

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



NINJA
Foodi
MAX
**Health Grill
& Air Fryer**
Mouthwatering recipes & charts
for unlimited possibilities



Your guide to grilling like a pro

Welcome to the Ninja® Foodi® Max Health Grill and Air Fryer recipe guide.

From here, you're just a few pages away from recipes, tips and tricks and helpful hints.

Now open the lid and let's get grilling.

Recipe List

Marinades	11	Lamb	24
		Butterflied leg of lamb	24
Spice Rubs	12	Pork	26
		Grilled breakfast	26
Dipping Sauces	13	Sausage plait	28
		Fish	29
Kickstarter Recipes	14	Whole salmon	29
Grilled sirloin steaks and asparagus	14	Vegetarian	30
		Falafels	30
Mains	16	Snacks & Sides	32
Beef	16	Roasted vegetables	32
Beef Wellington	16	Dauphinoise potatoes	33
Cheese stuffed burger	17	Spicy sweet potato wedges	34
Chicken	18	Sea Salt focaccia	35
Honey Mustard & Barbecue			
Glazed Chicken Breasts	18		
Cajun chicken kebabs	20		
Mustard rubbed half chicken	22	Cooking charts	38

Recipe Key

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



Digital Cooking Probe



10 minutes or less



Frozen to chargrilled



Child-friendly food



Gluten-free



Dairy-free



Keto



Vegetarian

Cyclonic Grilling

TECHNOLOGY

Perfectly cook food on the inside and char-grill every side with super hot Cyclonic Grilling Technology. The grilling chamber gives you the fast, juicy, char-grilled results you want by combining a unique, high density grill plate with cyclonic air that circulates rapidly around food.

Now with the Smart Cook System you can achieve the perfect level of cook without the guesswork.



Grilled favourites
Quick and easy meals
Cheese Stuffed Burgers, page 17



No-flip grilling
No more falling apart
Whole Fillet of Salmon, page 29



Perfect cooking
No guesswork
Grilled Sirloin Steaks with Asparagus, page 14



Grilled thrills
Make the unexpected
Sea Salt Focaccia, page 36



Frozen to chargilled
No thawing required
Honey Mustard & Barbecue Glazed Chicken Breasts, page 18

More flavour. Less smoke.

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


LO
200°C

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



12
MINS

Grilled Breakfast
Page 19


MED
230°C

Best for frozen meats and batches of marinated ingredients.



30
MINS

Honey Mustard & Barbecue
Glazed Chicken
Page 18


HI
250°C

Best for steaks, chicken and burgers.



11
MINS

Grilled Sirloin Steak
& Asparagus
Page 14


MAX
260°C

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



13
MINS

Corn on the Cob
Page 40

Always use recommended oils

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

Perfectly done with the Digital Cooking Probe.

Never under or over cook again.



Dual Sensor Technology

The leave-in Digital Cooking Probe continuously monitors temp in two places for more accurate cooking results. The Ninja® Foodi® Max Health Grill & Air Fryer lets you know when it's time to take your food off the grill and let it rest.

For more information on how to use the probe refer to the instruction booklet.

How to place the probe

Once you've selected your cooking function, cooking temperature, protein type and how you would like it cooked, **insert the Digital Cooking Probe into the thickest part of your protein** while the grill is preheating.

FOOD TYPE	PLACEMENT	CORRECT	INCORRECT
Steaks Pork chops Lamb chops Chicken breasts Burgers Tenderloins Fish fillets	<ul style="list-style-type: none"> Insert probe horizontally into the centre of the thickest part of the meat. Make sure the tip of the probe is inserted straight into the centre of the meat, not angled toward the bottom or top of it. Make sure the probe is close to (but not touching) the bone and away from any fat or gristle. <p>NOTE: <i>The thickest part of the meat may not be the centre. It is important that the end of the probe hits the thickest part so desired results are achieved.</i></p>		
Whole chicken	<ul style="list-style-type: none"> Insert probe horizontally into the thickest part of the breast, parallel to, but not touching, the bone. Make sure the top reaches the centre of the thickest part of the breast and doesn't go all the way through the breast into the cavity. 		

