

**NINJA**<sup>®</sup>

**Foodi**<sup>®</sup>

**Dual Zone  
Air Fryer**

# Foodi Feasts

Mealtime inspiration for the AF300 and Foodi Dual Zone Air Fryer collection





# NINJA<sup>®</sup> Foodi<sup>™</sup> Dual Zone Air Fryer

## Everyday dinners will never be ordinary again

From perfectly paired mains and sides, such as rib eye steak with golden fries or crispy pork with spring rolls, to bakery-style cakes and bakes, this cookbook is packed with exclusive recipes developed to help you make the most of your Ninja Foodi Dual Zone Air Fryer.

Whether you're looking for fuss-free meals or something special, it's quick and easy to feed the family and impress your guests with these delicious dishes.

The hardest part is deciding what to make first.



Please note, although our recipe timings are tried and tested for great results with Foodi, you should always check food is thoroughly cooked before serving. Recipes have been developed using the AF300, cooking times may vary for other models.





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# Sides

## Sides and Small Plates

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# Crispy Vietnamese-Style Pork and Vegetable Spring Rolls

**PREP TIME:** 25 MINUTES | **AIR FRY:** 14 MINUTES | **MAKES:** 6 LARGE SPRING ROLLS

### Ingredients

- 2 tablespoons sunflower oil
- 100g lean minced pork (optional – can be left out for vegetarian/vegan spring rolls)
- 1 carrot, julienned or cut into matchsticks
- 75g beansprouts
- 75g finely shredded cabbage
- 2 garlic cloves, crushed
- 1 teaspoon finely grated ginger
- 2 tablespoons soy sauce
- 4 salad onions, julienned or cut into thin strips
- 50g vermicelli rice noodles
- 6 large rice paper spring roll wrappers
- 2 tablespoons roughly chopped coriander
- 1 tablespoon shredded mint leaves

### Dipping Sauce

- 1 lime, juice
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- 1 tablespoon maple syrup

### Directions

1. Heat 1 tablespoon oil in a large non-stick frying pan over a high heat and fry the pork for 2 minutes until any excess liquid has bubbled off. Add the carrot, beansprouts, cabbage, garlic and ginger and fry for another 2-3 minutes until softened. Tip in the soy sauce and salad onions and toss together frying for another minute. Set aside to cool for 10 minutes.
2. Meanwhile, place the rice noodles in a mixing bowl and cover with just-boiled water from the kettle; set aside for 10 minutes to soften. Drain and rinse under cold water, then set aside.
3. Get ready to make the spring rolls: toss together the pork and vegetables with the noodles and herbs. Have a large, shallow bowl of cold water ready to soak the rice paper wrappers. Place the remaining 1 tablespoon oil in a bowl with a pastry brush.
4. One at a time, completely dip the spring roll wrappers in the water for 10 seconds. Shake off the excess water, then lightly brush all over with oil. Place on a work surface and put a heaped spoonful of the pork and noodles along the bottom half of the circle. Tuck in the sides, then lift the bottom edge of the wrapper up and over the filling and roll into a cylinder. Repeat to make 6 spring rolls.
5. Place 3 spring rolls in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Place the other 3 spring rolls in zone 2 drawer (with crisper plate inserted), then insert drawer in unit.
6. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 14 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking.
7. When zone 1 and zone 2 time reaches 7 minutes, remove drawer from unit and carefully turn the spring rolls using silicone-tipped tongs. Reinsert drawers to continue cooking.
8. Meanwhile, mix together all the dipping sauce ingredients.
9. When cooking is complete allow the spring rolls to cool for 5 minutes before serving with the dipping sauce.



## Sides and Small Plates

# Pea and Potato Samosas

**PREP:** 30 MINUTES | **AIR FRY:** 40 MINUTES | **BAKE:** 20 MINUTES | **MAKES:** 6 SAMOSAS

### Ingredients

3 medium baking potatoes  
(about 175g each)  
2-3 tablespoons sunflower oil  
100g frozen peas  
1 onion, finely diced  
1 teaspoon finely grated garlic  
1 teaspoon finely grated fresh  
ginger  
1 teaspoon black mustard seeds  
2 teaspoons mild curry powder  
½ teaspoon salt  
½ small lemon, juice  
½ teaspoon caster sugar  
3 sheets filo pastry  
¼ teaspoon nigella black  
onion seeds  
Mango chutney, to serve

### Directions

1. Pierce the potatoes all over with a fork and brush with ½ tablespoon oil. Place in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Select zone 1, select AIR FRY, set temperature to 200°C and set time to 40 minutes.
2. When zone 1 time reaches 20 minutes, remove drawer from unit and turn the potatoes using silicone-tipped tongs. Reinsert drawer to continue cooking. Once cooked, set the potatoes aside to cool for 10 minutes.
3. While the potatoes are cooling, place the peas in a bowl and cover with just-boiled water from the kettle; set aside for 5 minutes then drain.
4. Heat 1 tablespoon oil in a medium frying pan over a medium heat. Fry the onion for 2 minutes until soft. Add the garlic and ginger and fry for another 3-4 minutes until fragrant. Then stir in the mustard seeds, curry powder and salt.
5. Halve the potatoes and scoop out the flesh (save the skins for later - you can re-bake them and fill with cheddar, bacon bits and soured cream). Roughly chop the potato flesh and add to the pan. Fry for another 2 minutes, then stir in the lemon juice, sugar and finally the drained peas. Take off the heat and cool for 15 minutes.
6. Cut the filo pastry sheets in half lengthways to make 6 long strips. Place on the work surface covered with a damp tea towel so they don't dry out.
7. One at a time, take a strip of pastry and brush lightly all over with oil. Spoon 1/6 of the pea and potato mixture in the bottom left-hand corner. Fold the lower left corner of the pastry up and over the filling to form a triangle. Continue folding in a triangle shape until you reach the top of the strip. Brush all over with oil and set aside while you make the remaining samosas.
8. Sprinkle the samosas with black onion seeds, then place 3 samosas in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Place the other 3 samosas in zone 2 drawer (with crisper plate inserted), then insert drawer in unit.
9. Select zone 1, select BAKE, set temperature to 160°C and set time to 20 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking.
10. When zone 1 and zone 2 time reaches 10 minutes, remove drawer from unit and turn the samosas using silicone-tipped tongs. Reinsert drawer to continue cooking.
11. When cooking is complete, the samosas should be nicely crisp and golden all over. Remove from the drawer and allow to cool for at least 10 minutes before serving with mango chutney.



