

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



# NINJA®

## HEALTH GRILL & AIR FRYER

**Easily cook fresh  
and frozen foods**

Mouthwatering recipes & charts  
for unlimited possibilities



# Your guide to grilling like a pro

Welcome to the Ninja® Grill recipe guide.  
From here, you're just a few pages away from recipes,  
tips and tricks and helpful hints.  
Now open the lid and let's get grilling.

## Recipe List

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## Recipe Key

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



10 minutes  
or less



Frozen to  
chargrilled



Child-friendly  
food



Gluten-free



Dairy-free



Keto



Vegetarian

# Cyclonic Grilling

## TECHNOLOGY

Super-hot 265°C grilling chamber gives you the fast, juicy, chargrilled results you want by using the high-density, cast-aluminum, grilling surface and cyclonic air that circulates around food.



### Frozen to chargrilled

No thawing required

*Barbecue Chicken Breasts, page 16*



### Grilled thrills

Grill the unexpected

*Halloumi & Pepper Skewers, page 19*



### Grilled go-tos

Quick and easy meals

*Spicy Beef burger, page 20*



### No-flip grilling

No more falling apart

*Whole grilled Sea Bass, page 27*

# More flavour. Less smoke.

After hundreds of hours of recipe testing, our chefs have paired your favourite foods with a recommended temperature setting that will maximise grill flavours while minimising smoke.



**LOW**

Best for bacon, sausages and calzones, and when using thicker barbecue sauces.



Sausage & Pepper Hotdogs  
*Page 23*



**MEDIUM**

Best for frozen meats and batches of marinated ingredients.



Grilled Halloumi and Red Pepper Skewers  
*Page 19*



**HIGH**

Best for steaks, chicken and burgers.



Grilled New York Strip Steak & Asparagus  
*Page 12*



**MAX**

Best for vegetables, fruit, fresh and frozen seafood and pizza.



Mexican Street Corn  
*Page 32*

## Always use recommended oils

For less smoke, use oils with a high smoke point, like vegetable, coconut, grapeseed or avocado oil instead of olive oil. If you choose to cook ingredients at a higher temperature with olive oil, it may result in more smoke.

# Cooking best practices

No two pieces of protein are alike and, for that reason, they'll never cook the same. That's why we recommend paying close attention to the sizes of meat listed in our cooking charts. These are minimum cook times and we recommend that you ensure your food has reached a food safe temperature before consumption (please reference the tables on page 7).

## Reasons meat might cook differently



### Cut size

Proteins come in different shapes and sizes, which require different cooking times, so you may need to increase or decrease the recommended chart cook times to achieve desired doneness.



### Meat temperature

For your convenience, cooking charts were created for use with cold meat, straight from the fridge.

#### For even juicier results

If time permits, let meat come to room temperature before cooking for a more juicy center. (We recommend reducing chart cook time by 2 minutes in this case.)

## Carry-over cooking

This occurs when meat continues to cook after it's removed from the grill. For the best results, we recommend removing meat 5°C before actual internal cooking temperature is reached.

See the chart below.

FOOD	COOK TO INTERNAL TEMP OF:	CARRY-OVER COOK TO INTERNAL TEMP OF:	UK FOOD STANDARDS AGENCY RECOMMENDED TEMPERATURES
<b>Fish</b>	70°C	75°C	<b>65°C for 10 minutes</b>
<b>Poultry</b>	70°C	75°C or higher	<b>70°C for 2 minutes</b>
<b>Pork</b>	70°C	75°C	<b>75°C for 30 seconds</b>
<b>Steak</b>			<b>80°C for 6 seconds</b>
Rare	50°C	55°C	
Medium Rare	55°C	60°C	
Medium	60°C	70°C	
Medium Well	65°C	65°C	
Well Done	70°C	75°C	
<b>Minced Beef</b>	70°C	75°C or higher	
<b>Minced Pork</b>	70°C	75°C	
<b>Minced Turkey</b>	70°C	75°C	

**For juicy and tender results,** allow protein to rest for 5 minutes after cooking. For roasts, half chickens and large steaks, it's best to let them rest for 10 minutes.

## The importance of a meat thermometer

For best results, use a digital food thermometer to accurately measure internal temperature of protein.



Insert thermometer into centermost, thickest part of protein. If protein is bone-in, insert it very close to (but not touching) the bone.

Because the Grill cooks at high temperatures, proteins can overcook quickly. It's best to monitor the internal temperature of meat, especially during the later stages of cooking.

# Flavour-Building

## Tasty Marinades, Zesty Spice Rubs, and Irresistible Dipping Sauces

For the following recipes, add all ingredients to a bowl and mix well.

These marinades and spice rubs call for coarse salt—ensure you use that and not fine-grain salt.

Use spice rubs liberally. Season meat or vegetables generously and allow to sit at room temperature for 30 minutes before grilling—this will promote evenness and faster cooking.

### Frozen to char grilled

When grilling frozen meats, baste them liberally and consistently with the marinade of your choosing.

To get the best textures and flavours from frozen meat, season it with your favourite spice rub before grilling.

## Marinades



### Teriyaki Marinade

80ml soy sauce  
80ml water  
80g dark brown sugar  
3 tablespoons rice wine vinegar  
1 tablespoon honey  
2 cloves garlic, peeled, minced



### Garlic & Herb Marinade

60ml extra virgin olive oil  
60ml apple cider vinegar  
10g fresh herbs (like parsley, rosemary, oregano, thyme, or sage), chopped  
5 cloves garlic, peeled, minced  
Juice of 1 lemon (about 3 tablespoons juice)  
1 teaspoon ground black pepper  
1 teaspoon salt



### Simple Steak Marinade

60ml Worcestershire sauce  
60ml soy sauce  
60ml balsamic vinegar  
2 tablespoons Dijon mustard  
3 cloves garlic, peeled, minced  
1 teaspoon ground black pepper  
1 teaspoon salt

# Spice Rubs

**MAKES:** APPROX. 240G | **SEASON:** GENEROUSLY  
**STORE:** UP TO 6 MONTHS IN AN AIRTIGHT CONTAINER AWAY FROM LIGHT AND HEAT



## Easy BBQ Spice Rub

**Best for poultry, beef, prawns, cauliflower, broccoli, carrots**

- 60g dark brown sugar
- 28g smoked paprika
- 3 tablespoons ground black pepper
- 2 tablespoons salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder



## Everyday Spice Rub

**Best for poultry, beef, pork, lamb, veal, seafood, vegetables**

- 3 tablespoons chilli powder
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 tablespoon ground cumin
- 1 tablespoon ground black pepper
- 1 tablespoon dried oregano



## Dry Herb Rub

**Best for poultry, pork, lamb, seafood, vegetables**

- 1 tablespoon salt
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 tablespoon dried oregano
- 1 teaspoon mustard powder
- 1 teaspoon ground black pepper
- 1 teaspoon crushed red pepper