DO NOT use the probe with frozen protein or for cuts of meat less than 1.5cm thick or for meat on the bone like chicken drumsticks or ribs.

Ninja® Beef Cooking Guide

Everyone's idea of the cooking scale differs. This guide shows you what you can expect from each of our preset beef cook settings.



Carry-over cooking

Did you know? Meat keeps cooking when you remove it from the grill.

To prevent overcooking, the unit will beep right before your food reaches the desired set cook level, taking carry-over cooking into account.

Transfer meat to a plate with the probe still inserted and allow protein to carry-over cook and rest for 3–5 minutes.

Skipping carry-over cooking and cutting into food right away may result in a rarer level of cook.

Reasons meat might cook differently

No two pieces of meat are alike and, for that reason, they'll never cook the same. That's why we recommend paying close attention to the sizes of meat listed in our cooking charts. Here are some more tips to ensure a great cooking experience.



Cut size

Meats come in different shapes and sizes, which require different cooking times.

If you are cooking different sizes, probe the smaller piece first as this one will cook faster than the larger piece.

For cuts 5cm or thicker (e.g., filet mignon) we recommend selecting the lower temperature setting within the level of cook you require (e.g., Rare 1 instead of Rare 2).



Meat temperature

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

For even juicier results

If time permits, let meat come to room temperature for about 30 minutes before cooking for a more juicy centre.

Flavour-Building

Tasty Marinades, Zesty Spice Rubs, and Irresistible Dipping Sauces

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

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

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

Frozen to chargrilled

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

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

Marinades

MAKES: APPROX. 250ML | **MARINATING TIME:** 2-12 HOURS | **STORE:** REFRIGERATE FOR UP TO 4 DAYS



Teriyaki Marinade

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



Garlic & Herb Marinade

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



Simple Steak Marinade

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

TIP When using marinated foods on the Grill function, we recommend using Medium and when using thicker marinades/sauces using LO.

Spice Rubs

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



Easy BBQ Spice Rub

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

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



Everyday Spice Rub

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

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



Dry Herb Rub

Best for poultry, pork, lamb, seafood, vegetables

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

Dipping Sauces

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



Chimichurri Sauce

Best for poultry, beef, pork, fish, vegetables

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



Lemony-Garlic Chilli Mayo

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

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



Jamaican Jerk Ketchup

Best for poultry, beef, prawns

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

Kickstarter Recipe

Grilled Sirloin Steaks with Asparagus

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **COOK:** BASED ON DESIRED OUTCOME | **MAKES:** 4 SERVINGS



INGREDIENTS

4 uncooked Sirloin steaks
(280g each)

3 tablespoons vegetable oil, divided

Sea salt, as desired

Ground black pepper, as desired

2 bunches asparagus, trimmed

DIRECTIONS



Plug probe into unit. Insert grill plate in unit and close lid. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Select PRESET. Select BEEF, use the arrows to the left of the display to set desired cook level. Press START/STOP to begin preheating.



While unit is preheating, brush each steak on all sides with 1/2 tablespoon vegetable oil, then season with salt and pepper, as desired. Toss asparagus with remaining vegetable oil, then season with salt and pepper, as desired.



Insert probe horizontally into the centre of one of the steaks (see probe placement instructions on page 7).



When unit beeps to signify it has preheated, place steaks on grill plate, gently pressing them down to maximise grill marks. Close lid over the probe cord. When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the steaks. Close lid to continue cooking.



When unit beeps to signal the steaks are almost done cooking. Then transfer steaks to a plate or cutting board and allow to rest for 5 minutes.



While steaks are resting, place asparagus on grill grate. Select GRILL and set to HI. Use the arrows to the right of the display to set the time to 4 minutes. Press START/STOP to begin. Skip preheat by pressing the PREHEAT button.



When cooking and resting are complete, remove probe from steaks. Slice steaks and serve with asparagus.



