



NINJA[®] Foodi[®] Multi-Cooker

Foodi Feasts

Mealtime inspiration for the OP300 and Foodi Multi-Cooker collection





NINJA[®] Foodi[™] Multi-Cooker

Everyday dinners will never be ordinary again

From fluffy, golden chips and crispy chicken wings to spicy chilli, comforting pasta dishes and veggie feasts, this cookbook is packed with exclusive recipes, developed to help you get the most out of your Foodi Multi-cooker.

Quick and simple to make, say goodbye to boring food and enjoy impressively tasty, effortlessly easy meals for a whole month.

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 OP300, cooking times may vary for other models.





NINJA[®] Foodi[®] Multi-Cooker

Adapt Your Recipe

These recipes were developed using the **Ninja[®] Foodi[®] 7-in-1 6L Multi-Cooker OP300UK** but they can be adapted for use in any of the Multi-Cookers in the Foodi Family.

When adapting to a larger or smaller capacity model, we recommend that you regularly check cooking progress and always ensure food is cooked throughout before serving.

Here are some tips:

Ninja Foodi MAX 7.5L Multi-Cooker:

- This Multi-Cooker feeds up to 6 people. Check the recipe's serving size and increase the quantities accordingly. For example, if the serving size is 4 people and you're feeding 6, increase the recipe by 50%.
- Cooking time may also need to be increased, remember to regularly check progress and add time where necessary, ensuring your food is cooked throughout before serving.

Ninja Foodi MINI 4.7L Multi-Cooker:

- This Multi-Cooker feeds up to 2 people. Check the recipe's serving size and reduce the quantities accordingly. For example, if the serving size is 4 people and you're feeding 2, decrease the recipe by 50%.
- Cooking time may also need to be reduced, so remember to regularly check progress and reduce time where necessary, ensuring your food is cooked throughout before serving.
- For recipes using the GRILL setting you can use AIR CRISP on the highest temperature setting to get the same results.
- For recipes that refer to layering ingredients or using a REVERSIBLE RACK you will need to cook the layers separately, as this model doesn't include this accessory.



Sides and Small Plates

- Air Crisp Chicken Wings
- Buffalo Cauliflower Bites
- Sweet Chilli Prawns
- Courgette Fries with Marinara Sauce ✔
- Pumpkin Soup ✔
- Crispy Brussels Sprouts with Sriracha Mayo ✔
- Sausage-Stuffed Mushroom Caps
- Whole Roasted Sicilian Cauliflower ✔

Mains

- 8 Baked Macaroni & Cheese ✔
- 10 Beef, Ale and Horseradish Casserole
- 12 Beef Chilli & Corn Bread Casserole
- 14 Red Thai Fish Curry
- 16 Carnitas Tacos
- 18 Chicken Curry
- 20 Chicken Parmesan with Penne & Tender Stem Broccoli
- 22 Chicken Pot Pie
- Cheesy Chicken Crunchadilla
- Chilli Con Carne
- Ratatouille
- Chinese BBQ Pork with Ginger Coconut Sweet Potatoes
- Cottage Pie
- Crispy Chicken Thighs with Carrots & Pilau Rice
- Curried Tofu ✔
- Fish and Chips
- Garlic Prawns with Risotto Primavera
- Grains, Greens & Tofu Bowl ✔
- Meatball Pasta Bake
- Moroccan Chicken and Rice From Frozen
- Miso-Glazed Salmon & Pak Choi
- Mustardy Beef Stew
- Panko-Crusted Cod with Quinoa
- Penne & Sausage Ragu
- Pepperoni Pizza Pasta Bake
- Philly Cheesesteak Casserole
- Pulled Pork
- Sticky St. Louis Ribs
- TenderCrisp® 101 Teriyaki Chicken, Broccoli & Rice
- Tex-Mex Meatloaf
- Upside-Down Loaded Chicken Nachos

Desserts

- 90 Apple Crumble ✔
- 92 Salted caramel popcorn ✔
- 94 Lemon Drizzle cake with dark chocolate ✔



Sides

Sides and Small Plates

Sides and Small Plates

Air Crisp Chicken Wings

PREP TIME: 5 MINUTES | **MARINATE TIME:** 1 HOUR | **COOK TIME:** 22 MINUTES | **MAKES:** 2 SERVINGS
BEGINNER RECIPE ●○○

Ingredients

500g fresh chicken wings
60ml teriyaki sauce
1 tsp toasted sesame seeds
(optional)

Directions

1. In a large bowl, toss chicken wings with teriyaki sauce. Cover and refrigerate for 1 hour.
2. Place Cook & Crisp Basket™ in pot. Close crisping lid. Preheat the unit by selecting AIR CRISP, setting temperature to 180°C and setting time to 5 minutes. Select START/STOP to begin.
3. After 5 minutes, open lid and add chicken wings to basket. Close crisping lid. Select AIR CRISP, set temperature to 180°C and set time to 22 minutes. Select START/STOP to begin.
4. After 11 minutes, open lid, then lift basket and shake wings or toss them with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.
5. When cooking is complete, remove wings from basket and sprinkle with the toasted sesame seeds.



Sides and Small Plates

Buffalo Cauliflower Bites

PREP: 10 MINUTES | **MARINATE TIME:** 30 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 6 SERVINGS

ADVANCED RECIPE ●●●

Ingredients

2 heads cauliflower, trimmed, cut into 5cm florets
120ml water for pressure cooking
150g cornflour
75g plain flour
2 teaspoons baking powder
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon fine sea salt
1 teaspoon black pepper
125ml water
2 eggs
120ml buffalo wing sauce

Directions

1. Place cauliflower and 120ml water into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
2. Select PRESSURE and set to LOW. Set time to 0 minutes. Select START/STOP to begin.
3. When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure. Drain cauliflower and chill in refrigerator until cooled, about 10 minutes.
4. Whisk together cornflour, flour, baking powder, garlic powder, onion powder, salt and pepper. Whisk in 125ml water and 2 eggs until batter is smooth. Add chilled cauliflower to bowl with batter and gently toss until well coated. Transfer coated cauliflower to baking sheet and chill in freezer for 20 minutes.
5. Close crisping lid. Preheat the unit by selecting AIR CRISP, setting the temperature to 180°C and setting the time to 5 minutes to preheat.
6. Meanwhile, arrange half the cauliflower in an even layer in the bottom of the Cook & Crisp Basket™.
7. After 5 minutes, place basket into the pot.
8. Close crisping lid. Select AIR CRISP, set temperature to 180°C and set time to 15 minutes. Select START/STOP to begin. When first batch of cauliflower is crisp and golden, transfer to a bowl. Repeat with remaining chilled cauliflower.
9. When cooking is complete, microwave hot sauce for 30 seconds, then toss with cooked cauliflower.
10. Serve immediately.



Sides and Small Plates

Sweet Chilli Prawns

PREP TIME: 15 MINUTES | **TOTAL COOK TIME:** 6 MINUTES | **MAKES:** 8 SERVINGS

PRESSURE BUILD: 2 MINUTES APPROX.

BEGINNER RECIPE ●○○

TIP: Have all the ingredients prepared ahead of starting cooking as it comes together very quickly once the recipe is started.

Ingredients

750g peeled raw king prawns
1 teaspoon salt
3 tablespoons rapeseed oil
2 fat cloves of garlic, peeled and thinly sliced
2.5cm piece ginger, peeled and cut into fine matchsticks
185ml sweet chilli sauce
2 tablespoons fish sauce
1 tablespoon cornflour
2 spring onions, finely sliced
1 red chilli, finely sliced
15g bunch coriander, stalks finely chopped and leaves picked and roughly chopped
2 limes, each quartered

Directions

1. Place prawns in a bowl with the salt and let sit for at least 5 minutes. (This helps firm them up for cooking.)
2. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
3. After 5 minutes, add the oil to the pot. Add the garlic and ginger and sauté for about 1-2 minutes, stirring often to avoid burning.
4. Select START/STOP to turn off SEAR/SAUTÉ. Now add the prawns, sweet chili sauce, fish sauce and coriander stalks to the pot and give it a good stir.
5. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin. While the pressure is building and before the timer starts counting down, steam will be released from the red button. When pressurised, the red button will pop up and the timer will start.
6. When pressure cooking is complete, quick release the pressure by moving the pressure release to the VENT position. Carefully remove the lid when unit has finished releasing pressure.
7. Mix the cornflour with 2 tablespoons of water and add to the pot. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin and stir the prawns constantly until the sauce thickens. When it comes to the boil, immediately select START/STOP to turn off SEAR/SAUTÉ.
8. Place the prawns in a serving dish and garnish with the spring onions, red chilli and coriander leaves. Serve the lime wedges separately in a small bowl so everyone can squeeze their own lime onto the prawns.