# Dipping Sauces

**MAKES:** APPROX. 240ML | **STORE:** REFRIGERATE FOR UP TO 4 DAYS



## Chimichurri Sauce

**Best for poultry, beef, pork, fish, vegetables**

- 1/2 bunch fresh coriander (about 15g), chopped
- 1/2 bunch fresh parsley (about 15g), chopped
- 5 cloves garlic, peeled, minced
- 1 small shallot, peeled, chopped
- Zest and juice of 1 lemon (about 80ml juice)
- 60 ml extra virgin olive oil
- 1 teaspoon ground black pepper
- salt, as desired



## Lemony-Garlic Chilli Mayo

**Best for poultry, beef, pork, lamb, veal, seafood, vegetables**

- 240ml mayonnaise
- Juice of 1/2 lemon (about 2 tablespoons juice)
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- salt, as desired



## Jamaican Jerk Ketchup

**Best for poultry, beef, prawns**

- 240ml ketchup
- 3 tablespoons dry jerk seasoning
- 1 ripe banana, peeled, mashed

# Kickstarter Recipe

## Grilled Sirloin Steak & Asparagus

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 2-4 SERVINGS | **PROGRAM:** GRILL



### INGREDIENTS

2 uncooked Sirloin steaks  
(400-450g each)

2 tablespoons vegetable oil, divided  
Salt, as desired

Ground black pepper, as desired

1 bunch asparagus, trimmed

### DIRECTIONS



Rub each steak on all sides with 1 tablespoon vegetable oil, then season with salt and pepper, as desired. Toss asparagus with remaining vegetable oil, then season with salt and pepper, as desired.



Insert grill plate in unit and close lid. Select GRILL, set temperature to HIGH and set time to 12 minutes. Select START/STOP to begin preheating.



When the unit beeps to signify it has preheated, place steaks on grill plate, gently pressing them down to maximise grill marks. Close lid and cook for 4 minutes.



After 4 minutes, flip steaks. Close lid and continue cooking for 4 more minutes, or until internal temperature reaches 50°C.



Remove steaks from grill and leave to rest for 10 minutes; they will continue to cook to a food-safe temperature while resting. Use a cooking thermometer to ensure a food-safe temperature has been achieved.



Meanwhile, place asparagus on grill plate. Close lid and cook for 4 minutes.



When cooking and resting are complete, slice steak and serve with asparagus.

**TIP** Substitute any preferred seasoning to the steak in step 1.

**TIP** This recipe produces a medium cooked sirloin steak.



# Kickstarter Recipe

## Teriyaki Marinated Salmon

**PREP:** 5 MINUTES | **MARINATE:** 1-12 HOURS | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 7-9 MINUTES | **MAKES:** 4 SERVINGS

**PROGRAM:** GRILL



### INGREDIENTS

4 uncooked skinless salmon fillets      240ml teriyaki marinade

### DIRECTIONS



Place fish fillets and teriyaki sauce in a large resealable plastic bag or container. Move fillets around to coat evenly with sauce. Refrigerate for at least 1 hour and up to 12 hours.



Insert grill plate in unit and close lid. Select GRILL, set temperature to MAX and set time to 8 minutes. Select START/STOP to begin.



When the unit beeps to signify it has preheated, place fillets on the grill plate, gently pressing them down to maximise grill marks. Close lid and cook for 6 minutes. There is no need to flip the fish during cooking.

**TIP** Substitute your favourite marinade for the teriyaki sauce in step 1.



After 6 minutes, check fillets are cooked; the internal temperature should be 75°C. If necessary, close lid and continue cooking up to 2 more minutes.



When cooking is complete, serve fillets immediately.

# Kickstarter Recipe

## Barbecue Chicken Breasts

**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 23-25 MINUTES | **MAKES:** 4 SERVINGS | **PROGRAM:** GRILL



### INGREDIENTS

4 frozen boneless, skinless chicken breasts	Salt, as desired
2 tablespoons vegetable oil, divided	Ground black pepper, as desired
	240ml prepared barbecue sauce

### DIRECTIONS



Insert grill plate in unit and close lid. Select GRILL, set temperature to MEDIUM and set time to 25 minutes. Select START/STOP to begin.



While unit is preheating, evenly rub each chicken breast with 1/2 tablespoon vegetable oil. Then season with salt and pepper, as desired.



When the unit beeps to signify it has preheated, place chicken breasts on grill plate. Close lid and cook for 10 minutes.



After 10 minutes, flip chicken. Close lid to continue cooking for 5 minutes.



After 5 minutes, liberally baste chicken with barbecue sauce, then flip over and liberally baste the other side. Close lid to continue cooking for 5 minutes.



After 5 minutes, repeat step 5. Close lid and cook for 2 more minutes.



If necessary, baste chicken again and cook for up to 3 more minutes until centermost point of the chicken reaches an internal temperature of 75°C.



Allow chicken to rest for 5 minutes before serving.

**TIP** To make a complete meal, pair this chicken with any grilled vegetable from the Grill charts in the back of this book.

# GRILLED CAULIFLOWER STEAKS WITH GREEK SALSA



**PREP:** 20 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 17 MINUTES | **MAKES:** 2 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

1 head cauliflower, leaves and stem removed  
80g Kalamata olives, chopped, pits removed  
120g roasted red peppers, chopped  
1 tablespoon fresh oregano, minced  
1 tablespoon fresh parsley, minced  
3 cloves garlic, peeled, minced  
Juice of 1 lemon  
250g feta cheese, crumbled  
Salt, as desired  
1 teaspoon ground black pepper  
80g pecans, roughly chopped  
1 small red onion, peeled, chopped  
60ml vegetable oil, divided

## DIRECTIONS

- 1 Cut cauliflower into two 5cm “steaks”; reserve remaining cauliflower.
- 2 To make the Greek salsa, in a large bowl, stir together olives, roasted red peppers, oregano, parsley, garlic, lemon juice, feta, salt, pepper, pecans, red onion and 2 tablespoons of vegetable oil.
- 3 Insert grill plate in unit and close lid. Select GRILL, set temperature to MAX and set time to 17 minutes. Select START/STOP to begin preheating.
- 4 While unit is preheating, rub remaining 2 tablespoons of oil on both sides of “steaks,” then season each with salt, as desired.
- 5 When the unit beeps to signify it has preheated, place steaks on the grill plate. Close lid and cook for 10 minutes.
- 6 After 10 minutes, flip “steaks.” Close lid and continue cooking for 5 minutes.
- 7 After 5 minutes, spread “steaks” generously with Greek salsa. Close lid and cook for the remaining 2 minutes. Reserve remaining Greek salsa.
- 8 When cooking is complete, serve immediately.

**TIP** Cut remaining cauliflower into large chunks, toss with vegetable oil and grill for 12 minutes before tossing with remaining Greek salsa.