BEEF WELLINGTON



PREP: 15 MINUTES | **PREHEAT:** APPROX. 5 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 3-4 SERVINGS

INGREDIENTS

320g ready rolled butter puff pastry
1 tablespoon olive oil
500g filet of beef
Ground black pepper to taste
75g smooth chicken liver pâté
1 egg, beaten for glazing

DIRECTIONS

- 1 Line crisper basket with baking parchment. Unroll pastry and cut off one third. If necessary, roll out a third of the pastry, just slightly larger than the length and width of the beef fillet. Place on crisper basket and prick well with a fork. Chill in the fridge for 15 minutes.
- 2 Insert cooking pot in unit and close lid. Select BAKE, set temperature to 180°C and set time to 8 minutes. Select START/STOP to begin preheating.
- 3 When the unit beeps to signify it has preheated, place crisper basket in cooking pot. Close lid and cook for 8 minutes, or until brown and crisp. Remove from the oven and allow to cool.
- 4 Heat 1 tablespoon oil in a large pan over a high heat. Season the beef with freshly ground black pepper, then put in the pan and sear for 1 minute on each side, until browned all over. Set aside to cool.
- 5 Place cooled beef on top of pastry. Cover top and sides with pâté. Lay the remaining rolled out pastry over the top, tucking it under the pastry base to secure. Slice any trimmings into lengths and lay over the top to create a diamond effect, then brush the pastry all over with the beaten egg.

- 6 Plug probe into unit. Insert pot into unit and close lid. Select ROAST, set temperature to 180°C, then select PRESET. Use the arrows to the right of the display to select BEEF, then arrows on left to select MED RARE or your preferred doneness. Select START/STOP to begin preheating.
- 7 While unit is preheating, insert probe into centre of beef see probe placement instructions on page 7).
- 8 When unit beeps to signify it has preheated, place beef in crisper basket, in the pot. Close lid over probe cord.
- 9 When unit beeps to signal the beef is almost done cooking, use oven gloves to remove probe from the beef. Then transfer beef wellington to a board and allow to rest up to 10 minutes before serving.



CHEESE STUFFED BURGERS



PREP: 15 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** BASED ON DESIRED FINISH | **MAKES:** 6 SERVINGS

INGREDIENTS

1kg minced beef
3 teaspoons dried mixed herbs
2 teaspoons garlic powder
1 teaspoon onion salt
Salt freshly ground black pepper to taste
3 cheese slices
6 burger buns
Condiments, as desired

DIRECTIONS

- 1 In a large bowl, mix together beef with herbs and spices. Divide the beef into 12 10cm patties. Place half of a slice of cheese, folded in half, into the centre of 6 of the patties. Place the remaining 6 patties on top of the cheese and compress to seal the cheese inside. Refrigerate for 30 minutes.
- 2 Plug probe into unit. Insert grill plate in unit and close lid. Select GRILL. The unit will default to HI, this is the correct temperature setting for this recipe. Select PRESET. Select BEEF, use the arrows to the left of the display to set MED WELL. Select START/STOP to begin preheating.
- 3 While unit is preheating insert probe horizontally into the center of one of the patties (see probe placement instructions on page 7).
- 4 When unit beeps to signify it has preheated, place patties on grill plate. Close lid over the cord.
- 5 Cook burgers, without flipping, until the unit beeps to signal they have reached your desired doneness. Use oven gloves to remove probe from burger and remove burgers from unit.
- 6 If desired, toast the buns directly on the grill plate by selecting GRILL, setting temperature to HI and setting time to 1 minute. Enjoy burgers with condiments and toppings of your choice.



TIP When shaping your burgers, use your thumb to make a 1.5cm indent in the centre of each patty. This will help the burgers keep their shape uniform during cooking.