## Sides and Small Plates

# Cheese and Chive Scones

**PREP:** 15 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 8 SERVINGS

INTERMEDIATE RECIPE ●●○

### Ingredients

270g plain flour

1 teaspoon baking powder

½ teaspoon salt

1 tablespoon fresh chives, finely chopped

40g mature cheddar, grated

30g Parmesan or vegetarian equivalent

1 large egg

100g butter, cut into cubes, softened

60g crème fraîche

Milk for brushing

### Directions

1. In a large bowl, add flour, baking powder, salt, chives, cheddar and Parmesan. Mix well and then add egg, softened butter and crème fraîche. Use your fingers to combine mixture together, then place on a clean lightly floured surface, knead lightly until all loose flour has been worked into the dough. Don't overwork the dough because scones should be flaky and buttery.
2. Roll out the dough approximately 3cm thick. Using a 6cm biscuit cutter cut out scones, re-roll left over dough and cut again to make 8 scones.
3. Brush top of scones with milk.
4. Insert crisper plates into both drawers. Spray with oil, add 4 scones into each drawer. Select zone 1, select BAKE, set temperature to 170°C and set time to 10 minutes. Select MATCH. Press START/STOP to begin.
5. When cooking is complete, remove the scones and allow to cool down. Serve with butter, chutney or as a side to soups and stews.



## Sides and Small Plates

# Haddock Croquettes

**PREP:** 30 MINUTES | **AIR FRY:** 10 MINUTES | **MAKES:** 4 SERVINGS

**TIP:** Double cream can be used if you don't have cooking Sherry on hand

### Ingredients

75g fresh breadcrumbs

2 teaspoons Sherry

500g uncooked haddock fillets, flaked

3 eggs

1 bunch fresh parsley, finely chopped

1 ½ teaspoons dried coriander

½ teaspoon salt

¼ teaspoon white pepper

Zest of 1 lemon

100g plain flour

150g dried breadcrumbs

Rapeseed oil for spraying

Serve with green salad, tartar sauce, lemon wedges

### Directions

1. In a bowl, add fresh breadcrumbs, flaked fish fillets and Sherry. Mash well to combine, beat one egg and add in with chopped parsley, coriander, pepper, salt and lemon zest. Mix well.
2. Prepare three shallow dishes for dipping the fish. One dish with flour, one dish with breadcrumbs and one dish with the remaining 2 eggs, beaten well. Line a baking tray with baking parchment.
3. Flour your hands and form croquettes from the mixture that are about 5-7cm in length. Roll the croquettes first in flour, then in egg, and finally in the breadcrumbs and place them on the tray.
4. Insert the crisper plates in zone 1 and 2 drawers. Spray plate with rapeseed oil. Place croquettes on crisper plate and spray croquettes with oil. Select AIR FRY, set temperature to 200°C and set time to 10 minutes. Select MATCH. Press START/STOP to begin.
5. When cook time is finished, use silicone coated tongs to remove the croquettes to a serving dish.
6. Serve immediately with a salad, tartar sauce and lemon.



## Sides and Small Plates

# Mixed Mediterranean Veg with Vinaigrette

**PREP:** 10 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

### Ingredients

1 red pepper, deseeded and cut into 3cm slices

1 yellow pepper, deseeded and cut into 3cm slices

300g courgettes, cut half lengthwise and then cut into 2cm slices

1 medium red onion, peeled and cut into 6ths

5 garlic cloves, end cut off and crushed with side of knife to loosen skin

1 tablespoon olive oil

Salt and black pepper

1 teaspoon red wine vinegar

1 tablespoon olive oil

1 tablespoon capers

¼ teaspoon chili flakes

Fresh torn basil

### Directions

1. In a bowl, toss all the vegetables except garlic cloves with oil and season to taste with salt and pepper.
2. Insert crisper plate in zone 1 drawer. Add vegetables and insert into unit. Select AIR FRY, set temperature to 180°C, and set time for 20 minutes. Select START/STOP to begin. When zone 1 reaches 10 minutes, add the garlic cloves and toss with vegetables. When zone 1 reaches 5 minutes, shake again.
3. When cooking is complete, remove drawer from unit.
4. In a large bowl, mix cooked vegetables with vinegar, oil and capers, chili and basil. Adjust seasoning and serve warm.



## Sides and Small Plates

# Garlicky Courgette Fries

**PREP:** 15 MINUTES | **FREEZE:** 30-45 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

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

### Ingredients

500g courgettes, cut into 0.6cm thick by 7.5cm long sticks

2 teaspoons sea salt

100g plain flour

2 eggs, beaten

150g dried breadcrumbs

25g grated Parmesan cheese or vegetarian alternative

2 teaspoons garlic powder

1 teaspoon onion salt

125ml tomato 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. Rinse and pat dry.
2. Place flour in a shallow bowl or plate. Add eggs to another bowl. Place breadcrumbs, Parmesan, garlic powder, and onion powder into a third bowl or plate, stir to combine.
3. Working in small batches, toss courgette sticks in flour. Tap off excess flour, then coat courgettes in egg, before transferring to bread crumb mixture, tossing well to evenly coat. Arrange on a baking tray in a single layer.
4. Cover tray with cling film and place in the freezer for 30 to 45 minutes, or until the bread crumb coating has hardened.
5. Insert crisper plates into both drawers. Liberally spray drawers with cooking spray or oil, divide frozen courgette fries between the drawers and spray with oil. Insert drawers into unit.
6. Select zone 1, select AIR FRY, set temperature to 180°C, and set time to 25 minutes. Select MATCH, select START/STOP to begin.
7. When cooking is complete, serve fries immediately with tomato sauce.





# Mains

## Mains

## Mains

# Mustard and Brown Sugar-Crusted Rib Eye Steaks with Matchstick Fries

**PREP:** 10 MINUTES | **AIR FRY:** 15 MINUTES | **MAKES:** 2 SERVINGS

### Ingredients

1½ teaspoons soft light brown sugar

1½ teaspoons English mustard powder

½ teaspoon fine salt

Grind of black pepper

2 x 230g rib eye steaks

1 large flourey potato (about 300g)

2 teaspoons sunflower oil

Green salad, to serve

### Directions

1. Take the steaks out of the fridge about 30 minutes before you plan to cook them.
2. Mix the sugar, mustard powder, salt and pepper in a bowl, then use to coat the steaks, pressing the mixture all over the surface.
3. Cut the potato into 0.3cm slices, then cut the slices again into 0.3cm strips to make fine chips. Toss with the oil.
4. Place the steaks in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Place the matchstick fries in zone 2 drawer (with crisper plate inserted), then insert drawer in unit.
5. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 10 minutes. Select zone 2, select AIR FRY and set temperature to 200°C and set time to 15 minutes. Press the START/STOP button to begin cooking.
6. When zone 1 time reaches 5 minutes, remove drawer from unit and turn the steaks using silicone-tipped tongs. Reinsert drawer to continue cooking.
7. When zone 2 time reaches 8 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
8. When zone 1 cooking is complete, transfer the steaks to warm plates and set aside to rest.
9. When zone 2 cooking is complete, toss the matchstick fries with a sprinkling of sea salt and serve with the steaks and a green salad.