# GRILLED HALLOUMI AND RED PEPPER SKEWERS



**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

1 garlic clove, finely chopped  
1 tablespoon red wine vinegar  
3 tablespoons olive oil  
½ teaspoon dried dill  
½ teaspoon dried mint  
½ teaspoon dried parsley  
Sea salt, to taste  
Cracked black pepper, to taste  
400g halloumi cheese, cut into 4cm pieces  
1 ½ red peppers, cut into quarters, seeds and ribs removed, cut in 4cm pieces  
1 medium red onion, peeled and petals cut into 4cm pieces  
4 wooden skewers no longer than 20cm (or Ninja skewers)\*

## DIRECTIONS

- 1 In a mixing bowl, combine garlic, red wine vinegar, olive oil, dill, mint, parsley, sea salt to taste and cracked black pepper to taste. Set aside.
- 2 Insert grill plate in unit and close lid. Select GRILL, set temperature to MEDIUM and set time to 6 minutes. Select START/STOP to begin preheating.
- 3 While unit is preheating, assemble the skewers in the following order until they’re almost full: halloumi, red pepper and onion. Ensure ingredients are pushed almost completely down to the end of the skewers. Evenly brush kebabs with dressing made in step 1.
- 4 Once the unit has beeped to signify it has preheated, place kebabs on grill plate. Close lid.
- 5 After 3 minutes, open lid and baste exposed side of kebabs with dressing. Using rubber-tipped tongs, flip skewers and baste again. Close lid to continue cooking.
- 6 When cooking is complete, open lid and remove skewers. Place kebabs on a platter and pour remaining dressing over the top.

\*The Ninja skewers are sold separately at [ninjakitchen.eu](http://ninjakitchen.eu)



# SPICY BEEF BURGERS WITH SMOKED CHEDDER CHEESE AND PICKLED JALAPEÑO



**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 BURGERS  
**PROGRAM:** GRILL

## INGREDIENTS

750g beef mince, divided  
1 tablespoon prepared smoky BBQ seasoning mix  
Sea salt, to taste  
Cracked pepper, to taste  
4 slices smoked cheddar cheese  
2 tablespoons pickled Jalapeños, divided  
4 burger buns

## OPTIONAL TOPPINGS:

Lettuce  
Tomato  
Mayonnaise  
Ketchup  
Sliced raw onion

## DIRECTIONS

- 1 Insert grill plate in unit and close lid. Select GRILL, set temperature to HIGH and set time to 8 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, mix the spices into beef mince and divide evenly into 4 balls. Loosely form into 10cm burgers. Using your thumb, make 2cm indents in the centre of each (this will help the burgers keep a uniform shape during cooking). Season burgers with salt and pepper, as desired.
- 3 When unit beeps to signify it has preheated, place burgers, thumb indent-up, on the grill plate. Close lid and cook for 6 minutes.
- 4 After 6 minutes, open lid and place a slice of cheese on each burger. Close lid and continue cooking for 1 minute.
- 5 After 1 minute, check internal temperature has reached 75°C. Once cooked remove cheeseburger from grill plate. Place buns on grill plate, close lid and cook for remaining 1 minute.
- 6 When cooking is complete, open lid and remove buns. Build burgers by topping with jalapeños and additional optional toppings of choice.

# SMOKEY STEAK FAJITAS



**PREP:** 20 MINUTES | **PREHEAT:** 8 MINUTES | **COOK:** 19-23 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

2 teaspoons cumin powder  
2 teaspoons coriander powder  
1 teaspoon smoked paprika  
½ teaspoon chipotle powder  
2 teaspoons ground coffee  
1 teaspoon dried oregano  
1 teaspoon garlic powder  
1 teaspoon onion granules  
1 teaspoon sugar  
1 teaspoon sea salt, plus more to taste  
1 teaspoon cracked black pepper, plus more to taste  
3x 250g Sirloin steaks, 3cm thick  
Cooking spray  
2 small peppers (red, yellow or green), cut into 1cm strips  
2 medium red onions, peeled and cut into quarters, root intact  
1 tablespoon lime juice  
8 soft flour tortillas, 20cm  
Salsa, optional for serving  
Grated cheddar cheese, optional for serving  
Sour cream, optional for serving

## DIRECTIONS

- 1 In a small bowl, combine cumin, coriander, smoked paprika, chipotle, ground coffee, oregano, garlic powder, onion granules, sugar, sea salt and cracked black pepper. Mix well to combine.
- 2 Rub spice mix evenly and liberally on all sides of steaks. Place steaks in the fridge for 3 hours, uncovered. Remove steaks from the fridge 30 minutes prior to grilling.
- 3 Insert grill plate in unit and close lid. Select GRILL, set temperature to HIGH and set time to 8 minutes. Select START/STOP to begin preheating.
- 4 Once the unit has beeped to signify it has preheated, open lid and place the steaks on grill. Press steaks down gently to increase surface contact with grill plate.
- 5 After 4 minutes, open lid and flip steaks using rubber-tipped tongs. Close lid and continue cooking for an additional 4 minutes. After 8 total minutes, open lid and remove steaks. Set aside to rest whilst grilling vegetables and heating fajitas.
- 6 Use a kitchen towel to wipe grill clean. Spray peppers and onions with cooking spray. Select GRILL, set temperature to MAX and set time for 8 minutes. Select START/STOP to begin preheating.

# CHICKEN TACOS WITH QUICK PICKLED ONIONS

**PREP:** 15 MINUTES | **MARINATE:** 1 HOUR | **COOK:** 15-17 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

4 chicken breasts, 170g each

## CHICKEN MARINADE

40ml tequila  
80ml lime juice  
2 teaspoons spicy chipotle paste  
2 garlic cloves, smashed to a paste  
1 teaspoon fine sea salt  
½ teaspoon cracked black pepper  
10g coriander, chopped  
3 teaspoons agave nectar  
2 tablespoons vegetable oil

## QUICK PICKLED ONIONS

1 red onion, peeled and sliced thinly  
1-2 tablespoons red wine vinegar  
1 tablespoon water  
pinch of flaked sea salt  
½ teaspoon caster sugar

## TO SERVE

12 corn tortillas  
100g feta, crumbled  
100g sour cream  
Coriander leaves  
Hot sauce

## DIRECTIONS

- Mix all marinade ingredients and place in a bowl or sealed storage bag along with chicken and marinate for at least 1 hour in refrigerator. Let it come to room temperature for at least 30 minutes before grilling.
- To make pickled onions, mix all ingredients together and chill until ready to use.
- Ensure grill plate is installed in pot. Select GRILL, set the temperature to MEDIUM, then set the time to 13 minutes. Select START/STOP to begin.
- Once unit has beeped to signify it is preheated, open lid and add the chicken to the grill plate, then close lid to begin cooking.
- After 5 minutes, open lid and flip chicken. Close lid and continue cooking for an additional 5 minutes or until the thickest part of chicken reads 75°C on a food-safe thermometer.
- Remove chicken from grill and allow to rest for 5 minutes.
- Wrap tortillas in foil. Open lid and place tortillas on grill plate and close lid to begin cooking. After 3 minutes, open lid and remove tortillas from grill.
- Slice chicken against grain and assemble tacos as desired.