Sides and Small Plates

Courgette Fries with Marinara Sauce

PREP: 20 MINUTES | **MARINATE TIME:** 30-45 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 8 SERVINGS
INTERMEDIATE RECIPE ●●○

Ingredients

2 large courgettes, cut into sticks
8cm long and 0.5cm thick
2 teaspoons sea salt
150g all-purpose flour
3 eggs, beaten
150g seasoned bread crumbs
(or plain bread crumbs with 2
teaspoons mixed herbs)
30g grated parmesan cheese
1 tablespoon garlic powder
2 teaspoons onion powder

For Serving

Marinara sauce

Directions

1. Place the courgette sticks onto a plate and sprinkle with salt. Allow to sit at room temperature for 15 minutes to remove excess liquid. Pat dry.
2. Place flour into a bowl. Place beaten eggs in another bowl. Combine bread crumbs, parmesan, garlic powder and onion powder in a third bowl.
3. First, dredge fries in the flour, then shake off any excess and coat in the egg. Then coat in bread crumb mixture and return to a clean plate. Repeat with remaining courgette. Cover plate with cling film and place in the freezer for 30 to 45 minutes.
4. Once coating has hardened, place the Cook & Crisp Basket™ in the pot. Close crisping lid. Preheat the unit by selecting AIR CRISP, setting the temperature to 160°C and setting the time to 5 minutes. Press START/STOP to begin.
5. After 5 minutes, open lid and add courgette fries to basket. Close lid. Select AIR CRISP, set temperature to 160°C and set time to 24 minutes. Press START/STOP to begin.
6. After 12 minutes, open lid, lift basket and shake courgette fries or toss them with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.
7. After 20 minutes, check fries for desired texture. Cook for up to 5 more minutes for crispier results.
8. When cooking is complete, serve fries immediately with marinara sauce.



Sides and Small Plates

Pumpkin Soup

PREP TIME: 20 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 5 SERVINGS

PRESSURE BUILD: 5 MINUTES APPROX.

INTERMEDIATE RECIPE ●●○

TIP: Up to a quadruple batch will fit in the Foodi pot to feed a crowd or to freeze and reheat later

Ingredients

30g butter
50g shallot, peeled and minced
20g fresh ginger, peeled and sliced
400g pumpkin, peeled, seeded, and cubed (about ½ pumpkin)
150g potatoes, peeled and diced
150g carrot, peeled and diced
½ teaspoon paprika
½ teaspoon curry powder
Pinch of cayenne pepper
2 teaspoon broth powder (any flavour)
400ml water
200ml single cream
1 teaspoon salt
¼ teaspoon white pepper
¼ teaspoon ground nutmeg

Directions

1. Select SEAR/SAUTÉ and set temperature to HIGH. Press START/STOP and allow preheating for 3 minutes
2. After preheating is complete, place the butter, shallots and ginger into the cooking pot and sauté until lightly browned, about 5 minutes.
3. Add pumpkin, potatoes and carrots to the pot and stir.
4. Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
5. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
6. When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
7. Stir in the cream, salt, white pepper and nutmeg.
8. Use a hand blender to emulsify soup to desired thickness, or carefully pour soup into a blender and mix in batches. Serve hot.
9. For an added touch, finish each bowl with a dollop of unsweetened whipped cream and a drizzle of pumpkin oil.



Sides and Small Plates

Crispy Brussels Sprouts with Sriracha Mayo

PREP TIME: 5 MINUTES | **COOK TIME:** 12-15 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

TIP For more tender Brussels sprouts, steam with 500ml of water for 4 minutes before Air Crisping. (Drain off water before crisping)

Ingredients

450g brussels sprouts, cut in half
2 tablespoons extra virgin olive oil
1 teaspoon sea salt
½ teaspoon ground black pepper
2 tablespoons sriracha mayo, for serving

Directions

1. Place Cook & Crisp Basket™ in pot. Close crisping lid. Preheat the unit by selecting AIR CRISP, setting the temperature to 200°C, and setting the time to 5 minutes. Select START/STOP to begin.
2. Meanwhile, toss brussels sprouts in a bowl with olive oil, salt and pepper.
3. After 5 minutes, add brussels sprouts to basket. Close crisping lid. Select AIR CRISP, set temperature to 200°C and set time to 12 minutes. Select START/STOP to begin.
4. After 6 minutes, open lid, then lift basket and shake brussels sprouts or toss them with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.
5. Check brussels sprouts for desired texture; for crispier results, add up to 3 more minutes. When cooking is complete, remove brussels sprouts from basket. Toss with sriracha mayo and serve.



Sides and Small Plates

Sausage-Stuffed Mushroom Caps

PREP TIME: 10 MINUTES | **COOK TIME:** 15 MINUTES

INTERMEDIATE RECIPE ●●○

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

Ingredients

4 medium portobello mushrooms, washed, patted dry
250g pork sausages, removed from casing (or alternatively use sausage meat)
25g shredded parmesan cheese
25g dried garlic & parsley seasoned bread crumbs
5g fresh parsley, chopped
2 tablespoon pine nuts
2 tablespoon chicken stock
Zest of 1 lemon
½ teaspoon sea salt
½ teaspoon ground fennel seeds

Directions

1. Carefully remove the stems from the mushroom caps and set aside. Scoop out the black gills inside mushroom caps with a small spoon and discard.
2. Roughly chop the mushroom stems and place into a large mixing bowl. Add the sausage, parmesan cheese, bread crumbs, parsley, pine nuts, stock, lemon zest and spices to the bowl. Mix thoroughly with your hands.
3. Preheat unit by selecting AIR CRISP, setting temperature to 160°C and setting time to 5 minutes. Select START/STOP to begin.
4. While unit is preheating, mound filling into each mushroom cap so that it is double to the height of the mushroom, creating an evenly rounded mound above the edge of the mushroom. Place stuffed caps into the Cook & Crisp Basket™.
5. Once unit is preheated, place the Cook & Crisp Basket™ with mushrooms into the pot. Select AIR CRISP, set temperature to 160°C and set time to 20 minutes. Select START/STOP to begin.
6. Check after 15 minutes. Cooking is complete when internal temperature reaches 70°C and the sausage is evenly browned.
7. When cooking is complete, let cool for 5 minutes before serving.



Sides and Small Plates

Whole Roasted Sicilian Cauliflower

PREP TIME: 10 MINUTES | **COOK TIME:** 13 MINUTES | **MAKES:** 4 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

120ml water

1kg cauliflower (800g approx. after removing leaves)

60ml olive oil

4 cloves garlic, peeled, minced

2 tablespoons capers, rinsed, minced

1 teaspoon dried chilli flakes

50g grated parmesan cheese

For Serving

1 tablespoon fresh parsley, chopped

Fresh lemon wedges

Directions

1. Place water and Cook & Crisp Basket™ in pot.
2. Remove leaves from cauliflower. With a knife, trim the stalk of the cauliflower and cut an X into the head, slicing about halfway down. Place cauliflower into the basket.
3. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 3 minutes. Select START/STOP to begin.
4. In a small bowl, stir together olive oil, garlic, capers and dried chilli flakes.
5. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position.
6. Spread the oil mixture evenly over the cauliflower, placing some of it into the centre of the cauliflower. Sprinkle parmesan cheese evenly over the cauliflower.
7. Close crisping lid. Select AIR CRISP, set temperature to 180°C and set time to 10 minutes. Select START/STOP to begin.
8. When cooking is complete, transfer cauliflower to a serving platter using a large spatula. Garnish with fresh parsley and lemon wedges.





Mains

Mains

Mains

Baked Macaroni & Cheese

PREP TIME: 10 MINUTES | **COOK TIME:** 24 MINUTES | **MAKES:** 6-8 SERVINGS

BEGINNER RECIPE ●○○

Ingredients

1 tablespoon bicarbonate of soda
120ml fresh lemon juice
1 litre water
450g dried macaroni
225ml heavy cream
450g grated cheese
2 teaspoons fine sea salt
1 tablespoon ground black pepper
1 tablespoon onion powder
1 tablespoon garlic powder
1 teaspoon mustard powder
120g panko or Italian bread crumbs
113g unsalted butter, melted

Directions

1. Place bicarbonate of soda and lemon juice into the pot. Stir until dissolved and bubbling has stopped. Add the water and dry pasta, stirring to incorporate.
2. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 0 minutes (the time the unit takes to pressurise is long enough to cook the pasta). Select START/STOP to begin.
3. When pressure cooking is complete, allow pressure to naturally release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4. Add remaining ingredients, except bread crumbs and butter, to the pot.
5. Stir well to melt cheese and ensure all ingredients are combined.
6. In a bowl, stir together the bread crumbs and melted butter. Cover pasta evenly with the mixture.
7. Close the crisping lid. Select AIR CRISP, set the temperature to 160°C and set the time to 7 minutes. Select START/STOP to begin.
8. When cooking is complete, serve immediately.