## Mains

# Polenta, Courgette and Parmesan Wedges with Balsamic-Roasted Tomatoes

**PREP:** 35 MINUTES, PLUS 30 MINUTES COOLING | **AIR FRY:** 12 MINUTES | **ROAST:** 12 MINUTES |  
**MAKES:** 2 SERVINGS

### Ingredients

2 tablespoons extra virgin olive oil, plus extra for brushing  
2 tablespoons unsalted butter  
3 garlic cloves, crushed  
500g courgettes, coarsely grated  
2 tablespoons chopped fresh oregano  
500ml water  
½ teaspoon salt  
125g instant polenta  
50g grated parmesan  
400g tomatoes, halved  
2 tablespoons balsamic vinegar  
2 large handfuls rocket leaves

### Directions

1. Brush a 20cm x 20cm baking tin with a little oil. Heat 1 tablespoon oil and 1 tablespoon butter in a large non-stick saucepan over a medium-high heat. Fry the garlic, courgette and oregano with a pinch of salt for 15 minutes, stirring regularly; tip into a bowl and set aside.
2. Return the saucepan to a high heat with 500ml water and the salt. When boiling add the polenta and cook for 5 minutes stirring continuously.
3. Stir in the garlicky courgettes and parmesan and cook for another 2 minutes until thick and coming away from the sides of the pan. Pour into the oiled tin, spreading the mixture out evenly. Cool for 30 minutes.
4. Turn the polenta mixture onto a chopping board and cut into quarters. Cut 2 of the quarters in half diagonally, so you have 4 triangles. (Keep the extra polenta in the fridge for 48 hours to air fry as chips, or it will freeze for up to 3 months).
5. Place the polenta wedges in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Place the tomatoes, cut-side up, in zone 2 drawer (without crisper plate inserted). Season and drizzle the tomatoes with the remaining 1 tablespoon oil and 2 tablespoons vinegar, then insert drawer in unit.
6. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 12 minutes. Select zone 2, select ROAST and set temperature to 200°C and set time to 12 minutes. Press the START/ STOP button to begin cooking.
7. When zone 1 time reaches 6 minutes, remove drawer from unit and turn the polenta wedges using silicone-tipped tongs. Reinsert drawer to continue cooking.
8. When zones 1 and 2 cooking are complete, transfer the polenta and tomatoes to plates and spoon over any cooking juices from the tomatoes. Serve with the rocket leaves.



## Mains

# Sesame-Crusted Chicken with Crispy Sprout Salad

**PREP:** 25 MINUTES, PLUS 15 MINUTES MARINATING | **AIR FRY:** 15 MINUTES | **MAKES:** 2 SERVINGS

### Ingredients

2 x 200g skinless chicken breasts  
2 tablespoons soy sauce  
50g dried breadcrumbs  
5 tablespoons sesame seeds  
1 tablespoon plain flour  
1 large egg  
1 teaspoon toasted sesame oil  
1 tablespoon sunflower oil

### Crispy Sprout Salad

300g Brussels sprouts, ends trimmed and halved  
1 tablespoon sunflower oil  
1 tablespoon lime juice  
1 tablespoon fish sauce  
2 teaspoons soft light brown sugar  
1 tablespoon shredded mint leaves  
1 red chilli, deseeded and sliced

### Directions

1. Place the chicken breasts between 2 sheets of clingfilm or baking parchment and use a rolling pin or the base of a heavy saucepan to flatten out to an even thickness all over (about 1cm thick). Place in a bowl or a sealable food bag with the soy sauce and leave to marinate for 15 minutes.
2. Mix the breadcrumbs and sesame seeds on a plate. Place the flour on a separate plate. Lightly beat the egg and sesame oil in a shallow bowl.
3. Remove the chicken breasts from the soy sauce and, one at a time, dust with the flour. Next dip them in the egg mixture, and finally coat them in the sesame breadcrumbs pressing them onto the chicken to seal.
4. Place the chicken in zone 1 drawer (with crisper plate inserted), and drizzle 1 tablespoon sunflower oil over the top (or use a spray oil to coat lightly), then insert drawer in unit.
5. Toss the Brussels sprouts with 1 tablespoon sunflower oil and place in zone 2 drawer (with crisper plate inserted), then insert drawer in unit.
6. Select zone 1, select AIR FRY, set temperature to 200°C and set time to 15 minutes. Select zone 2, select AIR FRY, set temperature to 200°C and set time to 12 minutes. Press the START/ STOP button to begin cooking.
7. When zone 2 time reaches 6 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
8. When zone 1 time reaches 7 minutes, turn the sesame-crusted chicken using silicone-tipped tongs then reinsert drawer to continue cooking.
9. Meanwhile make the dressing for the sprouts - mix the lime juice, fish sauce and sugar in a large mixing bowl. When zone 2 cooking is complete, tip the sprouts into the bowl and toss in the dressing. Leave to cool for a couple of minutes.
10. When zone 1 cooking is complete, transfer the chicken to plates. Toss the mint and chilli with the sprouts and serve immediately with the chicken.



## Mains

# Miso-Glazed Aubergine

**PREP:** 5 MINUTES | **AIR FRY:** 28 MINUTES | **MAKES:** 2 SERVINGS

### Ingredients

1 large aubergine  
1 tablespoon sunflower oil  
1½ tablespoons white miso paste  
1½ tablespoons mirin  
1½ tablespoons caster sugar  
1 tablespoon cooking sake  
1 teaspoon toasted sesame oil  
1 spring onion, finely sliced  
¼ teaspoon toasted sesame seeds

### Directions

1. Halve the aubergine lengthways and score the flesh in a criss-cross fashion, cutting about halfway through to the skin. Season inside the cuts with a little salt, and brush all over the cut-side and skin-side with the oil.
2. Place in zone 1 drawer (with crisper plate inserted) cut-side down, then insert drawer in unit.
3. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 28 minutes (for a medium aubergine reduce the cooking time). Press the START/ STOP button to begin cooking.
4. When zone 1 time reaches 18 minutes, remove drawer from unit and, using silicone-tipped tongs, turn the aubergine halves so they are cut-side up. Reinsert the drawer to continue cooking.
5. Meanwhile, mix the miso, mirin, sugar, sake and sesame oil to a smooth paste.
6. When zone 1 time reaches 8 minutes, remove drawer from unit and spoon the miso mixture all over the cut-side of the aubergines. Reinsert the drawer to continue cooking.
7. When zone 1 cooking is complete, transfer the aubergine halves to plates and scatter with the spring onions and sesame seeds to serve.