# SAUSAGE & PEPPER HOTDOGS



**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 26 MINUTES | **MAKES:** 6 HOTDOGS  
**PROGRAM:** GRILL

## INGREDIENTS

2 bell peppers, cut in quarters, seeds and ribs removed  
1 white onion, peeled, sliced in 1cm rings  
2 tablespoons vegetable oil, divided  
Salt, as desired  
Ground black pepper, as desired  
6 uncooked sausages (approx 50g each), Italian or Bratwurst  
6 hot dog buns  
Condiments, as desired



## DIRECTIONS

- Insert grill plate in unit and close lid. Select GRILL, set temperature to LOW and set time to 26 minutes. Select START/STOP to begin preheating.
- While unit is preheating, toss bell peppers and onions with oil, salt and black pepper.
- When the unit beeps to signify it has preheated, place peppers and onions on the grill plate. Close lid and cook for 12 minutes without flipping.
- After 12 minutes, transfer peppers and onions to a medium mixing bowl. Place sausages on grill plate; close lid and cook for 6 minutes.
- After 6 minutes, flip sausages. Close lid and cook for 6 more minutes.
- Meanwhile, gently break up the grilled onions into individual rings and mix them with the peppers.
- After 6 minutes, check internal temperature has reached 75°C and remove sausages from grill plate. Place the buns, cut-side down, on the grill plate. Close lid and cook for the remaining 2 minutes.
- When cooking is complete, spread any desired condiments on the buns, then place sausages in buns. Top each liberally with peppers and onions and serve.

**TIP** To make this recipe Gluten Free and Keto-friendly, serve without buns.

# PORK LOIN WITH CRACKLING



**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 1 HOUR 15 MINUTES  
**MAKES:** 4 SERVINGS | **PROGRAM:** ROAST

## INGREDIENTS

1 kg pork loin roast, tied with crackling  
1 tablespoon flaked sea salt

200ml water, divided  
Butcher's twine

## DIRECTIONS

- 1 Remove the crackling from the top of pork, cutting evenly to leave some fat on top of loin. Score top of pork loin roast with sharp knife every 2cm. Score crackling with sharp knife every 1cm.
- 2 For even cooking, tie loin with butcher's twine. Season pork crackling and meat with salt. Place crackling over the top of loin.
- 3 Ensure that the grill plate and crisping basket are removed from pot. Select ROAST, set temperature to 160°C and set time to 60 minutes. Select START/STOP to begin preheating.
- 4 When the unit beeps to signify it has preheated, place roast directly in pot. Pour 150ml water into pot around pork. Close lid and cook for 50 minutes.
- 5 Occasionally open lid to ensure water has not totally evaporated, adding additional water if necessary. Water will keep pork moist and prevent drippings from burning.
- 6 After 55 minutes, open lid to measure temperature of pork. Internal temperature of pork should read 75°C on a thermometer. If necessary, close lid and cook for up to an additional 5 minutes.
- 7 Remove roast and crackling from pot. Remove pot from unit and clean, being sure to remove all oil. Place clean pot back in unit and close lid.
- 8 Select ROAST and set temperature to 180°C and set time to 15 minutes. When the unit beeps to signify it has preheated, place crackling in pot. Reserve roast on cutting board. Close lid to begin cooking.
- 9 After 10 minutes, open lid and check crispiness of crackling. If desired, close lid and cook for up to an additional 5 minutes, until crackling is completely crispy.
- 10 When cooking is complete, slice roast and cut crackling. Serve.

**TIP** You can leave the roast whole with crackling attached, but for crispiest results it is best to remove crackling from roast

# BBQ PORK CHOPS



**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 6-8 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

4 230g boneless pork chops, 3cm thick  
4 teaspoons vegetable oil, divided  
Flaked sea salt, to taste  
Cracked black pepper, to taste  
115g barbecue sauce, warmed

## DIRECTIONS

- 1 Insert grill plate in unit and close lid. Select GRILL, set temperature to MEDIUM and set time to 8 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, evenly brush each pork chop with 1 teaspoon vegetable oil, then season with salt and pepper, to taste.
- 3 Once the unit has beeped to signify it has preheated, place chops on grill plate, pressing down on them gently to increase surface contact. Brush top side of each pork chop with barbecue sauce and close lid.
- 4 After 2 minutes, use rubber-tipped tongs to flip pork and brush liberally with barbecue sauce. Close lid to continue cooking.
- 5 Repeat step 4. After 6 total minutes, open lid and check temperature of pork for desired finish.
- 6 If necessary, baste pork again and cook for up to 2 additional minutes, until centermost point of pork reaches an internal temperature of 75°C. Juices should run clear and not be pink.
- 7 Allow pork to rest for 5 minutes before serving.

**TIP** While pork is resting, increase grill temperature to HIGH and grill any of the vegetables on page 44 as a side to serve with the pork

# TANDOORI LAMB CHOPS



**PREP:** 10 MINUTES | **PREP:** 2-12 HOURS | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 20 MINUTES  
**MAKES:** 4 SERVINGS | **PROGRAM:** GRILL

## INGREDIENTS

200g Greek yogurt  
2 tablespoons full-fat milk  
3 garlic cloves, chopped and mashed to a paste  
5cm fresh ginger, finely plated  
3-4 tablespoons fresh lemon juice  
1 tablespoon cumin powder  
2 teaspoons garam masala  
2 teaspoons paprika  
1 teaspoon chilli powder  
8x 70g bone-in lamb chops, french trimmed  
1cm thick  
2 tablespoons vegetable oil, divided  
Flaked sea salt, to taste  
Cracked black pepper, to taste

## DIRECTIONS

- 1 In a small bowl, make marinade by mixing together Greek yogurt, milk, garlic, ginger, lemon juice, cumin, garam masala, paprika and chilli powder. Coat chops well with marinade and refrigerate for at least two hours or overnight. Before grilling, allow lamb to sit at room temperature for 30 minutes.
- 2 Insert grill plate in unit and close lid. Select GRILL, set temperature to MEDIUM and set time to 20 minutes. Select START/STOP to begin preheating.
- 3 While unit is preheating, scrape excess marinade off each chop so it doesn't burn. Brush chops with oil and season with salt and pepper, to taste.
- 4 Once the unit has beeped to signify it has preheated, open lid and place 4 lamb chops on grill plate. Close lid to begin cooking.
- 5 After 5 minutes, open lid and flip chops using rubber-tipped tongs. Close lid to continue cooking. After 4 additional minutes, open lid and check lamb for desired doneness and that internal temperature has reached 75°C. If necessary, cook chops for up to 1 additional minute until desired doneness is achieved.
- 6 Repeat steps 3 and 4 with remaining lamb chops.
- 7 When cooking is complete, remove remaining chops from grill and serve.