Mains

Beef, Ale and Horseradish Casserole

PREP TIME: 20 MINUTES | **COOK TIME:** 8 HOURS | **MAKES:** 8 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

4 tablespoons plain flour
1 teaspoon salt
1 teaspoon ground black pepper
1kg beef braising steak, diced
3 tablespoons vegetable oil
1 onion, finely diced
2 carrots, peeled, finely diced
3 sticks of celery, finely diced
4 garlic cloves, crushed
1 tablespoon fresh thyme leaves
1 bay leaf
200ml dark beer (e.g. stout)
200ml beef stock
4 tablespoons horseradish sauce
3 tablespoons fresh parsley, finely chopped

Directions

1. Select SEAR/SAUTÉ and set to HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. In a large bowl, mix together the plain flour, salt and black pepper. Place the beef into the flour and coat evenly.
3. Add 1 tablespoon oil into the Foodi pot. When the oil is hot, place half of the coated beef into the pan and sear until browned. Set aside and repeat the process with the remaining beef.
4. Add 1 tablespoon oil into the pot and add the onion, carrots, celery, garlic, thyme and bay leaf. Fry for 5 minutes, or until soft. Add the dark beer and beef stock. Add the beef back into the pot.
5. Assemble the pressure lid. Select SLOW COOK and set to HIGH. Set time for 8 hours. Select START/STOP to begin.
6. When the cooking is complete, stir through the horseradish sauce and parsley. Serve with mashed potato.



Mains

Beef Chilli & Corn Bread Casserole

PREP TIME: 10 MINUTES | **COOK TIME:** 8 HOURS 15 MINUTES | **MAKES:** 6 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP You can use the extra corn bread batter to make muffins. Cook 6 muffins at 160°C for 25–30 minutes.

Ingredients

900g lean beef mince
1200g tinned kidney beans, rinsed, drained
800g tinned chopped tomatoes, blended
225ml beef stock
1 large white onion, peeled, diced
1 green bell pepper, diced
1 jalapeno pepper, diced, seeds removed
4 cloves garlic, peeled, minced
2 tablespoons Maldon sea salt
1 tablespoon ground black pepper
2 tablespoons ground cumin
1 tablespoon onion powder
1 tablespoon garlic powder
Cheddar Corn Bread batter, uncooked
100g shredded cheddar cheese

For Serving

Sour cream
Lime wedges

Directions

1. Place beef, beans, tomatoes and stock into the pot, breaking apart meat. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
2. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
3. Select SEAR/SAUTE and set to MD. Select START/STOP. Add onion, green bell pepper, jalapeno pepper, garlic and spices; stir to incorporate. Bring to a simmer and cook for 5 minutes, stirring occasionally.
4. Dollop corn bread batter evenly over the top of the chilli.
5. Close crisping lid. Select BAKE/ROAST, set temperature to 160°C and set time to 26 minutes. Select START/STOP to begin.
6. After 15 minutes, open lid and insert a wooden toothpick into the center of the corn bread. If toothpick comes out clean, skip to step 7. If corn bread is not done, close lid to resume cooking for another 8 minutes.
7. When corn bread is done, sprinkle with cheese and close lid to resume cooking for 3 minutes, or until cheese is melted.
8. When cooking is complete, top with sour cream and serve with lime wedges.



Mains

Red Thai Curry Fish

PREP TIME: 15 MINUTES | **TOTAL COOK TIME:** 12-15 MINUTES | **MAKES:** 4 SERVINGS

PRESSURE BUILD: 2 MINUTES APPROX.

BEGINNER RECIPE ●○○

TIP: Great served with steamed Jasmine rice. Salting the fish ahead helps to firm it up.

Ingredients

450g skin on salmon fillet, cut into 4

150g mangetout

1.5 tablespoons rapeseed oil

1 shallot

2 cloves garlic

1.5 cm piece ginger

75g Thai red curry paste

400ml coconut milk

125ml water

1 tablespoon fish sauce

2 teaspoons light brown or demerara sugar

500g sweet potato, peeled and cut into 2.5 cm chunks

Salt and pepper, to taste

For Serving

Thai basil

Lime wedges

Directions

1. Season the fillets of salmon flesh side up and put aside.
2. Pour 475ml water in the pot and place the reversible rack into the pot, making sure it is in the lower position. Place the mangetout carefully onto the rack so they don't slip through.
3. Assemble the pressure lid, making sure the pressure release valve is in the VENT position. Select STEAM and set time to 2 minutes. Select START/STOP to begin. When finished cooking, wait till the steam dies down a bit before carefully removing the pressure lid.
4. Remove the rack from the pot. Divide the mangetout between 4 serving bowls. Wash the pot and return to the unit.
5. Place the shallot, garlic and ginger into a small food processor and process until minced finely.
6. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 2 minutes.
7. After it has heated, add the rapeseed oil to the pot followed by the minced shallot, garlic and ginger.
8. Stir frequently for about 2-3 minutes until nice and fragrant, being careful not to brown it too much. Add the Thai red curry paste and continue cooking and stirring frequently for another 2-3 minutes. Add the coconut milk and bring to the boil, reduce temperature to LOW and simmer for 2-3 minutes. Select START/STOP to stop cooking. Add 125ml water to the pot along with the fish sauce and sugar. Taste the sauce for seasoning and adjust as necessary.
9. Place the prepared sweet potatoes into the pot and lay the salmon fillets on top, skin side up. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
10. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
11. Divide the curry between the bowls and garnish with a few Thai basil leaves. Serve the lime wedges separately along with steamed rice.



Mains

Carnitas Tacos

PREP TIME: 15 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 12 TACOS

INTERMEDIATE RECIPE ●●○

Ingredients

1kg uncooked boneless pork shoulder, cut into 2.5cm cubes
6 cloves garlic, peeled, crushed
Juice and zest of ½ orange
1 teaspoon dried oregano (or 20 fresh leaves)
2 teaspoons sea salt
1 teaspoon ground black pepper
1 ½ teaspoon chilli powder
½ large onion, peeled
125ml chicken stock or vegetable stock
1 tablespoon fresh coriander or parsley, chopped
2 tablespoon agave nectar
12 corn or flour tortillas (6 inches each)

Toppings

Avocado, sliced
Red onion, thinly sliced
Hot sauce
Sour cream
Lime wedges

Directions

1. Place the pork shoulder, garlic, orange juice and zest, oregano, salt, pepper and chilli powder in the pot. Stir to combine.
2. Place onion and stock into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. Select PRESSURE and set to HIGH. Set time to 20 minutes. Select START/STOP to begin.
4. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
5. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Using silicone-tipped tongs, remove onion from pot and shred pork. Allow pork to simmer for 10 minutes, or until the liquid in the pot is reduced, stirring occasionally.
6. Once liquid is reduced, stir agave nectar into the shredded pork. Close crisping lid. Select GRILL and set time to 8 minutes. Select START/STOP to begin.
7. When cooking is complete, stir in coriander or parsley and add salt if needed. Place the pork into the tortillas and assemble with your favourite toppings.



Mains

Chicken Curry

MARINATE TIME: OVERNIGHT | **COOKING TIME:** 25 MINUTES | **MAKES:** 8 SERVINGS

ADVANCED RECIPE ●●●

Ingredients

1kg boneless diced chicken
1 tablespoon plain yoghurt
4 tablespoons garam masala
1 tablespoon oil
3 green chillies
1 tablespoon ginger and garlic paste
1 teaspoon turmeric
200g tinned tomatoes
2 onions, chopped
1 litre hot water
Salt to taste
Coriander to garnish

Directions

1. Marinate the chicken with the yoghurt, 2 tablespoons of garam masala and ½ tablespoon of ginger and garlic paste. Refrigerate overnight. Remove and bring to room temperature before cooking
2. Select SEAR/SAUTÉ and set to MD. Select START/STOP to begin. Allow to preheat for 5 minutes.
3. Add the oil to the pot. When the oil begins to sizzle, add the onions and chillies. Stir until the onions are soft.
4. Add the chicken and fry until the chicken pieces start to become opaque.
5. Add the tinned tomatoes, remaining 2 tablespoons of garam masala, the turmeric, salt and remaining ginger garlic paste and stir.
6. Add the hot water and stir until thoroughly mixed.
7. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 10 minutes and select START/STOP to begin.
8. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
9. Serve with coriander to garnish.



Mains

Chicken Parmesan with Penne & tenderstem Broccoli

PREP TIME: 15 MINUTES | **COOK TIME:** 22 MINUTES | **MAKES:** 4 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: Not feeling the mozzarella? Skip steps 9 and 10 and squeeze some fresh lemon on the cutlets before serving for a quick chicken Milanese!