## Mains

# Indian-Spiced Chicken with Masala Fries

**PREP:** 25 MINUTES, PLUS 30 MINUTES MARINATING | **AIR FRY:** 45 MINUTES | **MAKES:** 4 SERVINGS

### Ingredients

4 bone-in chicken thighs, skin removed  
4 chicken drumsticks, skin removed  
1 lime, juice  
2 teaspoons fine salt  
150g dried breadcrumbs  
4 teaspoons nigella black onion seeds  
60g plain flour  
1 tablespoon curry powder  
1 teaspoon ground cumin  
2 eggs  
2 garlic cloves, crushed  
2 tablespoons sunflower oil

### Masala Fries

800g floury potatoes (such as King Edward or Maris Piper)  
1 tablespoon sunflower oil  
1 teaspoon garam masala  
Sea salt

### Yogurt Dip

250g natural yogurt  
½ lime, juice  
1-2 tablespoons mango chutney

### Directions

1. Place the chicken, lime juice and salt in a sealable food bag and toss together. Set aside for 30 minutes.
2. Meanwhile, make the masala fries. Cut the potatoes into 1cm-thick chips. Toss with the oil and garam masala. Place in zone 1 drawer (with crisper plate inserted), then insert drawer in unit.
3. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 15 minutes. Press the START/ STOP button to begin cooking. When zone 1 time reaches 8 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
4. When cooking is complete tip the fries into a bowl and set aside while you make the chicken (there's no need to clean out the drawer).
5. Mix the breadcrumbs and black onion seeds in large mixing bowl. Mix the flour and spices in another large mixing bowl. Lightly beat the eggs and garlic in a shallow bowl.
6. One at a time, coat the chicken pieces in the spiced flour, shaking off any excess, then dip in the egg mixture making sure they're well coated, and finally coat in the seeded breadcrumbs pressing them firmly onto the chicken. Set aside while you crumb all the chicken pieces.
7. Drizzle all the chicken pieces with a little oil (or use a spray oil to coat lightly). Place the chicken drumsticks in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Place the chicken thighs in zone 2 drawer (with crisper plate inserted), then insert drawer in unit.
8. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 20 minutes. Select zone 2, select AIR FRY and set temperature to 200°C and set time to 24 minutes. Select SYNC. Press the START/ STOP button to begin cooking.
9. When zone 1 time reaches 10 minutes, remove drawer from unit and turn the chicken drumsticks using silicone-tipped tongs. Reinsert drawer to continue cooking.
10. When zone 2 time reaches 12 minutes, remove drawer from unit and turn the chicken thighs using silicone-tipped tongs. Reinsert drawer to continue cooking.
11. When the cooking is complete, lift out the chicken to a plate and set aside to rest for 5 minutes.
12. Return the masala fries to zone drawer 1 (with crisper plate inserted), then insert drawer in unit. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 5 minutes.
13. Meanwhile place the yogurt in a bowl and swirl through the lime juice and mango chutney.
14. When the cooking is complete, tip the chips into a bowl and sprinkle with sea salt. Serve immediately with the chicken and the yogurt dip.



## Mains

# Thai-Style Fishcakes

**PREP:** 10 MINUTES | **AIR FRY:** 10 MINUTES | **MAKES:** 2 SERVINGS

### Ingredients

300g skinless white fish fillets, such as cod or pollock  
1 heaped tablespoon Thai red curry paste  
4 fresh lime leaves, finely shredded  
1 egg, lightly beaten  
1 teaspoon light brown soft sugar  
2 teaspoons fish sauce  
50g green beans, finely sliced  
1 tablespoon finely chopped coriander  
1 tablespoon sunflower oil  
100g cucumber, sliced  
1 little gem lettuce, roughly chopped  
3 tablespoons sweet chilli sauce

### Equipment Required

Food processor

### Directions

1. Roughly chop the fish and place in a food processor. Pulse briefly until roughly chopped. Add the red curry paste, lime leaves, egg, sugar and fish sauce and whizz until just combined. Tip into a bowl and stir through the beans and coriander.
2. Shape the mixture into 6 fishcakes. Brush all over with the oil and place in zone 1 drawer (with crisper plate inserted), then insert drawer in unit.
3. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 10 minutes. Press the START/STOP button to begin cooking.
4. When zone 1 time reaches 5 minutes, remove drawer from unit and turn the fishcakes using silicone-tipped tongs. Reinsert drawer to continue cooking.
5. When cooking is complete serve 3 fishcakes per person, with the cucumber and lettuce and the sweet chilli sauce alongside.



## Mains

# Salmon, Crispy Kale and Rice Salad with Soy-Mirin Dressing

**PREP:** 15 MINUTES | **AIR FRY:** 8 MINUTES | **MAKES:** 2 SERVINGS

### Ingredients

200g curly kale  
2 teaspoons lemon juice  
4 teaspoons sunflower oil  
2 salmon fillets, skin removed  
1 shallot, peeled and finely sliced into rings  
250g cooked rice

### Soy-Mirin Dressing

2 tablespoon soy sauce  
1 tablespoon mirin  
1 teaspoon maple syrup  
½ teaspoon toasted sesame oil  
Pinch of dried red chilli flakes

### Directions

1. Rinse the kale and pat with kitchen towel, making sure it is completely dry. Cut out the thick stalks and tear the leaves into large bite-size pieces (about 5cm). Place in a large bowl with the lemon juice and 3 teaspoons oil and massage with your hands. Place in zone 1 drawer (with crisper plate inserted), then insert drawer in unit.
2. Toss the salmon and shallot with 1 teaspoon oil and season with a pinch of salt. Place in zone 1 drawer (with crisper plate inserted), then insert drawer in unit.
3. Select zone 1, select AIR FRY, set temperature to 200°C and set time to 6 minutes. Select zone 2, select AIR FRY, set temperature to 200°C and set time to 8 minutes. Press the START/ STOP button to begin cooking.
4. When zone 1 time reaches 4 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking. Repeat when zone 1 timer reaches 2 minutes, shaking the drawer for 10 seconds.
5. When zone 2 time reaches 4 minutes, remove drawer from unit and turn the salmon fillets using silicone-tipped tongs. Reinsert drawer to continue cooking.
6. Meanwhile, make the soy-mirin dressing by mixing all the ingredients in a small bowl.
7. When zone 1 cooking is complete, transfer the crispy kale to a plate and allow to cool for 2-3 minutes. When zone 2 cooking is complete, transfer the salmon to a plate and cool for 2 minutes.
8. To serve, divide the rice between two plates. Flake the salmon into large chunks and arrange over the top, along with the shallots and crispy kale. Spoon over a little dressing and serve immediately, with the extra dressing on the side.



