken cool for 5 minutes, then serve with a generous amount of chimichurri.

# HERBED LEMON CHICKEN & VEGETABLES

**PREP:** 20 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 2 SERVINGS  
**PROGRAM:** ROAST

## INGREDIENTS

2 golden potatoes, peeled, diced  
 1 large carrot, peeled, diced  
 1 onion, peeled, thinly sliced  
 3 tablespoons olive oil, divided  
 2 teaspoons lemon zest, divided  
 2 teaspoons fresh thyme, chopped, divided  
<sup>3</sup>/<sub>4</sub> teaspoon sea salt, divided  
 1 teaspoon ground black pepper  
 3 tablespoons lemon juice  
 1 teaspoon fresh rosemary, chopped  
 2 uncooked boneless skinless chicken breasts (225g each)

## DIRECTIONS

- 1 In a large bowl, combine potatoes, carrot, onion, 1 tablespoon oil, 1 teaspoon lemon zest, 1 teaspoon thyme, <sup>1</sup>/<sub>4</sub> teaspoon salt and <sup>1</sup>/<sub>2</sub> teaspoon pepper. Stir to combine.
- 2 Place remaining ingredients, except chicken, into a shallow bowl. Stir to combine. Add chicken breasts and toss to coat.
- 3 Insert crisper plate in pan and pan in unit. Preheat the unit by selecting ROAST, setting temperature to 170°C and setting time to 5 minutes. Select START/STOP to begin.
- 4 After 5 minutes, place vegetable mixture on crisper plate in a single layer. Lay chicken breasts on top of vegetables. Reinsert pan.
- 5 Select ROAST, set temperature to 170°C and set time to 35 minutes. Select START/STOP to begin.
- 6 After 20 minutes, remove pan. Remove chicken and stir vegetables. Add chicken back to pan, flipping so that it cooks evenly. Reinsert pan to resume cooking.
- 7 Cooking is complete when internal temperature of chicken reaches 75°C. When cooking is complete, serve chicken with roasted vegetables.

# DIJON-CRUSTED SALMON

**PREP:** 20 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 2 SERVINGS  
**PROGRAM:** ROAST

## INGREDIENTS

50g panko bread crumbs  
 2 tablespoons fresh parsley, chopped  
 1 tablespoon olive oil  
<sup>1</sup>/<sub>4</sub> teaspoon sea salt, plus more to taste  
<sup>1</sup>/<sub>4</sub> teaspoon ground black pepper, plus more to taste  
 2 tablespoons Dijon mustard, divided  
 4 uncooked skinless salmon fillets (170g each)  
 Lemon wedges, for serving

## DIRECTIONS

- 1 Grease the crisper plate. Insert greased crisper plate in pan and pan in unit. Preheat the unit by selecting ROAST, setting temperature to 170°C and setting time to 5 minutes. Select START/STOP to begin.
- 2 In a bowl, stir together bread crumbs, parsley, olive oil, salt and pepper until combined. Set aside.
- 3 Spread <sup>1</sup>/<sub>2</sub> tablespoon Dijon mustard onto all sides of each salmon fillet. Season fillets with salt and pepper, then coat each fillet evenly with bread crumb mixture.
- 4 Once unit is preheated, place coated fillets onto the crisper plate. Select ROAST, set temperature to 170°C and set time to 20 minutes. Select START/STOP to begin.
- 5 Cooking is complete when internal temperature reaches 65°C and bread crumbs are browned. When cooking is complete, serve fillets with a squeeze of lemon.





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