Ingredients

450g uncooked penne pasta
1 litre water
4 teaspoons sea salt, divided
4 uncooked chicken cutlets (110g each approx.)
2 medium eggs, beaten
120g plain flour
125g seasoned bread crumbs
50g grated parmesan cheese, plus more for garnish
500g marinara sauce, divided
2 tablespoons olive oil
1 bunch tenderstem broccoli, cut into 2.5cm pieces
115g mozzarella cheese
Fresh parsley, finely chopped, to garnish

Directions

1. Place the pasta, water and 2 teaspoons salt into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
2. Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin.
3. While pasta is cooking, place flour and remaining salt in a shallow bowl and stir to combine. Add eggs and 2 tablespoons water to another bowl, whisking to combine. Place bread crumbs and parmesan cheese into a third bowl.
4. Working in small batches, toss chicken in flour. Tap off excess, then coat chicken in egg mixture. Transfer chicken to bread crumbs, tossing well to evenly coat. Set aside.
5. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Pour marinara sauce over the cooked penne, reserving 50g of sauce. Add tenderstem broccoli and stir to incorporate.
7. Place Reversible Rack inside pot over the pasta, making sure rack is in the higher position. Place the breaded chicken on the rack and brush with oil.
8. Close crisping lid. Select AIR CRISP, set temperature to 160°C and set time to 15 minutes. Press START/STOP to begin.
9. When cooking is complete, spread remaining 50g sauce on top of chicken. Top with mozzarella.
10. Close crisping lid. Select GRILL and set time to 5 minutes. Select START/STOP to begin.
11. When cooking is complete, top chicken with fresh parsley and serve.



Mains

Chicken Pot Pie

PREP TIME: 10 MINUTES | **COOK TIME:** 25 MINUTES | **MAKES:** 6 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: If you don't have all the vegetables listed, you can substitute similar vegetables that you have on hand, like potatoes, green beans, carrots and sweetcorn.

Ingredients

25g unsalted butter
½ large onion, peeled, diced
1 large carrot, peeled, diced
2 cloves garlic, peeled, minced
900g uncooked boneless skinless chicken breasts, cut into 2.5cm cubes
180ml chicken broth
1 stick celery, diced
60g frozen peas
1 ½ teaspoons fresh thyme, finely chopped
1 tablespoon fresh Italian parsley, finely chopped
2 teaspoons sea salt
½ teaspoon black pepper
120ml double cream
35g plain flour
1 refrigerated shop-bought pie crust, room temperature

Directions

1. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, add butter to pot. Once it melts, add onion, carrot and garlic and sauté until softened, about 3 minutes.
3. Add chicken and broth to the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
4. Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
5. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Add remaining ingredients to pot, except pie crust. Stir until sauce thickens and bubbles, about 3 minutes.
7. Cut the pastry crust into a 24cm circle. Lay the pie crust evenly on top of the filling mixture, folding over edges if necessary. Make a small cut in center of pie crust so that steam can escape during baking.
8. Close the crisping lid. Select GRILL and set time to 10 minutes. Select START/STOP to begin.
9. When cooking is complete, remove pot from unit and place on a heat-resistant surface. Let it rest for 10 to 15 minutes before serving.



Mains

Cheesy Chicken Crunchadilla

PREP TIME: 15 MINUTES | **COOK TIME:** 8 MINUTES | **MAKES:** 2 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

- 1 large tortilla (23cm approx.)
- 130g cooked chicken, shredded, divided
- 6 spreadable cream cheese squares, cut into small cubes, divided
- 1 plum tomato, diced, divided
- 2 spring onions, thinly sliced, divided
- 12 round tortilla corn chips, divided
- 25g shredded cheddar cheese, mixed with ½ teaspoon mild chilli powder

Directions

1. Lay flour tortilla onto a clean surface. Place 50g shredded chicken onto centre of tortilla. Sprinkle half of the cubed cheese evenly on top of shredded chicken, then sprinkle with half the tomatoes and half the spring onions.
2. Place 5 tortilla chips on top. Repeat step 1 with layers of remaining chicken, cubed cheese, tomatoes and spring onions. Top with another 5 tortilla chips and shredded cheese.
3. Gently fold flour tortilla over the layers, using 4 folds until the crunchadilla is securely wrapped.
4. Using the remaining 2 tortilla chips, cover the centre opening of the crunchadilla so all contents remain secure during cooking.
5. Gently flip crunchadilla over, seam-side down and coat the top with cooking spray.
6. Place crunchadilla in Cook & Crisp Basket™. Select AIR CRISP, set temperature to 160°C and set time to 8 minutes. Select START/STOP to begin.
7. When cooking is complete, serve immediately.



Mains

Chilli Con Carne

PREP TIME: 10 MINUTES | **COOK TIME:** 4 HOURS 20 MINUTES | **MAKES:** 8 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

1kg beef mince
1 tablespoon vegetable oil
1 onion, finely diced
3 cloves of garlic, crushed
2 tablespoons paprika
1 tablespoon cumin
1 tablespoon oregano
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon tomato paste
800g tinned chopped tomatoes
250ml beef stock
1 bay leaf
800g tinned kidney beans
8 tablespoons soured cream
3 tablespoons fresh coriander,
finely chopped

Directions

1. Select SEAR/SAUTÉ and set to HI. Select START/STOP to begin. Allow to preheat for 5 minutes
2. Place half the beef mince into the pan and sear for 5 minutes or until browned. Set aside and repeat the process with the remaining beef.
3. Place 1 tablespoon oil in to the pot and add the onion, garlic, paprika, cumin, oregano, salt and pepper. Fry for 5 minutes, or until soft. Add the tomato paste, chopped tomatoes, beef stock and bay leaf. Add the beef back in.
4. Assemble the pressure lid. Select SLOW COOK and set to HIGH. Set time for 4 hours. Select START/STOP to begin.
5. After 3 hours, add the kidney beans and continue to cook for a further hour.
6. When cooking is complete, top with soured cream and chopped coriander and serve with rice.



Mains

Ratatouille

PREP TIME: 15 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 4-6 SERVINGS

BEGINNER RECIPE ●○○

TIP: To reheat this delicious dish, place it back in the pot with a splash of passata. Cook on air crisp until desired temperature is reached.

Ingredients

1 eggplant – sliced
1 zucchini – sliced
3 tomatoes – sliced
1 large red onion – halved and sliced
300g tomato passata
2 garlic cloves – minced
1 tbsp olive oil
1 tsp oregano
½ tsp thyme
Salt and pepper

Optional

Feta cheese crumbles

Directions

1. Add ⅓ of tomato passata, eggplant, zucchini, tomatoes, garlic and onion to a large bowl and drizzle with olive oil. Season with oregano, thyme, salt and pepper.
2. Ensure pot is installed but grill plate is removed. Select ROAST, set temperature to 180°C and time to 20 minutes. Select START/STOP to begin preheating.
3. Once unit has beeped to signify it has preheated, open lid and add remaining tomato passata. Then add seasoned vegetables. You can lay them neatly in zucchini – eggplant – tomato – onion – repeat pattern or just spread them out. Close lid to begin cooking.
4. When cooking is complete, open the lid and sprinkle with feta cheese crumbles and fresh herbs.
5. Serve directly from the pot as a hot vegetarian entrée.



Mains

Chinese BBQ Pork with Ginger Coconut Sweet Potatoes

PREP TIME: 15 MINUTES | **COOK TIME:** 14-19 MINUTES | **MAKES:** 4 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

- 3 sweet potatoes, peeled, cut into 2.5cm cubes
- 110ml coconut milk
- 4 frozen uncooked boneless pork chops (225g each approx.)
- 60ml hoisin sauce
- 115g honey
- 1 ½ tablespoons soy sauce
- 1 teaspoon Chinese five spice powder
- 60g unsalted butter
- 1 tablespoons fresh ginger, peeled, minced
- 1 teaspoon sea salt
- ½ teaspoon white pepper

Directions

1. Place potatoes and coconut milk into the pot. Place Reversible Rack inside pot over potatoes, making sure rack is in the higher position.
2. Place pork chops on rack. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. Select PRESSURE and set to HIGH. Set time to 4 minutes. Select START/STOP to begin.
4. While pork chops and potatoes are cooking, whisk together hoisin sauce, honey, soy sauce and Chinese five spice powder.
5. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Remove rack with pork from pot. Mash sweet potatoes with butter, ginger, salt and pepper, using a mashing utensil that won't scratch the nonstick surface of the pot. Place rack with pork back in pot and brush top of pork generously with half of the sauce mixture.
7. Close crisping lid. Select GRILL and set time to 15 minutes. Select START/STOP to begin. After 5 minutes, open lid, flip pork chops, then brush them with remaining sauce. Close lid to resume cooking. Check after 10 minutes and remove if desired texture is achieved. If not, cook up to 5 more minutes, checking frequently.
8. When cooking is complete, remove pork from rack and allow to rest for 5 minutes before serving with mashed potatoes.