## Mains

# Ultimate Cheese and Ham Toasted Sandwiches

**PREP:** 15 MINUTES | **AIR FRY:** 6 MINUTES | **MAKES:** 2 SANDWICHES

### Ingredients

2 teaspoons olive oil  
1 garlic clove, bashed  
75g cavolo nero, tough stalks removed  
4 thick slices sourdough  
2 teaspoons unsalted butter, softened  
1 tablespoon dijon mustard  
150g sliced smoked ham  
100g brie, sliced  
1 tablespoon red onion or tomato chutney

### Directions

1. Heat the oil in a frying pan over a medium heat. Roughly chop the cavolo nero and add to the pan with the garlic, 1 tablespoon water and a pinch of salt and fry for about 3-4 minutes, stirring regularly until wilted. Discard the garlic and set aside.
2. To assemble the sandwiches, spread one side of each slice of sourdough with butter and place butter-side down on chopping board. Next, spread two of the slices with mustard, then layer them up with ham, cavolo nero and brie.
3. Spread the chutney on the remaining slices of sourdough, then sit on top of the sandwiches (with the butter on the outside). Press down firmly to compact the filling.
4. Place 1 sandwich in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Place the other sandwich in zone 2 drawer (with crisper plate inserted), then insert drawer in unit.
5. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 6 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking.
6. When zone 1 and zone 2 time reaches 3 minutes, remove drawer from unit and carefully turn the sandwiches using silicone-tipped tongs. Reinsert drawers to continue cooking.
7. When cooking is complete, remove the sandwiches from the drawers and cool for a couple of minutes, before cutting in half and serving.



## Mains

# Coconut-Crusted Tiger Prawns with Mango and Hot Sauce Mayonnaise

**PREP:** 15 MINUTES | **AIR FRY:** 6 MINUTES | **BAKE:** 5 MINUTES | **MAKES:** 2 SERVINGS

### Ingredients

200g unpeeled raw tiger prawns  
1 large egg white  
¼ teaspoon salt  
¼ teaspoon ground turmeric  
¼ teaspoon ground coriander  
25g dried breadcrumbs  
25g unsweetened desiccated coconut  
2 tablespoons sunflower oil

### Mango and Hot Sauce Mayonnaise

50g mango, finely chopped  
½ lime, juice  
3 tablespoons mayonnaise  
1 teaspoon hot sauce

### Directions

1. For the mango and hot sauce mayonnaise, place the mango and lime in a small ovenproof dish that will comfortably fit inside one of the drawers of the unit.
2. Place the dish in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Select zone 1, select BAKE and set temperature to 160°C and set time to 5 minutes. Press the START/ STOP button to begin cooking. When cooking is complete, remove the dish from the drawer and set aside.
3. Leave the heads on the prawns, but peel off any other shell and devein them. Pat dry on kitchen towel.
4. In a mixing bowl, whisk the egg white until frothy then whisk in the salt, turmeric and coriander. In a separate mixing bowl, combine the breadcrumbs and coconut.
5. One at a time, coat the prawns in the egg white and then roll in the coconut crumbs making sure they are well coated. Place into the drawers of the unit (with crisper plates inserted) as you go, evenly dividing them between the two drawers. Drizzle the prawns with the oil (or use a spray oil to coat lightly).
6. Select zone 1, select AIR FRY and set temperature to 200°C and set time to 6 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking.
7. When zone 1 and zone 2 time reaches 3 minutes, remove drawers from unit and carefully turn the prawns using silicone-tipped tongs. Reinsert drawers to continue cooking.
8. Meanwhile, mix the mango with the mayonnaise and hot sauce.
9. When cooking is complete, cool the prawns for 3-4 minutes then serve with the mango and hot sauce mayonnaise.



## Mains

# Sweet and Sour Tofu with Asian Style Vegetables

**PREP:** 15 MINUTES | **AIR FRY:** 20 MINUTES | **ROAST:** 15 MINUTES | **MAKES:** 4 SERVINGS

### Ingredients

400g firm tofu, pat dry and cut into 2.5cm cubes

2 tablespoons corn flour

650g frozen stir fry vegetables

1 tablespoon vegetable oil

120g sweet & sour sauce (shop bought)

1 teaspoon garlic powder

Sea salt, to taste

Ground black pepper, to taste

### Directions

1. In a bowl, toss tofu with corn flour until coated.
2. Insert a crisper plate into both drawers. Place tofu in zone 1 drawer, then insert drawer in unit. Place frozen vegetables and oil in zone 2 drawer, then insert drawer in unit.
3. Select zone 1, select AIR FRY, set temperature to 200°C, and set time to 20 minutes. Select zone 2, select ROAST, set temperature to 200°C and set time to 15 minutes. Select SYNC. Press the START/STOP button to begin cooking.
4. When zone 1 time reaches 15 minutes, from unit and shake for 10 seconds. Reinsert drawer to continue cooking. Repeat when zone 1 time reaches 7 minutes.
5. When zone 2 time reaches 5 minutes remove from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
6. When cooking is complete, transfer tofu to a bowl and toss with sweet & sour sauce until coated. Transfer vegetables to another bowl and toss with garlic powder, salt and pepper. Serve immediately.



## Mains

# Bacon Wrapped Pork Chops and Quinoa

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **MAKES:** 4 SERVINGS

### Ingredients

4 boneless pork chops  
(125g-175g each)

4 teaspoons sea salt

4 teaspoons ground  
black pepper

8 rashers uncooked bacon

180g quinoa

375ml chicken stock

1 clove garlic, peeled, minced

1 bunch spring onions, sliced

### Directions

1. Season all sides of the pork chops with salt and pepper, then wrap each one with two strips of bacon.
2. Install a crisping plate in the Zone 1 basket, then place chops in the basket and insert basket in unit.
3. With no crisping plate installed, place quinoa, stock, garlic, and spring onions in the Zone 2 basket and stir to combine.
4. Select Zone 1, select AIR FRY, set temperature to 200°C, and set time to 25 minutes. Select Zone 2, select BAKE, set temperature to 200°C and set time for 35 minutes. Select SYNC. Press the START/PAUSE button to begin cooking.
5. When the Zone 1 time reaches 10 minutes, remove basket from unit and flip chops using silicone-tipped tongs. Reinsert basket to continue cooking.
6. When cooking is complete, serve pork chops with quinoa.