HONEY MUSTARD & BARBECUE- GLAZED CHICKEN BREASTS



PREP: 5 MINUTES | **PREHEAT:** APPROX. 9 MINUTES | **COOK:** 27-30 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

6 frozen boneless, skinless
chicken breasts (230g)
3 tablespoons vegetable oil, divided
Sea salt, as desired
Ground black pepper, as desired
240ml honey mustard sauce
240ml barbecue sauce

DIRECTIONS

- 1 Insert grill plate in unit and close lid. Select GRILL, set temperature to MED, and set time to 30 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, evenly brush each chicken breast with a 1/2 tablespoon vegetable oil. Then season with salt and pepper, as desired.
- 3 When the unit beeps to signify it has preheated, place chicken breasts on grill plate. Close lid and cook for 10 minutes.
- 4 While chicken is cooking, combine the two sauces and mix until thoroughly incorporated. After 10 minutes, flip chicken. Close lid to continue cooking for 5 minutes.
- 5 After 5 minutes, liberally baste chicken with the sauce mixture, flip over, and liberally baste the other side. Close lid to continue cooking for 5 minutes.
- 6 After 5 minutes, repeat step 5. Close lid and cook for 7 more minutes.
- 7 If necessary, baste chicken again and cook for 3 more minutes or until centremost point of chicken reaches an internal temperature of 75°C.
- 8 When cooking is complete, remove chicken from unit and let rest for 5 minutes before serving.
- 9 When cooking is complete, remove chicken from unit and let rest for 5 minutes before slicing on the slant. Serve with salad.

TIP Check the internal temperature of the chicken breasts by inserting the probe. Then press and hold the MANUAL button.

CAJUN GRILLED CHICKEN AND PEPPER KEBABS



PREP: 15 MINUTES | **MARINATE:** 1 HOUR | **PREHEAT:** APPROX. 6 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

- 4 tablespoons sunflower oil
- 2 tablespoons lime juice
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons paprika
- 1 teaspoon oregano
- ½ teaspoon chilli flakes
- Salt and freshly ground black pepper, to taste
- 600g chicken thighs, cut into 2.5cm cubes
- 1 red pepper, cut into quarters, deseeded and cut in 2.5cm pieces
- 1 yellow pepper, cut into quarters, deseeded and cut in 2.5cm pieces
- 1 green pepper, cut into quarters, deseeded and cut in 2.5cm pieces
- 2 small red onions, peeled and cut into 2.5cm pieces

YOU WILL ALSO NEED:

- 6 wooden skewers, soaked in water for 30 minutes

DIRECTIONS

- 1 In a mixing bowl, combine oil, lime juice, cumin, coriander, paprika, oregano, chilli flakes, salt and black pepper to taste. Add chicken cubes and mix to coat. Cover and leave to marinate in fridge for at least 1 hour.
- 2 Insert grill plate in unit and close lid. Select GRILL, set temperature to MED and set time to 10 minutes. Select START/STOP to begin preheating.
- 3 While unit is preheating, assemble the skewers in the following order until they're almost full: chicken, pepper and onion. Ensure ingredients are pushed almost completely down to the end of the skewers. Reserve any marinade for brushing.
- 4 Once the unit has beeped to signify it has preheated, place kebabs on grill plate. Close lid.
- 5 When unit beeps and the display reads FLIP halfway through cooking, open lid baste exposed side of kebabs with marinade. Using silicone tongs, flip skewers and baste again. Close lid to continue cooking.
- 6 Cooking is complete when chicken reaches an internal temperature of 75°C. Open lid and remove skewers. Place kebabs on a platter and serve with rice or salad.



TIP If you prefer a vegetarian version, swap chicken for tofu and cook for 6 minutes.



MUSTARD-RUBBED HALF CHICKEN WITH ROASTED ROOT VEGETABLES



PREP: 10 MINUTES | **PREHEAT:** APPROX. 4 MINUTES | **COOK:** 48 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

MUSTARD CHICKEN

- 90ml Dijon mustard
- 90ml vegetable oil
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried Italian seasoning
- ½ lemon, zest and juice
- 1.8kg whole chicken cut in half or
- 1.8kg whole spatchcocked chicken

ROASTED VEGETABLES

- 800g mixture of root vegetables like carrots, parsnips, potatoes, turnips, cut into 4-5cm lengths
- 1 tablespoon fresh thyme leaves
- ½ teaspoon sea salt