# WHOLE GRILLED SEA BASS WITH SALMORIGLIO SAUCE



**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 11 MINUTES | **MAKES:** 2 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

2x 400g whole sea bass, head removed, gutted and scaled and scored 2cm apart  
2 tablespoons vegetable oil  
2 lemons, sliced 1cm thick and cut in half moons  
2 parsley sprigs  
Sea salt, to taste  
Crack black pepper, to taste

## SALMORIGLIO SAUCE

2 cloves garlic, finely minced  
2 tablespoons lemon juice  
50ml extra virgin olive oil  
5g fresh oregano, chopped  
10g fresh parsley, chopped  
Sea salt, to taste  
Crack black pepper, to taste  
1 bunch asparagus, root-end trimmed

## DIRECTIONS

- 1 Insert grill plate in unit and close lid. Select GRILL, set temperature to MAX and set time to 7 minutes. Select START/STOP to begin preheating. In a small bowl, combine all Salmoriglio sauce ingredients and reserve.
- 2 While grill is preheating, brush fish on both sides with oil and season with salt and pepper, as desired. Stuff fish cavities with lemon and parsley.
- 3 Once unit beeps to signify it has preheated, open lid and place fish on grill. Close lid and cook for 5 minutes.
- 4 After 5 minutes, open lid and check fish is cooked and has reached an internal temperature of 75°C. If meat begins to flake, remove fish from grill. If meat does not flake, close lid and continue cooking for an additional 2 minutes.
- 5 When cooking is complete, open lid and remove fish. Add asparagus to grill, then close lid and cook for 4 minutes.
- 6 When cooking is complete, open lid and remove asparagus. Serve fish with asparagus and prepared sauce. Be mindful of bones.

# FROZEN COD AND VEGETABLE PARCELS



**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 15-18 MINUTES  
**MAKES:** 2 SERVINGS | **PROGRAM:** GRILL

## INGREDIENTS

300g new potatoes, sliced 1cm thick, par-boiled for 10 minutes  
2x 120g frozen cod fillets, 3cm thick  
2x 2.5cm cubes butter  
2 tarragon sprigs  
125g cherry tomatoes, both red and yellow  
80g sugar snap peas or green beans, stems trimmed  
30g Kalamata olives, pitted and sliced  
Sea salt, to taste  
Ground black pepper, to taste  
4 foil pieces, 24cm x 24cm

## DIRECTIONS

- 1 Place half the potatoes in the centre of one piece of foil. Place one cod fillet on top of potatoes, then place 1 cube of butter on top of cod. Place 1 sprig of tarragon on top of butter, then add half the tomatoes, half the peas and half the olives around the edges of cod. Season to taste with sea salt and pepper.
- 2 Place a piece of foil on top of open cod parcel. Form a 12cm by 16cm rectangle with sealed sides by folding the top and bottom foil edges to close parcel.
- 3 Repeat steps 1 and 2 with remaining ingredients.
- 4 Insert grill plate in unit and close lid. Select GRILL, set temperature to MAX and set time to 18 minutes. Select START/STOP to begin preheating.
- 5 Once unit has beeped to signify it has preheated, open lid and place cod parcels on grill. Close lid and cook for 15 minutes.
- 6 After 15 minutes, open lid and check doneness of cod. Be careful to open parcels carefully as steam may have built up inside. If necessary, close lid and cook cod for up to an additional 3 minutes, until internal temperature reaches 75°C.
- 7 When cooking is complete, remove ingredients from parcels and serve.

**TIP** Substitute cod for your favourite frozen fish

# GRILLED GARLIC & HERB FLATBREAD



**PREP:** 30 MINUTES | **RISE:** 60-90 MINUTES | **PREHEAT:** APPROX. 8 MINUTES  
**COOK:** 16 MINUTES | **MAKES:** 8 FLATBREADS **PROGRAM:** GRILL

## INGREDIENTS

500g plain flour  
1 teaspoon fine sea salt  
1 teaspoon caster sugar  
5g fast acting dried yeast  
250ml warm water  
1 tablespoon + 50ml olive oil, divided plus more for brushing

## DIRECTIONS

- 1 In a stand mixing bowl with dough hook attachment, combine flour, salt, sugar and yeast. Mix for 30 seconds to combine. Pour water and 1 tablespoon olive oil into mixing bowl and mix on low speed for 7 minutes. If mixing by hand, mix ingredients together in bowl, then knead dough by hand for 10 minutes. Dough is done when you press into the ball and it bounces back.
- 2 Place dough in a lightly oiled bowl and cover with cling film or a tea towel. Keep in a warm spot of your house until dough doubles in size, 60-90 minutes. Mix olive oil, garlic and parsley, set aside.
- 3 Once dough has doubled in size, place on clean work surface. Oil hands and work surface lightly with olive oil. Divide dough into 8 even balls. Form each ball into 20cm wide and 5mm thick circles. Stretch each ball into an oval shape.

1 garlic clove, finely chopped  
5g fresh parsley, chopped  
Flaked sea salt, to taste  
2 tablespoons soft butter, if desired

- 4 Insert grill plate in unit and close hood. Select GRILL, set temperature to MAX and set time to 16 minutes. Select START/STOP to begin preheating.
- 5 Once unit has beeped to signify unit has preheated, place one dough ball on grill and brush with garlic herb oil. Close hood and grill dough for 2 minutes.
- 6 Repeat step 6 with remaining balls of dough.
- 7 Grilled bread is best served immediately, but can be reheated in foil on LOW for 3 minutes.



# FRENCH FRIES WITH PARMESAN & GARLIC MAYO



**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 20-22 MINUTES

**MAKES:** 5-6 SERVINGS | PROGRAM: AIR FRY

## INGREDIENTS

450g frozen french fries  
120g mayonnaise  
2 cloves garlic, minced  
1 teaspoon garlic powder  
½ teaspoon salt  
¼ teaspoon ground black pepper  
Squeeze of lemon juice  
1 tablespoon vegetable oil  
120g grated Parmesan cheese

## DIRECTIONS

- 1 Insert crisper basket unit and close lid. Select AIR FRY, set temperature to 190°C, and set time to 22 minutes. Select START/STOP to begin preheating.
- 2 When the unit beeps to signify it has preheated, add frozen fries to basket. Close lid and cook for 10 minutes.
- 3 After 10 minutes, shake basket of fries. Place basket back in unit and close lid to resume cooking.
- 4 Meanwhile, combine mayonnaise, garlic, garlic powder, salt, pepper and lemon juice in a bowl.
- 5 After 10 minutes, check fries are cooked. Continue cooking up to 2 more minutes if necessary.
- 6 When cooking is complete, first toss fries with vegetable oil and then with grated Parmesan. Serve immediately with garlic mayo sauce.

**TIP** Use any kind of frozen fries you'd like, just keep a close eye on them during cooking so they don't over- or under-crisp.



# MEXICAN STREET CORN



**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

4 corn on the cob  
2 tablespoons vegetable oil, divided  
Salt, as desired  
Ground black pepper, as desired

## SAUCE

240g parmesan cheese  
60ml mayonnaise  
60ml sour cream  
Juice of 2 limes  
1 teaspoon garlic powder  
1 teaspoon onion powder  
15g fresh coriander, chopped

## DIRECTIONS

- 1** Insert grill plate in unit and close lid. Select GRILL, set temperature to MAX and set time to 12 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, rub each piece of corn with  $\frac{1}{2}$  tablespoon vegetable oil. Season corn with salt and pepper, as desired.
- 3** When the unit beeps to signify it has preheated, place corn on grill plate and close lid and cook for 6 minutes.
- 4** After 6 minutes, flip corn. Close lid and continue cooking for the remaining 6 minutes.
- 5** Meanwhile, stir together all sauce ingredients in a mixing bowl.
- 6** When cooking is complete, coat corn evenly with sauce. Serve immediately.