## Mains

# Steak Bites with Mushrooms

**PREP:** 15 MINUTES PLUS 20 MINUTES MARINATING | **AIR FRY:** 12 MINUTES | **MAKES:** 4 SERVINGS

### Ingredients

650g ribeye steak  
4 tablespoons olive oil, divided  
1 teaspoon soy sauce  
2 garlic cloves, crushed, divided  
1 teaspoon dried mixed herbs  
1 teaspoon salt  
¼ teaspoon pepper  
400g chestnut mushrooms, whole  
Fresh chopped parsley to garnish

### Directions

1. Trim fat from steak and cut into 2.5cm cubes. Place in a large bowl. Wipe mushrooms with a damp paper towel and place in a separate bowl. If the mushrooms are large, cut in half.
2. In a small bowl, combine olive oil, soy sauce, garlic and herbs. Divide the mixture between the steak and mushrooms.
3. Insert crisper plate in both drawers. Add steak to zone 1 drawer and mushrooms to zone 2 drawer and insert both drawers 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 9 minutes. Select SYNC. Press the START/STOP button to begin cooking. When zone 1 and 2 reaches 5 minutes, give both drawers a shake. When cook time is finished, use silicone coated tongs to remove food. Garnished with parsley and serve with salad.



## Mains

# Chicken Nuggets with Honey Mustard Dipping Sauce

**PREP:** 30 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

### Ingredients

500g chicken breast cut into bite-sized chunks (3-4cm)

2 eggs, whisked

2 teaspoons yellow mustard sauce

1 tablespoon hot sauce

60g plain flour

2 teaspoons paprika

1 teaspoon onion salt

1 teaspoon garlic powder

Flaked sea salt to taste

Fresh cracked pepper to taste

150g corn flakes, crushed

Cooking or oil spray

### Honey Dijon Sauce

50g mayonnaise

50g Greek yoghurt

2 tablespoons Dijon mustard

1 tablespoon honey

Dash of hot sauce

### Directions

1. Mix the eggs, mustard and hot sauce in a shallow bowl. Mix flour with spices and season with salt and pepper to taste and place in a shallow bowl or plate. Place crushed corn flakes on another shallow bowl or plate.
2. Begin coating a few pieces of chicken at a time in flour mixture, then dip in egg and finally roll in crushed corn flake, repeat until all nuggets are coated. Spray all the chicken nuggets liberally on both sides with oil spray.
3. Insert crisper plates in zone 1 and 2 drawers. Spray with oil.
4. Add chicken nuggets in an even layer into each drawer. Select AIR FRY, set temperature to 180°C, and set time for 15 minutes. Select MATCH. Select START/STOP to begin cooking. When zone 1 and 2 reach 7 minutes, remove both drawers from unit and shake. Reinsert drawers to continue cooking, repeat at 10 minutes.
5. Meanwhile, make sauce by mixing all ingredients together.
6. When finished check chicken is cooked. It should have an internal temperature of 75°C on an instant read thermometer.
7. Serve nuggets hot with sauce to dip.



## Mains

# Hunters BBQ Chicken and Chips

**PREP:** 10 MINUTES | **ROAST:** 25 MINUTES | **AIR FRY:** 25 MINUTES | **MAKES:** 4 SERVINGS

### Ingredients

600g potatoes e.g. Maris Piper or King Edwards or Rooster, cut in 1cm thick chips

3 tablespoons oil

4 rashers of smoked back bacon

4 chicken breasts (170g each)

50g grated cheddar cheese

4 tablespoons BBQ sauce

Sea salt

### 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. Meanwhile, roll chicken breasts into a neat shape and wrap with bacon. Secure in place with a cocktail stick.
3. Place chips with oil into a large mixing bowl; toss to combine with at least ½ tablespoon oil. For crispier results, use up to 3 tablespoons oil.
4. Insert a crisper plate in both drawers. Place chicken breasts in zone 1, then insert drawer in unit. Place fries in zone 2, then insert drawer in unit.
5. Select zone 1, select ROAST, set temperature to 180°C and set time to 25 minutes. Select zone 2, select AIR FRY, set temperature to 200°C, and set time to 25 minutes. Select SYNC. Select START/STOP to begin.
6. When zone 1 time reaches 10 minutes, remove drawer from unit and top chicken with cheese. Reinsert drawer to continue cooking.
7. When zone 2 time reaches 10 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
8. When zone 2 time reaches 20 minutes, shake for 10 seconds. Re-insert drawer to continue cooking for another 5 minutes if necessary. Sprinkle with sea salt to serve.
9. When zone 1 time reaches 0 check chicken is cooked. Cooking is complete when their internal temperature reaches at least 75°C on an instant-read thermometer. Serve chicken drizzled with BBQ sauce and chips.



## Mains

# Cheesy Spinach Stuffed Mushrooms and Vegetable Medley

**PREP:** 25 MINUTES | **ROAST:** 17-20 MINUTES | **MAKES:** 4 SERVINGS

**TIP:** Parmesan cheese contains animal rennet however vegetarian substitutes are widely available.

### Ingredients

#### Mushrooms

300g frozen chopped spinach, thawed  
60g cream cheese  
30g grated Parmesan cheese  
120g mozzarella cheese, divided  
1 teaspoon finely chopped garlic  
1 teaspoon nutmeg  
½ teaspoon salt  
½ teaspoon black pepper  
2 large portobello mushrooms, cleaned, stems removed

#### Vegetable Medley

350g courgettes, medium diced  
1 red pepper, medium diced  
1 orange pepper, large diced  
300g aubergine, medium diced  
4 thick asparagus spears, ends trimmed, cut into 1cm pieces  
1 tablespoon fresh thyme  
2 tablespoons vegetable oil  
1 teaspoon salt  
1 teaspoon black pepper

### Directions

1. Wrap spinach in a cotton towel or paper towels and squeeze out excess liquid.
2. In a bowl, mix together cream cheese, parmesan cheese, 60g mozzarella cheese, garlic, nutmeg, salt and pepper. Add spinach and mix well.
3. Fill the mushrooms with the spinach and cheese mixture.
4. In a separate bowl, combine all vegetable medley ingredients and toss well.
5. Place prepared mushrooms in zone 1 drawer, without a crisper plate inserted then insert drawer in unit. Place vegetables without a crisper plate inserted in zone 2 drawer, then insert drawer in unit.
6. Select ROAST, set temperature to 180°C and set time to 15 minutes. Select zone 2, select ROAST, set temperature to 180°C, and set time to 17-20 minutes. Select SYNC. Press the START/STOP button to begin cooking.
7. When zone 1 time reaches 10 minutes, remove drawer from unit and top mushrooms with remaining mozzarella cheese. Reinsert drawer to continue cooking.
8. When zone 2 time reaches 10 minutes, remove drawer from unit and stir vegetables. Reinsert drawer to continue cooking.
9. When cooking is complete, serve immediately.