Mains

Cottage Pie

PREP TIME: 25 MINUTES | **COOK TIME:** 35 MINUTES | **MAKES:** 6 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

3 potatoes, peeled, cut into 2.5cm chunks
125ml water
60g butter, melted
125ml double cream
1 tablespoon plus 1 teaspoon sea salt, divided
1 tablespoon vegetable oil
1 large onion, peeled, chopped
250g chestnut mushrooms, stems removed, chopped
2 large carrots, peeled, chopped
2 cloves garlic, peeled, minced
1 tablespoon tomato paste
1 tablespoon Worcestershire sauce
750g beef mince
130g frozen peas
250ml beef stock
5 tablespoons instant thickening granules
2 tablespoons fresh parsley, chopped, for garnish

Directions

1. Place potatoes and water into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
2. Select PRESSURE and set to HIGH. Set time to 7 minutes. Select START/STOP to begin.
3. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4. Mash potatoes with butter, cream and 1 teaspoon salt; transfer to bowl and cover to keep warm. Wipe out pot and return to unit.
5. Select SEAR/SAUTÉ and set to HI. Add oil and allow to heat for 3 minutes.
6. After 3 minutes, add the onion, mushrooms, carrots and remaining 1 tablespoon salt. Sauté until mushrooms have released their liquid and onion is translucent. Add garlic, tomato paste and Worcestershire sauce and sauté for 1 minute. Stir in beef mince, peas and beef stock.
7. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 3 minutes. Select START/STOP to begin. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
8. Stir thickening granules into meat mixture, then spread mixture in an even layer in bottom of pot. Spread mashed potatoes evenly over the meat mixture.
9. Close the crisping lid; select GRILL. Set time to 5 minutes. Select START/STOP.
10. When cooking is complete, allow to rest for 10 minutes. Top with fresh parsley and serve.



Mains

Crispy Chicken Thighs with Carrots & Pilau Rice

PREP TIME: 10 MINUTES | **COOK TIME:** 14 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

Ingredients

170g pilau rice

425ml water

1 tablespoon butter

4 carrots, peeled, cut in half, lengthwise

4 uncooked boneless skin-on chicken thighs

2 tablespoons honey, warmed

½ teaspoon smoked paprika

½ teaspoon ground cumin

2 teaspoons sea salt, divided

1 tablespoon extra virgin olive oil

2 teaspoons chicken seasoning

Directions

1. Place pilau rice, water and butter into pot; stir to incorporate.
2. Place Reversible Rack in the pot, making sure rack is in the higher position. Place carrots in centre of rack. Arrange chicken thighs, skin side up, around the carrots. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. Select PRESSURE and set to HIGH. Set time to 4 minutes. Select START/STOP to begin.
4. While chicken and rice are cooking, stir together warm honey, smoked paprika, cumin and 1 teaspoon salt. Set aside.
5. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Brush carrots with seasoned honey. Brush chicken with olive oil, then season evenly with chicken seasoning and remaining salt.
7. Close crisping lid. Select GRILL and set time to 10 minutes. Select START/STOP to begin.
8. When cooking is complete, serve chicken with carrots and rice.



Mains

Curried Tofu

PREP TIME: 15 MINUTES | **COOK TIME:** 38 MINUTES | **MAKES:** 4-6 SERVINGS

ADVANCED RECIPE ●●●

TIP: To make rice in your Foodi, combine 200 ml of Jasmine rice with 250 ml of water. Pressure cook on HIGH for 2 minutes. Natural release for 10 minutes and then Quick release the remaining pressure.

Ingredients

2 tablespoons olive oil, divided, plus more as needed

1kg extra firm tofu, drained, cut into cubes

1 ½ teaspoons salt, divided, plus more to taste

2 small onions, peeled, thinly sliced

400g butternut squash, peeled, cut into small cubes

6 cloves garlic, peeled, minced

500ml coconut milk

2 teaspoons fish sauce

2 tablespoons smooth peanut butter

2 teaspoons curry powder

5g fresh coriander leaves, stems removed, chopped

80g roasted peanuts, chopped

Juice of 1 lime

400g cooked brown or jasmine rice, for serving

Directions

1. Select SEAR/SAUTÉ and set to HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, add 1 tablespoon olive oil. Once olive oil begins to simmer, add tofu in batches (about 250g at a time) and season each batch with ½ teaspoon salt. Sear about 2 minutes on each side, or until browned. Remove to bowl and cover to keep warm.
3. Add remaining 1 tablespoon olive oil to pot with onions, butternut squash and salt to taste. Sauté for 2 minutes, or until onions are translucent. Add garlic and cook, stirring frequently, for 30 seconds.
4. Select START/STOP to turn off SEAR/SAUTÉ, then add coconut milk, fish sauce, peanut butter and curry powder. Stir until peanut butter has fully dissolved. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
5. Select PRESSURE and set to HIGH. Set time to 3 minutes. Select START/STOP to begin.
6. While sauce is cooking, stir together chopped peanuts and lime juice in a small bowl.
7. When pressure cooking is complete, quick release the pressure by pressing and turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
8. Add cooked tofu to pot with sauce. Using a spoon, sprinkle peanut and lime mixture on top of tofu, spreading as evenly as possible.
9. Close the crisping lid. Select GRILL and set time to 5 minutes. Select START/STOP to begin.
10. When cooking is complete, serve tofu and sauce over rice.



Mains

Fish and Chips

PREP TIME: 20 MINUTES | **COOK TIME:** 47 MINUTES | **MAKES:** 4 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: Be sure to cut cod loin fillets so they will fit on the round rack. If the fillets are too long and thin, you can fold them to create square fillets. Total cooking time for the fish will depend on the thickness of the fillets.

Ingredients

450g russet potatoes, cut into chips
35g cornflour
1 ½ teaspoon salt
½ teaspoon ground black pepper
70g plain flour
2 teaspoons sea salt, divided
1 teaspoon baking powder
1 teaspoon onion powder
1 teaspoon garlic powder
¼ teaspoon cayenne pepper
125ml dark beer (e.g. brown ale, or stout)
2 tablespoons vegetable oil
4 cod loin fillets (110g-140g each approx.)
Non-stick cooking spray

For Serving

Tartar sauce

Directions

1. Place the Reversible Rack on a plate, make sure rack is in the lower position, then cover the rack with aluminum foil. Spray the foil generously with non-stick cooking spray.
2. Put the cornflour, salt and pepper in a shallow bowl. In a separate bowl, whisk together the plain flour, baking powder, onion powder, garlic powder and cayenne pepper, then whisk in the beer and 1 tablespoon oil until the batter is smooth and thick. Coat the cod fillets in the seasoned cornflour, shaking off the excess, then dip them in the batter until thoroughly coated. Set aside.
3. Toss the potatoes with the remaining 1 tablespoon oil, remaining 1 teaspoon salt and pepper. Put the potatoes in the Cook & Crisp Basket™ and place the basket in the pot.
4. Close the crisping lid, select AIR CRISP, set TEMP to 200°C and set TIME to 30 minutes. Select START/STOP to begin.
5. Using tongs, gently toss the potatoes every 5 minutes until the edges are crispy - the centres should be tender. Remove the basket from the pot and set aside - leaving the chips in the basket.
6. Spray the battered fish fillets with a light coating of cooking spray. Place the rack in the pot and close the crisping lid. Select AIR CRISP, set TEMP to 190°C and set TIME to 15 minutes; select START/STOP to begin. Cook until the coating is crisp and the fillets are cooked through, checking after 10 minutes.
7. Carefully remove the rack from the pot and place the basket of potatoes back into the pot. Close the hinged lid, select AIR CRISP, set TEMP to 200°C and set TIME to 2 minutes; select START/STOP to begin. Serve immediately with fish and tartar sauce.



Mains

Garlic Prawns with Risotto Primavera

PREP TIME: 15 MINUTES | **COOK TIME:** 24 MINUTES | **MAKES:** 4-5 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

2 tablespoons olive oil, divided
1 small onion, peeled, finely diced
4 cloves garlic, peeled, minced, divided
3 teaspoons sea salt, divided
1375ml chicken or vegetable stock
400g Arborio rice
16 uncooked jumbo prawns (fresh or defrosted), peeled, deveined
2 teaspoons garlic powder
1 teaspoon ground black pepper
½ teaspoon crushed red pepper (optional)
2 tablespoons butter
Juice of 1 lemon
1 bunch asparagus, trimmed, cut into 2.5cm pieces
150g grated parmesan cheese, plus more for serving

Directions

1. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. Add 1 tablespoon oil to pot and add onion. Sauté until softened, about 5 minutes. Add half the garlic and cook until fragrant, about 1 minute. Season with 2 teaspoons salt.
3. Add stock and rice to pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 7 minutes. Select START/STOP to begin.
4. While rice is cooking, toss prawns in the remaining oil, garlic, salt, garlic powder, black pepper and crushed red pepper in a mixing bowl.
5. When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Stir butter, lemon juice and asparagus into the rice until evenly incorporated.
7. Place Reversible Rack inside pot over risotto, making sure rack is in the higher position. Place prawns on rack.
8. Close crisping lid. Select GRILL and set time to 8 minutes. Select START/STOP to begin.
9. When cooking is complete, remove rack from pot. Stir parmesan into the risotto. Top with prawns and parmesan and serve immediately.