**TIP** For an easy-to-eat salad, cut the grilled corn off the cob and mix with half the mayonnaise mixture.





# NASHVILLE HOT FRIED CHICKEN

**PREP:** 20 MINUTES | **MARINATE:** 8 HOURS | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 25 MINUTES  
**MAKES:** 3-4 SERVINGS | PROGRAM: AIR FRY

SNACKS  
& SIDES

## INGREDIENTS

2 tablespoons garlic powder  
2 tablespoons onion powder  
2 tablespoons chilli powder  
1 tablespoon mustard powder  
2 tablespoons salt  
1 tablespoon ground black pepper  
1 litre buttermilk  
2 uncooked bone-in, skin-on chicken thighs

2 uncooked bone-in, skin-on chicken breasts,  
each split in half  
960g plain flour  
180ml vegetable oil, divided  
2 tablespoons dark brown sugar  
3 tablespoons paprika  
2 teaspoons cayenne pepper

## DIRECTIONS

- 1 Stir together garlic, onion, chilli and mustard powders with salt and pepper. Place half the mixture in a container. Add buttermilk to container and combine with spice mixture. Set aside remaining spice mixture.
- 2 Add chicken to buttermilk mixture and marinate in the fridge for 8 hours or overnight.
- 3 Strain chicken from marinade. Combine remaining spice rub with flour in a large mixing bowl. Working in batches, toss chicken pieces in spiced flour mixture until evenly coated. Gently tap chicken off to remove excess flour.
- 4 Insert crisper basket in unit and close lid. Select Air Fry, set temperature to 170°C, and set time to 25 minutes. Select START/STOP to begin preheating.
- 5 Meanwhile, rub each piece of chicken with oil, using a total of 60ml oil for all pieces.
- 6 When the unit beeps to signify it has preheated, place chicken in the basket. Close lid and cook for 10 minutes.
- 7 Meanwhile, whisk together remaining 120ml vegetable oil, brown sugar, paprika and cayenne pepper in a bowl.
- 8 After 10 minutes, flip chicken. Close lid and continue cooking for 10 more minutes, then check chicken for doneness. Continue cooking up to an additional 5 minutes or until chicken's internal temperature reaches 75°C.
- 9 When cooking is complete, gently toss chicken with spiced oil mixture and serve.

**TIP** For a complete meal, serve with fries and coleslaw.

# COCONUT PRAWNS



**PREP:** 15 MINUTES | **RISE:** 60-90 MINUTES | **PREHEAT:** APPROX. 3 MINUTES  
**COOK:** 6 MINUTES | **SERVES:** 4-6 APPETIZER SERVINGS **PROGRAM:** AIR FRY

## INGREDIENTS

30g plain flour  
 ½ teaspoon mild chilli powder  
 1 large egg  
 50g desiccated coconut  
 20g panko bread crumbs  
 660g raw easy peel King Prawns, shell removed, tail on  
 Cooking spray  
 Flaked sea salt, to taste  
 Black pepper, to taste  
 Thai sweet chilli dipping sauce, for serving  
 Lime wedges, for serving

## DIRECTIONS

- 1 In a medium sized bowl, mix flour and chilli powder. In a second bowl, crack egg and whisk well. In a third bowl, mix coconut and panko.
- 2 Holding the tail, coat a prawn in flour. Tap off excess, then place prawn in egg mixture. Finally, coat prawn in coconut and panko mix. Spray prawn with oil.
- 3 Repeat step 2 with all remaining prawns.
- 4 Insert AIR FRY basket in unit and close lid. Select AIR FRY, set temperature to 180°C and set time to 6 minutes. Select START/STOP to begin preheating.
- 5 Once the unit beeps to signify it is preheated, open lid and add prawns to basket. Close lid and cook for 3 minutes. After 3 minutes, open lid and shake AIR FRY basket. Close lid and continue cooking for an additional 3 minutes.
- 6 When cooking is complete, open lid, check internal temperature has reached 75°C and remove prawns from crisping basket. Season prawns with salt and pepper to taste and serve with Thai chilli dipping sauce and lime wedges.

# APPLE TARTE TATIN

**PREP:** 20 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 45-50 MINUTES  
**MAKES:** 6 SERVINGS | **PROGRAM:** BAKE

## INGREDIENTS

7 Granny Smith, Cox, or Braeburn apples, peeled, cut in quarters  
 Juice of 1 lemon  
 100g caster sugar  
 85g unsalted butter, 2.5cm cubes  
 1 pack all-butter puff pastry  
 Thick double cream to serve

## EQUIPMENT:

You'll need a 20cm cake tin or the Ninja Multi-Purpose Tin\*.

## DIRECTIONS

- 1 Toss apples in lemon juice. Place sugar, butter and apples (cut-side down) into the Ninja Multi-Purpose Tin.
- 2 Cut puff pastry into 23cm disc using bottom of tart or cake tin. Transfer to freezer until ready for use.
- 3 Ensure pot is installed but grill plate is removed. Select BAKE, set temperature to 200°C and set time to 25 minutes. Select START/STOP to begin preheating. Once unit has beeped to signify it has preheated, open lid and place Multi-Purpose Pan in pot. Close lid to begin cooking.
- 4 After 10 minutes, open lid and carefully flip apples. Close lid and continue cooking for an additional 15 minutes. Remove puff pastry from freezer.
- 5 When cooking has completed, remove Ninja Multi-Purpose Pan and set on wire rack to cool slightly. Select BAKE, set temperature to 160°C and set time to 25 minutes. While unit is preheating, place puff pastry carefully over apples, tucking sides into Multi-Purpose Pan.
- 6 When the unit beeps to signify it is preheated, place Multi-Purpose Pan back into unit and close lid. After 20 minutes, open lid and check it's cooked, the crust should be golden brown. If necessary, close lid and cook for up to an additional 5 minutes.
- 7 Remove Multi-Purpose Pan and place on a wire rack for 15 minutes to cool. Once cool enough to handle, carefully invert Ninja Multi-Purpose pan onto a plate to remove tarte tatin. Serve warm with cream.