## Mains

# Spicy Halloumi Fries with Chilli Corn on the Cob

**PREP:** 20 MINUTES | **AIR FRY:** 18 MINUTES | **ROAST:** 15 MINUTES | **MAKES:** 4 SERVINGS

**TIP:** Make this child friendly by removing the harissa paste from sweetcorn cobs.

### Ingredients

2 blocks of halloumi (225g each)

75g plain flour

1 teaspoon sumac

1 teaspoon za'atar

1 lemon

150g natural Greek yogurt

2 tablespoon coriander, chopped

Cooking spray or oil

### For the Chilli Corn Butter

50g butter, softened

2 teaspoons tomato ketchup

1 teaspoon honey

½ teaspoon rose harissa

4 sweetcorn cobs

### Directions

1. Drain halloumi and pat dry. Cut into thick fries.
2. In a bowl, mix the flour and sumac, za'atar. Dip halloumi into the flour to lightly coat.
3. Insert crisper plates into both drawers. Liberally spray drawer 1 with cooking spray or oil, add halloumi and spray with oil. Insert drawer into unit.
4. To make the chilli butter, mix the butter, tomato ketchup, honey and harissa in a bowl and beat together till smooth. Using a pastry brush, or back of a teaspoon, brush each cobette with butter. Reserve remaining butter by placing in cling film, form into a sausage shape, wrap and chill whilst corn is cooking. Place corn onto crisper plate in zone 2 drawer. Insert drawer into unit.
5. Select zone 1, select AIR FRY, set temperature to 200°C and time for 18 minutes. Select zone 2, select ROAST, set temperature to 180°C and time to 15 minutes. Select SYNC. START/STOP to begin.
6. When zone 1 reaches 10 minutes, rearrange halloumi fries and sweetcorn. Repeat when zone 1 reaches 6 minutes.
7. Cut chilli butter into 4 and place on top of corn. Serve with halloumi topped with Greek yogurt swirled with chopped coriander.



## Mains

# Cheesy Quesadillas with Salsa

**PREP:** 15 MINUTES | **COOK:** 15 MINUTES TOTAL (5 MINUTES EACH) |

**MAKES:** 5 SERVINGS (AS AN APPETIZER)

BEGINNER RECIPE ●○○

### Ingredients

100g grated cheddar cheese

100g smoked Gouda, rind removed and grated

2 spring onions, sliced thinly

40g sliced black olives

40g pepperdew peppers

5g fresh coriander, roughly chopped

10 mini flour tortillas (approx.12 cm)

100g cream cheese

Cooking oil spray

### To Serve

Ready-made salsa and guacamole

Sour cream

Hot sauce

### Directions

1. In a large mixing bowl, combine cheddar, Gouda, onions, olives, pepperdew peppers and coriander together.
2. Spread tortillas out on clean work surface, spray oil on one side and flip. Evenly spread 1 tablespoon cream cheese on each tortilla.
3. Evenly spread the cheese mixture on five tortillas, then cover cheese like a sandwich with remaining five tortillas with the cheese spread facing inwards. Press down.
4. Place one quesadilla in each drawer. Select zone 1, select AIR FRY, set temperature to 200°C, and set time for 15 minutes. Select MATCH to duplicate settings across both zones. Select START/STOP to begin cooking. After 2 minutes flip over with silicone coated tongs and reinsert drawers to continue cooking. Cook for 2-3 more minutes and remove carefully with tongs. Proceed with remaining three quesadillas tortillas until all are cooked for 4-5 minutes each.
5. When cooking is complete, slice quesadillas into wedges and serve with salsa, guacamole and sour cream and liberal dash of hot sauce.





# Desserts

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# Peanut Butter Chocolate Chip Cookies

**PREP:** 20 MINUTES, PLUS 1 HOUR CHILLING | **BAKE:** 15 MINUTES | **MAKES:** 8 COOKIES

### Ingredients

60g unsalted butter  
60g smooth peanut butter  
100g caster sugar  
1 small egg  
100g plain flour  
¼ teaspoon fine salt  
¼ teaspoon bicarbonate of soda  
50g dark chocolate, cut into chunks  
30g unsalted roasted peanuts, roughly chopped

### Directions

1. In a saucepan, melt the butter and peanut butter over a low heat, stirring to combine; set aside to cool for 5 minutes.
2. Using a wooden spoon, beat the sugar into the peanut butter mixture, then beat in the egg.
3. Combine the flour, salt and bicarbonate of soda and beat into the wet ingredients until combined. Stir the chopped chocolate and peanuts through the cookie dough until evenly distributed. Chill for 1 hour.
4. Remove the cookie dough from the fridge and roll into 8 even balls (each about 50g). Flatten each ball a little.
5. Remove zone 1 drawer (with crisper plate inserted) and line the crisper plate with a piece of baking parchment (cut to about 12 cm x 20cm). Space out 2 cookie balls on the parchment, then insert drawer in unit. Repeat the same process, lining the crisper plate and placing 2 cookie balls in zone 2 drawer.
6. Select zone 1, select BAKE, set temperature to 160°C and set time to 15 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking.
7. When cooking is complete, remove drawers and allow the cookies to cool inside for 5 minutes, then lift off the parchment with a spatula and leave to cool completely on a wire rack.
8. Repeat the process to cook the remaining 4 cookies (or chill or freeze the balls until ready to cook, increasing BAKE time by 2-3 minutes if cooking from frozen).