Mains

Grains, Greens & Tofu Bowl

PREP TIME: 15 MINUTES | **COOK TIME:** 25 MINUTES | **MAKES:** 4-6 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: You can substitute tofu for a 340g chicken breast, cut into 1.5cm cubes.

Ingredients

60ml plus 2 tablespoons soy sauce, divided
3 tablespoons mirin, divided
1 tablespoon brown sugar
3 tablespoons toasted sesame oil, divided
1 teaspoon fish sauce
1 teaspoon garlic powder
400g extra firm tofu, drained, cut into 1.5cm cubes
100g farro, rinsed
100g wild rice, rinsed
250ml vegetable stock or water
1 bunch kale or collard greens, sliced

Toppings

Shredded carrots
Pickled garden vegetables
Kimchi
Avocado, sliced
Thai peanut dressing
Steamed edamame

Directions

1. In a large bowl, stir together 2 tablespoons soy sauce, 1 tablespoon mirin, brown sugar, 2 teaspoons sesame oil, fish sauce and garlic powder. Add tofu and coat in the marinade, leave for at least 15 minutes.
2. Place farro, wild rice, stock or water, kale, remaining soy sauce, mirin and sesame oil to the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
4. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
5. Place Reversible Rack inside pot over the rice, making sure rack is in the higher position. Cover rack with aluminum foil, then place tofu on rack.
6. Close crisping lid. Select AIR CRISP, set temperature to 160°C and set time to 15 minutes. Select START/STOP to begin. Halfway through cooking, flip the tofu.
7. When cooking is complete, add tofu to the grains and greens and serve with your favourite toppings.



Mains

Meatball Pasta Bake

PREP TIME: 10 MINUTES | **COOK TIME:** 25-30 MINUTES | **MAKES:** 10 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

680g beef mince
2 large eggs
50g parmesan cheese, grated
60ml whole milk
45g seasoned bread crumbs
15g fresh parsley, chopped
2 teaspoons granulated garlic
2 teaspoons sea salt
3 tablespoons olive oil
1360g marinara sauce
250ml water
250ml dry red wine
450g dry cavatappi pasta
250g ricotta cheese
100g mozzarella, grated

Directions

1. In a large mixing bowl, stir together beef mince, eggs, parmesan cheese, milk, bread crumbs, parsley, garlic and salt. Mix until fully incorporated.
2. Form mixture into 20 meatballs; set aside.
3. Select SEAR/SAUTÉ and set to HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
4. After 5 minutes, add oil to pot, then add half the meatballs in one layer. Brown meatballs on all sides. Transfer meatballs to a bowl. Repeat with remaining meatballs.
5. Add marinara sauce, water, wine and pasta to the pot; stirring to incorporate.
6. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 2 minutes. Select START/STOP to begin.
7. When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release any remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
8. Select SEAR/SAUTÉ and set to MD. Select START/STOP to begin. Stir ingredients, then add meatballs and simmer for 10 minutes. Turn down heat if sauce comes to a boil.
9. After 10 minutes, stir in ricotta. Cover pasta mixture with mozzarella.
10. Select BAKE/ROAST, set temperature to 160°C and set time to 5 minutes, or until cheese is melted, bubbly and slightly browned.
11. When cooking is complete, serve immediately.



Mains

Moroccan Chicken and Rice From Frozen

PREP TIME : 10 MINUTES | **COOK TIME:** 37-40 MINUTES | **MAKES:** 2 SERVINGS

INTERMEDIATE RECIPE ●●○

Tip: This recipe is for frozen chicken only.

Ingredients

2 tablespoons olive oil, divided
1 small onion, peeled, diced
160g wild rice
3 teaspoons sea salt, divided
1 tablespoons "Ras el Hanout"
Moroccan seasoning
175ml chicken stock
2 frozen uncooked chicken
breasts (220-280g each approx.)
340g green beans, trimmed
1 tablespoon black pepper,
divided
5g fresh parsley, chopped
50g honey mustard sauce

Directions

1. Select SEAR/SAUTÉ and set to HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, add 1 tablespoon oil and onion. Cook, stirring occasionally, for 3 minutes, until onions are fragrant. Add wild rice, 2 teaspoons salt and Moroccan seasoning. Cook, stirring frequently, until the rice is coated with oil and very shiny. Add chicken stock and stir to incorporate.
3. Place frozen chicken breasts on Reversible Rack, making sure rack is in the higher position. Place rack inside pot over rice mixture.
4. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
5. Select PRESSURE and set to HIGH. Set time to 22 minutes. Select START/STOP to begin.
6. While chicken and rice are cooking, toss green beans in a bowl with the remaining oil, salt and pepper.
7. When pressure cooking is complete, allow pressure to naturally release for 10 minutes. After 10 minutes, quick release any remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
8. Lift Reversible Rack out of the pot. Stir parsley into rice, then add green beans directly on top of the rice.
9. Brush chicken breasts on all sides with honey mustard sauce, then return the Reversible Rack to the pot over rice and green beans.
10. Close crisping lid. Select GRILL and set time to 10 minutes. Select START/STOP to begin.
11. When cooking is finished, check that chicken is cooked through. Serve chicken with green beans and rice.



Mains

Miso-Glazed Salmon & Pak Choi

PREP TIME FROM FROZEN: 10 MINUTES | **COOK TIME:** 7-9 MINUTES | **MAKES:** 4 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP Want to use fresh salmon instead of frozen? Pressure cook only the white rice. Add the fresh salmon fillets as instructed in step 6. At step 7, grill the salmon for up to 15 minutes, or until the internal temperature reaches 63°C.

Ingredients

200g jasmine rice, rinsed
180ml water, divided
4 frozen skinless salmon fillets
(113g, 2.5cm thick each, approx.)
1 teaspoon sea salt
2 tablespoons red miso paste
2 tablespoons butter, softened
2 heads baby pak choi, stems on,
rinsed, cut in half
60ml mirin
1 teaspoon sesame oil
Sesame seeds, for garnish

Directions

1. Place rice and 110ml water into the pot. Stir to combine. Place Reversible Rack in pot, making sure rack is in the higher position.
2. Season salmon with salt, then place on rack. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin.
4. While salmon and rice are cooking, stir together miso and butter to form a paste. Toss pak choi with mirin and sesame oil.
5. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Gently pat salmon dry with paper towel, then spread miso butter evenly on top of the fillets. Add pak choi to the rack. Add remaining 70ml water.
7. Close crisping lid. Select GRILL and set time to 7 minutes. Select START/STOP to begin, checking after 5 minutes.
8. When cooking is complete, remove salmon from rack and serve with pak choi and rice. Garnish with sesame seeds, if desired.



Mains

Mustardy Beef Stew

PREP TIME: 15 MINUTES | **COOK TIME:** 1 HOUR 8 MINUTES | **MAKES:** 4 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

- 1kg diced stewing beef
- 1 teaspoon sea salt
- 2 teaspoons ground black pepper
- 120g uncooked streaky bacon, diced
- 1 large white onion, peeled, diced
- 3 tablespoons butter
- 250ml red wine
- 250ml beef stock
- 100g Dijon mustard
- 4 carrots, peeled, cut into 2.5cm pieces
- 500g parsnips, peeled, cut into 2.5cm pieces
- 250g white button mushrooms, cut into quarters
- 3 tablespoons instant thickening granules or instant gravy granules
- 1 crusty French baguette, sliced

Directions

1. Toss beef with salt and pepper until evenly coated; set aside.
2. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
3. After 5 minutes, add bacon and cook for 5 minutes, stirring occasionally. Add onion and continue cooking for another 5 minutes, stirring occasionally.
4. Carefully remove pot from unit and use a slotted spoon to remove bacon and onion to a bowl; set aside.
5. Return pot to unit. Select SEAR/SAUTÉ and set to HI. Add butter and melt. Add half of beef to pot, spreading out evenly. Cook for 10 minutes, stirring occasionally, until all sides of beef are browned. Set aside and repeat step with the rest of the beef.
6. Add remaining ingredients, except bread slices, to pot. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
7. Select PRESSURE and set to HIGH. Set time to 30 minutes. Select START/STOP to begin.
8. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure. If desired, add more instant granules to thicken further.
9. Place Reversible Rack in pot over stew, making sure rack is in the higher position. Place bread slices on rack.
10. Close the crisping lid. Select GRILL and set time to 5 minutes. Select START/STOP to begin.
11. When cooking is complete, serve immediately with toasted bread.



Mains

Panko-Crusted Cod with Quinoa

PREP TIME: 10 MINUTES | **TOTAL COOK TIME:** 23 MINUTES | **MAKES:** 4-6 SERVINGS

PRESSURE BUILD: 8 MINUTES APPROX.