\*Ninja Multi-Purpose Tin available to purchase at [ninjakitchen.eu](http://ninjakitchen.eu)

# Grill Chart

**TIP** For less smoke, we recommend rubbing your food with vegetable oil before grilling.

**PLEASE NOTE** All times are minimum cook times. Please ensure that your food has reached a safe temperature before consumption. Reference tables on page 7 for more details.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
<b>POULTRY</b>				
Chicken breasts	2 bone-in breasts	HIGH	16–20 mins	Flip halfway through cooking
	4 boneless breasts	HIGH	14–18 mins	Flip halfway through cooking
Chicken, half	1/2 chicken, bone-in	HIGH	22–28 mins	N/A
Chicken, leg quarters	2 bone-in leg quarters	HIGH	20–24 mins	Flip halfway through cooking
Chicken sausages, prepared	340g package	HIGH	5–6 mins	N/A
Chicken tenderloins	6 boneless tenderloins	HIGH	7–10 mins	Flip halfway through cooking
Chicken thighs	4 bone-in thighs	HIGH	14–16 mins	Flip halfway through cooking
	4 boneless thighs	HIGH	10–13 mins	Flip halfway through cooking
Chicken wings	900g, bone-in (drumettes & flats)	HIGH	10–14 mins	Flip halfway through cooking
<b>BEEF</b>				
Burgers	4 thick patties 2.5cm thick	HIGH	4–6 mins	Flip halfway through cooking
Filet mignon	4 steaks, 2.5cm thick	HIGH	12–15 mins	Flip halfway through cooking
Flat iron	2 steaks, 2.5cm thick	HIGH	8–10 mins	Flip halfway through cooking
Flank	2 steaks, 2.5cm thick	HIGH	7–10 mins	Flip halfway through cooking
NY strip	2 steaks, 2.5cm thick	HIGH	9–11 mins	Flip halfway through cooking
Ribeye	2 steaks, 2.5cm thick	HIGH	8–10 mins	Flip halfway through cooking
Skirt	2 steaks, 1.5 - 2.5cm thick	HIGH	7–9 mins	Flip halfway through cooking
T-bone	2 steaks, 2.5cm thick	HIGH	9–12 mins	Flip halfway through cooking
<b>PORK, LAMB &amp; VEAL</b>				
Baby back ribs	4 each, 3-bone pieces	HIGH	20–22 mins	Flip halfway through cooking
Bacon	5 strips, thick cut	LOW	9–11 mins	N/A
Lamb rack	1/2 rack (4 bones)	HIGH	12–14 mins	Flip halfway through cooking
Pork chops	2 thick-cut, bone-in chops	HIGH	15–18 mins	Flip halfway through cooking
	4 boneless chops	HIGH	14–16 mins	Flip halfway through cooking
Pork tenderloins	2 whole tenderloins	HIGH	15–20 mins	Flip halfway through cooking
Spare ribs	3 each, 2-bone pieces	HIGH	24–28 mins	Flip halfway through cooking
Sausages	6 whole sausages	LOW	8–12 mins	Flip halfway through cooking
Veal chops	4 bone-in chops	HIGH	8–12 mins	Flip halfway through cooking

# Grill Chart, continued

**TIP** For less smoke, we recommend rubbing your food with vegetable oil before grilling.

**PLEASE NOTE** All times are minimum cook times. Please ensure that your food has reached a safe temperature before consumption. Reference tables on page 7 for more details.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
<b>SEAFOOD</b>				
Cod	4 fillets	MAX	8-10 mins	N/A
Flounder	2 fillets	MAX	2-3 mins	N/A
Halibut	4 fillets	MAX	6-9 mins	N/A
Oysters	12	MAX	5-7 mins	Rinse well, place on grill cup-side down
Scallops	450g	MAX	5-8 mins	Flip halfway through cooking
Prawns	450g jumbo (16-18 count)	MAX	3-5 mins	Pat dry, season
Swordfish	4 fillets	MAX	6-8 mins	N/A
Tuna	4 fillets	MAX	6-7 mins	N/A
<b>FROZEN POULTRY</b>				
Chicken breasts	4 boneless breasts	MEDIUM	22-26 mins	Flip 2 to 3 times while cooking
Chicken thighs	4 bone-in thighs	MEDIUM	25-28 mins	Flip 2 to 3 times while cooking
Turkey burgers	4	MEDIUM	11-13 mins	Flip halfway through cooking, if desired
<b>FROZEN BEEF</b>				
Burgers	4	MEDIUM	10-12 mins	Flip halfway through cooking, if desired
Sirloin Steak	2	MEDIUM	18-24 mins	Flip 2 to 3 times while cooking
Ribeye	2	MEDIUM	18-22 mins	Flip 2 to 3 times while cooking
Tenderloin fillets	2	MEDIUM	15-17 mins	Flip 2 to 3 times while cooking
<b>FROZEN PORK</b>				
Pork chops	4 boneless chops	MEDIUM	20-23 mins	Flip 2 to 3 times while cooking
Pork tenderloin	1 whole tenderloin	MEDIUM	20 mins	Flip 2 to 3 times while cooking
Sausage, uncooked	6 whole sausages	LOW	10-14 mins	Flip halfway through cooking
<b>FROZEN SEAFOOD</b>				
Halibut	4 fillets	MAX	14-16 mins	Flip halfway through cooking, if desired
Salmon	4 fillets	MAX	10-13 mins	Flip halfway through cooking, if desired
Prawns	450g jumbo (16-18 count)	MAX	4-5 mins	N/A
<b>FROZEN VEGGIE BURGERS</b>				
Veggie burgers	4	HIGH	8-10 mins	Flip halfway through cooking, if desired

# Grill Chart, continued

**TIP** For less smoke, we recommend coating your vegetables with vegetable oil before grilling.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
<b>VEGETABLES</b>					
Asparagus	1 bunch	Whole, trim stems	MAX	5-7 mins	N/A
Baby bok choy	450g	Cut in half lengthwise, season	MAX	9-11 mins	Flip halfway through cooking
Bell peppers	3	Cut in quarters, season	MAX	10-12 mins	Flip halfway through cooking
Broccoli	2 heads (450g)	Cut in 5cm florets	MAX	10 mins	N/A
Brussels sprouts	900g	Whole, trim stems	MAX	12-15 mins	Flip halfway through cooking
Carrots	675g	Peel, cut in 5-7.5cm pieces, season	MAX	12 mins	N/A
Cauliflower	1 head	Cut in 5cm florets	MAX	12-15 mins	N/A
Corn on the cob	4-5	Whole ears, remove husks	MAX	10-13 mins	Flip halfway through cooking
Button Mushrooms	450g	Cut in half, season	MAX	5-7 mins	N/A
Aubergine	1 large	Cut in 5cm pieces, season	MAX	10-12 mins	Flip halfway through cooking
Green Beans	680g	Trim stems, season	MAX	8-10 mins	N/A
Onions, white or red (cut in half)	5	Peel, cut in half, season	MAX	10-12 mins	N/A
Onions, white or red (sliced)	1-2	Peel, cut in 2.5cm slices, season	MAX	2-4 mins	Flip halfway through cooking
Portobello mushrooms	4	Remove stems, scrape out gills with spoon, season	MAX	8 mins	Flip halfway through cooking
Tomatoes	5	Cut in half, season	MAX	8-10 mins	N/A
Courgette	680g	Cut in quarters lengthwise, season	MAX	12-16 mins	Flip halfway through cooking
<b>FRUIT</b>					
Avocado	Up to 3 avocados	Cut in half, remove pit	HIGH	4-5 mins	N/A
Bananas	4	Peel, cut in half lengthwise	MAX	2 mins	Remove using silicone-tipped tongs or spatula
Lemons & Limes	5	Cut in half lengthwise, press down on grill plate	MAX	3 mins	Flipping not necessary
Mango	4-6	Press down gently on grill plate	MAX	4 mins	N/A
Melon	6 spears (10cm each)	Press down gently on grill plate	MAX	4 mins	N/A
Stone fruit	4-6	Cut in half, remove pit, press down on grill plate	MAX	10-12 mins	N/A
<b>BREAD &amp; CHEESE</b>					
Halloumi cheese	500g	Cut in 2.5cm slices	HIGH	4 mins	N/A
Bread	2 slices	Brushed with vegetable oil	MAX	3-4 mins	Flipping not necessary