## Desserts

# Apple and Blackberry Crisp

**PREP:** 15 MINUTES | **BAKE:** 25 MINUTES | **MAKES:** 4 SERVINGS

### Ingredients

- 2 Granny Smith apples
- 2 teaspoons lemon juice
- 2 tablespoons caster sugar
- 300g blackberries
- 100g demerara sugar
- 100g plain flour
- 100g jumbo oats
- 100g unsalted butter, cubed and chilled
- ½ teaspoon ground cinnamon

### Directions

1. Peel, core and chop the apples into 2cm chunks. Toss with the lemon juice, caster sugar and blackberries and divide between 2 x 15cm oval pie dishes (or any small ovenproof dishes that will comfortably fit inside the drawers of the unit).
2. Place one pie dish in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Place the other pie dish in zone 2 drawer (with crisper plate inserted), then insert drawer in unit.
3. Select zone 1, select BAKE, set temperature to 160°C and set time to 5 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking. When cooking is complete open the drawers.
4. Meanwhile, make the crisp topping. Put the demerara sugar, flour, oats, cubed butter, cinnamon and a pinch of salt in a mixing bowl. Use your fingertips to rub the butter into the dry ingredients, until you have a wet, clumpy mixture. Evenly scatter the mixture evenly over the top of the fruit.
5. Re-insert both drawers into the unit. Select zone 1, select BAKE, set temperature to 160°C and set time to 20 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking.
6. When cooking is complete, remove drawers and allow the apple and blackberry crisps to cool for 10 minutes. Serve with custard or vanilla ice cream.



## Desserts

# Mini Carrot and Coconut Loaf Cakes

**PREP:** 20 MINUTES | **BAKE:** 20 MINUTES | **MAKES:** 6 CAKES

### Ingredients

75g plain flour  
1 teaspoon ground cinnamon  
½ teaspoon ground ginger  
½ teaspoon baking powder  
½ teaspoon bicarbonate of soda  
¼ teaspoon fine salt  
75g desiccated coconut  
80ml sunflower oil  
100g light brown soft sugar  
2 medium eggs  
125g coarsely grated carrot

### Topping

6 tablespoons non-dairy coconut milk yogurt  
2 teaspoons icing sugar  
½ teaspoon vanilla bean paste  
½ orange, zest

### Directions

1. Mix the flour, spices, baking powder, bicarbonate of soda, salt and desiccated coconut in a bowl.
2. In a mixing bowl, use electric beaters to beat together the oil and sugar until combined. Then beat in the eggs one at a time.
3. Use a spatula to fold in the dry ingredients, then stir through the grated carrot until combined. Divide the mixture between 6 mini loaf cases, filling them about 2/3(two-thirds) full.
4. Place 3 cakes in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Place the other 3 cakes in zone 2 drawer (with crisper plate inserted), then insert drawer in unit.
5. Select zone 1, select BAKE, set temperature to 160°C and set time to 20 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking.
6. When cooking is complete, check the cakes are ready by inserting a skewer into the centre. If it comes out clean, remove the cakes from drawers and cool completely on a wire rack. If not, bake for another 3-5 minutes before testing again with a skewer.
7. When ready to serve, make the topping. Use a hand whisk to whisk together the yogurt, icing sugar and vanilla. Spoon or pipe over the top of the cakes and scatter with the orange zest.



## Desserts

# Blueberry Cheesecake Pies

**PREP:** 25 MINUTES | **BAKE:** 15 MINUTES | **MAKES:** 4 PIES

### Ingredients

200g blueberries  
2 tablespoons maple syrup  
60g soft cream cheese (such as Philadelphia)  
½ teaspoon vanilla bean paste  
1½ teaspoons caster sugar  
320g shortcrust pastry sheet  
1 egg, beaten  
2 teaspoons demerara sugar

### Directions

1. Toss the blueberries with the maple syrup in a bowl. In a separate bowl, mix the soft cheese, vanilla and caster sugar.
2. Unroll the pastry and use a knife to cut the sheet into 4 equal rectangles. Brush the edges of each rectangle with a little beaten egg.
3. Divide the blueberries between the pastry, arranging them to one side of the rectangles and leaving a clear 1.5cm border around the edge. Place a spoonful of the soft cheese mixture on top of the blueberries.
4. Fold the pastry over like a book and press down the edges around the blueberries. Crimp the edges with a fork to seal the pastry, then brush the tops all over with beaten egg. Sprinkle each with ½ teaspoon demerara sugar. With a skewer, pierce two holes in the top of each pie.
5. Place 2 pies in zone 1 drawer (with crisper plate inserted), then insert drawer in unit. Place the other 2 pies in zone 2 drawer (with crisper plate inserted), then insert drawer in unit.
6. Select zone 1, select BAKE, set temperature to 180°C and set time to 15 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking.
7. When zones 1 and zone 2 time reaches 5 minutes, remove drawers from unit and turn the pies using silicone-tipped tongs. Reinsert drawer to continue cooking.
8. When cooking is complete, remove the pastries from drawers and cool on a wire rack for 10 minutes before serving.



## Desserts

# Banoffee Muffins

**PREP:** 15 MINUTES | **BAKE:** 15-20 MINUTES | **MAKES:** 12 MUFFINS

**TIP:** Dipping a spoon in boiling water helps with the spreading of the caramel topping.

### Ingredients

200g self-raising flour

1 teaspoon mixed spice

½ teaspoon salt

2 ripe bananas, approx. 320g with skins on

200g light brown sugar

100g vegetable oil

2 large eggs, beaten

1 teaspoon vanilla essence

50g chocolate chips

100g thick caramel or dulce de leche

12 dried banana chips to decorate

### Directions

1. Sift the flour, mixed spice and salt into bowl.
2. In a large mixing bowl, peel and mash the bananas until smooth. Mix in sugar, oil, eggs, vanilla essence and whisk together until the oil is incorporated.
3. Slowly add the dry ingredients to bananas and whisk continually to combine, stir in chocolate chips.
4. Without a crisper plate inserted, place 6 double thickness muffin cases in each drawer, spoon mixture between the muffin cases filling 3/4 full. Select zone 1, select BAKE, set temperature to 160°C, and set time to 15 minutes. Select MATCH. Press the START/STOP button to begin cooking.
5. When zone 1 time reaches 5 minutes, check whether muffins are cooked through. Cooking is complete when a wooden skewer inserted in the centre comes out clean. Remove muffins from drawer and let cool on a wire rack for 5 minutes before serving. Top each muffin with a spoonful of caramel and a banana chip.



# NINJA<sup>®</sup>

## Foodi<sup>®</sup>

### Dual Zone Air Fryer

## Foodi Feasts

### Mealtime inspiration for the AF300 and Foodi Dual Zone Air Fryer collection

Want to whip up delicious meals, sides and desserts? Well now you can, with this exclusive collection of official Ninja Foodi Dual Zone Air Fryer recipes.

From tasty starters and light bites to hearty main courses and tempting sweet treats, these mouth-watering recipes take inspiration from all around the world. Quick, easy and delicious, the hardest part is choosing what to make first.

## Looking for more recipes?

For more inspiration, take a look at [cookingcircle.com](https://www.cookingcircle.com)

Cooking Circle is a one-stop destination for all your recipe needs, from quick weekday meal ideas to something special that will impress your guests.

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