BEGINNER RECIPE ●○○

Ingredients

250g white quinoa
1 ½ teaspoons fine sea salt, divided
410ml water, divided
50g panko bread crumbs
60g unsalted butter, melted
10g fresh parsley, finely chopped
Zest and juice of 2 lemons
4 fresh cod fillets (150g each approx.)
1 bunch asparagus, stems trimmed
1 teaspoon extra virgin olive oil

Directions

1. Place the quinoa, 1 teaspoon salt and 350ml water into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
2. Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin.
3. While quinoa is cooking, place breadcrumbs in a bowl and stir in butter, parsley, lemon zest and juice and 1 teaspoon salt. Press panko mixture evenly onto the top of each cod fillet.
4. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
5. Add remaining 60ml water to quinoa. Toss asparagus with olive oil and 1 teaspoon salt. Lay asparagus evenly on top of quinoa.
6. Place Reversible Rack in the pot over the quinoa and asparagus, making sure it is in the higher position. Place the cod fillets on the rack, breaded side up.
7. Close the crisping lid. Select BAKE/ROAST, set temperature to 180°C and set time to 12 minutes. Select START/STOP to begin. Cook for up to an additional 2 minutes if necessary.
8. Cooking is complete when internal temperature of fish reaches 63°C. Serve cod with quinoa and asparagus.



Mains

Penne & Sausage Ragu

PREP TIME: 20 MINUTES | **COOK TIME:** 28 MINUTES | **MAKES:** 6 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

2 tablespoons vegetable oil
500g uncooked pork sausages,
with casings removed
(alternatively use sausage meat)
500g cooked smoked sausage,
diced
1 teaspoon cumin
1 teaspoon fennel seeds
1 teaspoon coriander
½ teaspoon garlic powder
½ teaspoon onion powder
2 carrots, peeled, diced
4 sticks celery, diced
1 large white onion, peeled, diced
4 cloves garlic, peeled, minced
3 x 460g jars roasted red peppers,
strained, pureed
250ml chicken stock
250ml double cream
1 tablespoon sea salt
1 tablespoon fresh rosemary, minced
500g dry penne pasta
125g whole milk mozzarella cheese,
diced
110g shredded mozzarella cheese

Directions

1. Select SEAR/SAUTÉ and set to HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, add vegetable oil and both sausages to the pot. Cook for 5 minutes, stirring occasionally to break up the meat.
3. Add the cumin, fennel seeds, coriander, garlic powder and onion powder and stir to combine. Add carrots, celery, onion and garlic to pot and cook for an additional 5 minutes, stirring occasionally.
4. Add pureed red peppers, chicken stock, cream, salt, rosemary and pasta. Stir well to combine. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
5. Select PRESSURE and set to LOW. Set time to 3 minutes. Select START/STOP to begin.
6. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
7. Stir pasta mixture, then spread diced mozzarella evenly over the top.
8. Close the crisping lid. Select GRILL and set time to 5 minutes. Select START/STOP to begin.
9. When cooking is complete, serve immediately.



Mains

Pepperoni Pizza Pasta Bake

PREP TIME: 10 MINUTES | **COOK TIME:** 30-35 MINUTES | **MAKES:** 6-8 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

1 large onion, peeled, cut in half, sliced in half-moon shapes
2 tablespoons extra virgin olive oil
1 teaspoon fine sea salt
½ teaspoon dried oregano
½ teaspoon dried basil
¼ teaspoon ground black pepper
¼ teaspoon crushed red pepper
6 large cloves garlic, peeled, minced
800g tinned finely chopped tomatoes
200g tomato puree
225ml red wine
500ml chicken stock or water
450g dry rigatoni pasta
350g grated mozzarella cheese, divided
100g thinly sliced pepperoni

Directions

1. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, place onion and olive oil into the pot. Cook for 2 minutes, then add salt, oregano, basil, black pepper and crushed red pepper. Continue cooking, stirring occasionally, until onions are lightly browned and translucent, about 5 minutes.
3. Add remaining ingredients, except mozzarella and pepperoni slices, to pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
4. Select PRESSURE and set to HIGH. Set time to 6 minutes. Select START/STOP to begin.
5. When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Stir the sauce with a wooden spoon, crushing tomatoes in the process.
7. Cover pasta mixture evenly with 250g grated mozzarella. Lay pepperoni slices across mozzarella. Sprinkle remaining mozzarella over pepperoni slices.
8. Close crisping lid. Select AIR CRISP, set temperature to 200°C and set time to 5 minutes. Select START/STOP to begin.
9. When cooking is complete, serve immediately.



Mains

Philly Cheesesteak Casserole

PREP TIME: 15 MINUTES | **COOK TIME:** 22-25 MINUTES | **MAKES:** 6-8 SERVINGS

BEGINNER RECIPE ●○○

Ingredients

2 tablespoons vegetable oil
1 large onion, peeled, thinly sliced
1 green pepper, thinly sliced
1 tablespoon sea salt
200g button mushrooms, thinly sliced
680g frying steak, thinly sliced
2 teaspoons garlic powder
2 teaspoons onion powder
½ teaspoon ground black pepper
1 teaspoon Worcestershire sauce
3 finger rolls, cut into 2.5cm cubes
10 slices Provolone cheese (can substitute with Emmental or Mozzarella)

Directions

1. Select SEAR/SAUTE and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, place oil, onion and pepper into the pot. Cook until vegetables are soft, about 5 minutes. Season with salt. Add mushrooms and cook for another 5 minutes, until mushrooms are soft and have released most of their liquid.
3. Add sliced frying steak, garlic powder, onion powder, black pepper and Worcestershire sauce. Cook for 5 minutes, or until steak is cooked through.
4. Fold in the cubed finger rolls, allowing them to soak up the juices from the steak. Evenly lay the cheese slices on top of mixture.
5. Close crisping lid. Select BAKE/ROAST, set temperature to 190°C and set time to 7-10 minutes. Select START/STOP to begin. Check frequently to avoid burning the cheese.
6. When cooking is complete, serve immediately.



Mains

Pulled Pork

PREP TIME: 10 MINUTES | **COOK TIME:** 53-55 MINUTES | **MAKES:** 6-8 SERVINGS

BEGINNER RECIPE ●○○

TIP If you prefer slightly sweeter BBQ, add 1 to 2 tablespoons brown sugar in step 5.

Ingredients

1-1.3 kg uncooked boneless pork shoulder, fat trimmed, cut into 5cm cubes

3 tablespoons barbecue seasoning

1 tablespoon garlic powder

2 teaspoons sea salt

240ml apple cider vinegar

170g tomato paste

Directions

1. Place pork, spices and vinegar in the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
2. Select PRESSURE and set to HIGH. Set time to 35 minutes. Select START/STOP to begin.
3. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4. Select SEAR/SAUTE and set to MD:HI. Select START/STOP to begin.
5. Add tomato paste and stir to incorporate. Allow pork to simmer for 10 minutes, or until the liquid has reduced by half. Stir occasionally, using a wooden spoon or silicone tongs to shred the pork.
6. Close crisping lid. Select BAKE/ROAST, set temperature to 180°C and set time to 10 minutes.
7. When cooking is complete, serve immediately. Serve with coleslaw in brioche buns.



Mains

Sticky St. Louis Ribs

PREP TIME: 10 MINUTES | **TOTAL COOK TIME:** 42 MINUTES | **MAKES:** 4 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: The Ninja® Roasting Rack Insert makes it easy to hold up the ribs while cooking. Please note, this is sold separately.

Ingredients

30g barbecue spice rub
1 tablespoon fine sea salt
2 tablespoons brown sugar
1.5kg pork rib racks, uncooked,
cut into approx. 4 ribs per section
120ml pale ale
200g barbecue sauce

Directions

1. In a small bowl, stir together barbecue spice rub, salt and brown sugar. Season ribs evenly with spice mix.
2. Pour beer into pot. Place ribs into Cook & Crisp Basket™ and place basket in pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. Select PRESSURE and set to HIGH. Set time to 19 minutes. Select START/STOP to begin.
4. When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
5. Close the crisping lid. Select AIR CRISP, set temperature to 200°C and set time to 15 minutes. Select START/STOP to begin.
6. After 10 minutes, open the crisping lid and generously brush ribs with barbecue sauce. Close lid to resume cooking for 5 more minutes.
7. When internal temperature reaches 85°C, cooking is complete and ribs are ready to serve.