# Air Fry Chart

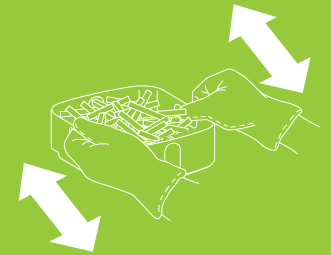
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Asparagus	2 bunches	Whole, trim stems	2 Tsp	200°C	12-14 mins
Beetroot	6 small or 4 large	Whole	None	200°C	45-60 mins
Bell peppers (for roasting)	4	Whole	None	200°C	20-25 mins
Broccoli	2 heads	Cut in 2.5cm florets	1 Tbsp	200°C	12-16 mins
Brussels sprouts	900g	Cut in half, remove stems	1 Tbsp	200°C	15-18 mins
Butternut squash	1.3kg	Cut in 2.5-5cm pieces	1 Tbsp	200°C	30 mins
Carrots	900g	Peel, cut in 1cm pieces	1 Tbsp	200°C	16-18 mins
Cauliflower	2 heads	Cut in 2.5cm florets	2 Tbsp	200°C	20-24 mins
Corn on the cob	5	Whole ears, remove husks	1 Tbsp	200°C	12-15 mins
Green beans	2 bags	Trim	1 Tbsp	200°C	10-12 mins
Kale (for crisps)	8 cups, packed	Tear in pieces, remove stems	None	148°C	10-12 mins
Mushrooms	450g	Rinse, cut in quarters	1 Tbsp	200°C	10-12 mins
Potatoes, white	1.3kg	Cut in 2.5cm wedges	1 Tbsp	200°C	25-30 mins
	450g	Hand-cut fries*, thin	1/2-3 Tbsp, vegetable	200°C	20-24 mins
	450g	Hand-cut fries*, thick	1/2-3 Tbsp, vegetable	200°C	23-26 mins
	4 whole (approx 250g each)	Pierce with fork 3 times	None	200°C	38-42 mins
Potatoes, sweet	675g	Cut in 2.5cm chunks	1 Tbsp	200°C	15-20 mins
	6 whole	Pierce with fork 3 times	None	200°C	30-35 mins
Courgette	900g	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	900g (drumettes and flats)	Bone in	1 Tbsp	200°C	22-26 mins

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

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

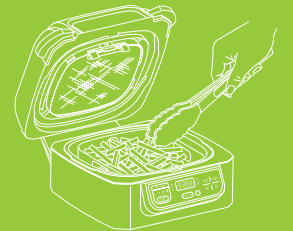
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



Shake your food

OR



Toss with silicone-tipped tongs



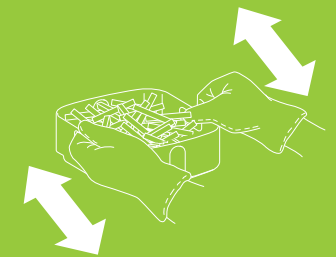
# Air Fry Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>PORK &amp; LAMB</b>					
Bacon	4 strips, cut in half	None	None	180°C	8-10 mins
Pork chops	2 thick-cut, bone-in chops	Bone in	Brush with oil	190°C	15-17 mins
	4 boneless chops (230g each)	Boneless	Brush with oil	190°C	14-17 mins
Pork tenderloins	2	Whole	Brush with oil	190°C	25-35 mins
Sausages	4	Whole	None	200°C	8-10 mins
<b>FROZEN FOODS</b>					
Chicken cutlets	5 cutlets	None	None	200°C	18-21 mins
Chicken nuggets	340g	None	None	200°C	10-13 mins
Fish fillets	6	None	None	200°C	14-16 mins
Fish Fingers	18	None	None	200°C	10-13 mins
French fries	500g	None	None	175°C	20-25 mins
	1kg	None	None	180°C	28-32 mins
Mozzarella sticks	340g	None	None	190°C	8-10 mins
Breaded Mushrooms	300g, 12 mushrooms	No prep	No oil	170°C	15-18 mins
Onion Rings	375g	No prep	No oil	180°C	10-12 mins
Stuffing Balls	12 balls, 310g	No prep	Spray with oil	160°C	18-20 mins
Sausage rolls	400g (24 rolls)	Preparation- brush with egg wash	No oil	200°C	12-13 mins
Sweet potato fries	500g	None	None	190°C	20-22 mins
Hash browns	500g	None	None	175°C	18-22 mins
<b>BREAD &amp; PASTRIES</b>					
4 All butter croissants	4	No prep	No oil	160°C	5 mins
Ready to Bake Bread Rolls	6 rolls	No prep	No oil	180°C	5-8 mins

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

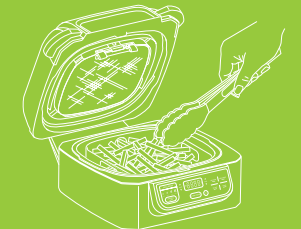
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



**Shake your food**

**OR**



**Toss with silicone-tipped tongs**

# Dehydrate Chart

**TIP** When dehydrating meats and fish, it is recommended to ROAST at 170°C for 1 minute as a final step in order to fully pasteurise the food.

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
<b>FRUITS &amp; VEGETABLES</b>			
Apples	Cut in 3mm slices, remove core, rinse in lemon water, pat dry	60°C	7-8 hours
Asparagus	Cut in 2.5cm pieces, blanch	60°C	6-8 hours
Bananas	Peel, cut in 3mm slices	60°C	8-10 hours
Beetroot	Peel, cut in 3mm slices	60°C	6-8 hours
Aubergine	Peel, cut in 3mm slices, blanch	60°C	6-8 hours
Fresh herbs	Rinse, pat dry, remove stems	60°C	4 hours
Ginger root	Cut in 3mm slices	60°C	6 hours
Mango	Peel, cut in 3/8-inch slices, remove pit	60°C	6-8 hours
Mushrooms	Clean with soft brush (do not wash)	60°C	6-8 hours
Pineapple	Peel, cut in slices, remove core 3mm-1.25mm	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 5mm slices, marinate overnight	70°C	5-7 hours
Chicken jerky	Cut in 6mm slices, marinate overnight	70°C	5-7 hours
Turkey jerky	Cut in 6mm slices, marinate overnight	70°C	5-7 hours
Salmon jerky	Cut in 6mm slices, marinate overnight	70°C	3-5 hours

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