Mains

TenderCrisp® 101 Teriyaki Chicken, Broccoli & Rice

PREP TIME: 10 MINUTES | **TOTAL COOK TIME:** 32 MINUTES | **MAKES:** 2 SERVINGS

BEGINNER RECIPE ●○○

Ingredients

200g long-grain white rice, rinsed
225ml chicken stock
100g frozen mixed vegetables
1 teaspoon fine sea salt, divided
2 teaspoons ground black pepper, divided
2 uncooked fresh boneless skinless chicken breasts (200g each approx.)
½ head broccoli, cut into 5cm florets
1 tablespoon extra virgin olive oil
120ml teriyaki sauce

Directions

1. Place rice, chicken stock, frozen vegetables, ½ teaspoon salt and 1 teaspoon pepper into the pot; stir to combine
2. Place chicken breasts on Reversible Rack, making sure rack is in the higher position. Place rack inside pot over rice mixture.
3. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin.
4. While chicken and rice are cooking, toss broccoli in a bowl with the olive oil and remaining salt and pepper.
5. When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release any remaining pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Brush tops of chicken breasts liberally with teriyaki sauce. Add broccoli to rack around chicken.
7. Close crisping lid. Select GRILL and set time to 10 minutes. Select START/STOP to begin.
8. Check after 8 minutes for desired finish. Cooking is complete when internal temperature of chicken reaches 74°C. Serve chicken with rice and broccoli.



Mains

Tex-Mex Meatloaf

PREP TIME: 15 MINUTES | **COOK TIME:** 30 MINUTES | **MAKES:** 6-8 SERVINGS

INTERMEDIATE RECIPE ●●○

Please note, Ninja® Loaf Pan is sold separately.

Ingredients

450g beef mince
1 medium egg
1 red pepper, diced
½ jalapeño pepper, seeds removed, diced
1 small onion, peeled, diced
3 corn tortillas, roughly chopped
1 tablespoon garlic powder
2 teaspoons ground cumin
2 teaspoons chilli powder
1 teaspoon cayenne pepper
2 teaspoons sea salt
15g fresh coriander leaves
4 tablespoons barbecue sauce, divided
250ml water
50g tortilla chips, crushed

Directions

1. Stir together beef, egg, peppers, onion, tortillas, spices, coriander and 2 tablespoons barbecue sauce in a large mixing bowl.
2. Place meat mixture into the Ninja loaf pan (450g loaf tin) and cover tightly with aluminum foil.
3. Pour water into pot. Place the loaf pan onto the reversible rack, making sure the rack is in the lower position. Place rack with pan in pot. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
4. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
5. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Carefully remove foil from the loaf pan and close crisping lid. Select BAKE/ROAST, set temperature to 180°C and set time to 15 minutes. Select START/STOP to begin.
7. While the meatloaf is cooking, stir together the crushed corn chips and remaining 2 tablespoons barbecue sauce in a bowl.
8. After 7 minutes, open lid and top meatloaf with the tortilla chips mixture. Close lid to resume cooking.
9. When cooking is complete, remove meatloaf from pot and allow to cool for 10 minutes before serving.



Mains

Upside-Down Loaded Chicken Nachos

PREP TIME: 10 MINUTES | **COOK TIME:** 25-30 MINUTES | **MAKES:** 8 SERVINGS

ADVANCED RECIPE ●●●

Ingredients

4 frozen uncooked skinless chicken breasts (220g-340 g each approx.)

1 x 450g jar red salsa

435g tinned refried beans

1 tablespoon sea salt

2 tablespoons taco seasoning

110g tortilla chips, divided

340g grated cheese, divided

Toppings

Guacamole

Sour cream

Spring onions, sliced

Directions

1. Place frozen chicken and salsa into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
2. Select PRESSURE and set to HIGH. Set time to 12 minutes. Select START/STOP to begin.
3. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4. Using silicone-tipped utensils, shred the chicken in the pot. Add the refried beans, salt and taco seasoning and stir well to incorporate.
5. Arrange half of the tortilla chips evenly on top of the chicken mixture, then cover chips with half of the cheese. Repeat with a second layer of the remaining tortilla chips topped with the remaining cheese.
6. Close crisping lid. Select AIR CRISP, set temperature to 180°C and set time to 5 minutes. Select START/STOP to begin. For crispier results, add additional time.
7. When cooking is complete, top nachos with guacamole, sour cream, spring onions and serve.





Desserts

Desserts

Desserts

Apple Crumble

PREP: 15 MINUTES | **COOK TIME:** 19-23 MINUTES | **MAKES:** 4 SERVINGS

INTERMEDIATE RECIPE ●●○

Please note, Ninja® Multi-Purpose Pan is sold separately.

Ingredients

6 Granny Smith apples (850g), cored, peeled and chopped into 2cm chunks

1 ½ tablespoons cornflour

180ml water, divided

1 teaspoon fresh lemon juice

3 tablespoons granulated sugar

Topping

75g plain flour

50g rolled oats

50g brown sugar

2 tablespoons granulated sugar

100g unsalted butter

1 teaspoon ground cinnamon

¼ teaspoon fine sea salt

For Serving

Vanilla ice cream

Directions

1. Place apples into the Multi-Purpose Pan (or a 1 ½ litre round ceramic baking dish). In a separate bowl, stir together the cornflour, 60ml water, lemon juice and sugar; toss with the apples.
2. Place pan on Reversible Rack, making sure rack is in the lower position and cover pan with foil. Pour 120ml water into the pot and add the rack. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. Select PRESSURE and set to HIGH. Set time to 8 minutes. Select START/STOP to begin.
4. In a separate bowl, combine all topping ingredients until incorporated.
5. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Remove foil and evenly spread topping over the fruit. Close crisping lid. Select AIR CRISP, set temperature to 180°C and set time to 10 minutes. Select START/STOP to begin. Cook until top is browned and fruit is bubbling. Rotate halfway through cooking. If required, cover with tin foil to prevent over browning. If needed, cook 5 minutes longer.
7. When cooking is complete, remove rack with pan from pot and serve with vanilla ice cream.



Desserts

Salted caramel popcorn

PREP TIME: 5 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 1-6 SERVINGS

INTERMEDIATE RECIPE ●●○

Please note, you will need to use a lid from another cooking pot that fits over the top of the Foodi pot.

Ingredients

130g popping corn

3 tablespoons vegetable oil

200g butter cut into squares
(Dairy Free butter can be used)

200g light brown sugar

2 teaspoons flaked sea salt

2 teaspoons vanilla extract

1 teaspoon bicarbonate of soda

Directions

1. Place vegetable oil in pot, select SEAR/SAUTÉ and set to MD:HI, select STAR/STOP and allow oil to heat for 2 minutes.
2. Pour popping corn into heated pot, and close crisping lid.
3. The popping corn will begin to pop after a minute or so. The corn will continue to pop until there are no kernels left to pop. You will know when the popcorn is ready when you hear the popping slow to 1-2 seconds between pops. This will take between 5-8 minutes.
4. Pour the popcorn into a baking pan and allow to cool. Clean the pot.
5. Select SEAR/SAUTÉ and set to MD/HI, select START/STOP. Place butter into pot and allow to melt. Add light brown sugar to melted butter and stir until sugar is melted. Bring sugar and butter mix up to a boil, and allow to simmer for 5 minutes without stirring.
6. After simmering for 5 minutes add the vanilla extract, and the sea salt. Then add the bicarbonate of soda.
7. Pour the caramel over the cooked popcorn, and using a spoon gently fold the popcorn into the caramel until the popcorn is all covered.



Desserts

Lemon Drizzle cake with dark chocolate

PREP TIME: 10 MINUTES | **COOK TIME:** 30-35 MINUTES | **SERVES:** 6-8

BEGINNER RECIPE ●○○

Please note, Ninja® Multi-Purpose Pan is sold separately.

Ingredients

125g softened butter
125g caster sugar
2 eggs
150g self-raising flour
1 teaspoon baking powder
1 lemon, zest
1 tablespoon milk
75g dark chocolate, roughly chopped
50g caster sugar
1 lemon, juice

Directions

1. Close crisping lid. Preheat the unit by selecting BAKE/ROAST, setting temperature to 170°C, and setting time to 5 minutes. Select START/STOP to begin.
2. While the unit is preheating, grease a 20cm cake tin with butter and line the base with baking parchment.
3. In a large bowl beat butter and sugar together until light. Beat in eggs one at a time, followed by flour, baking powder, lemon zest and milk. Fold in dark chocolate. Spoon batter into cake tin.
4. Once unit has preheated, place the reversible rack in the cooking pot, making sure rack is in the lower position. Place cake tin on rack. Close crisping lid. Select BAKE/ROAST, set temperature to 170°C and set time to 35 minutes. Select START/STOP to begin.
5. Check cake after 20 minutes. If it seems to be browning too much place a bit of foil on top. Check cake again after 30 minutes, using a skewer to see if its cooked, continue cooking if not.
6. When cake is cooked, very carefully take cake tin out of pot. Mix remaining caster sugar and lemon juice together and spoon over warm cake.
7. Try to allow to cool before eating, although it's very good warm too!



NINJA[®]

Foodi[®]

Multi-Cooker

Foodi Feasts

Mealtime inspiration for the OP300 and Foodi Multi-Cooker collection

Want to whip up delicious meals, sides and desserts every day for a whole month? Well now you can, with this exclusive collection of official Foodi Multi-cooker recipes.

From soups, 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.

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