DIRECTIONS

- 1 In a bowl, mix all ingredients except chicken. Coat chicken on all sides with mustard rub and reserve.
- 2 Plug probe into unit. Insert pot into unit and close lid. Select ROAST, set temperature to 180°C, then select PRESET. The unit will default to CHICKEN WELL, to cook to a food safe temperature. Select START/STOP to begin preheating.
- 3 While unit is preheating, insert probe into centre of chicken breast (see probe placement instructions on page 7).
- 4 When unit beeps to signify it has preheated, place chicken, skin-side down, in the pot. Close lid over probe cord.
- 5 When unit beeps to signal the chicken needs to be flipped, turn chicken over, coat with more rub and add vegetables, making sure they are coated in the hot fat mixture. Sprinkle with thyme leaves and sea salt. Close lid to continue cooking.
- 6 When unit beeps to signal the chicken is done cooking, use oven mitts to remove probe from the chicken. Then transfer chicken to a cutting board and allow to rest covered for 10 minutes before serving.
- 7 Meanwhile, check if the vegetables are cooked enough, if not, select ROAST, set temperature to 180°C and set time to 10 minutes. Select preheat to cancel. Select START/STOP to begin.
- 8 Once the vegetables are cooked, serve with chicken.



BUTTERFLIED LEG OF LAMB WITH PARMENTIER POTATOES



PREP: 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 50 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 kg boned leg of lamb
2 garlic cloves, peeled and cut into slivers
Fresh rosemary sprigs
1 tablespoon sunflower oil
Salt, as desired and freshly ground
black pepper to taste
900g potatoes, scrubbed

DIRECTIONS

- 1** Tie lamb into a neat round shape with cooking twine for even cooking. Use the sharp point of knife to make deep slits into lamb skin and insert slivers of garlic and rosemary sprigs. Season to taste.
- 2** Plug probe into unit. Insert cooking pot in unit, add oil and close lid. Select ROAST. Select PRESET. Select LAMB, use the arrows to the left of the display to set MED WELL. Select START/STOP to begin preheating.
- 3** When the unit beeps to signify it has preheated, place in lamb. Insert probe horizontally into thickest part of lamb (see probe placement instructions on page 7). Close lid.
- 4** Cut potatoes into 2cm cubes, rinse in water to remove starch, drain and pat dry.
- 5** After 25 minutes turn lamb over and add potatoes, rosemary sprigs and seasoning. Make sure the potatoes are tossed in oil. Close lid.
- 6** When unit beeps to signal cooking is complete. Use oven gloves to remove probe from lamb, remove the lamb and leave to rest for 10 minutes.
- 7** Check if the potatoes are brown enough, if not, select ROAST, set temperature to 180°C and set time to 5-10 minutes. Select PREHEAT to bypass preheating. Select START/STOP to begin.
- 8** Serve potatoes with lamb.



GRILLED BREAKFAST



PREP: 5 MINUTES | **PREHEAT:** APPROX. 4 MINUTES | **COOK:** 10-12 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 mini Portabello or large chesnut mushrooms
1 teaspoon olive oil
8 sausages
4 rashers thick smoked back bacon
2 large tomatoes, halved
Serve with fried eggs and baked beans

DIRECTIONS

- 1** Insert grill plate in unit and close lid. Select GRILL, set temperature to LO and set time to 12 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, brush mushrooms with oil.
- 3** Once the unit has beeped to signify it has preheated, place sausages and mushrooms on grill plate. Close lid.
- 4** When unit beeps and the display reads FLIP halfway through cooking, open lid, flip sausages over, add bacon rashers and tomatoes. Close lid to continue cooking.
- 5** Cooking is complete when sausages reach an internal temperature of 75°C. Serve breakfast with eggs and baked beans if desired.

SAUSAGE PLAIT



PREP: 15 MINUTES | **PREHEAT:** APPROX. 2 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

400g pork sausagemeat
2 heaped tablespoons caramelised onion chutney
1 tablespoon fresh sage leaves, chopped
250g puff pastry
Salt and ground black pepper to taste
1 egg, beaten for glazing

DIRECTIONS

- 1 Insert cooking pot in unit and close lid. Select **BAKE**, set temperature to 160°C and set time to 30 minutes. Select **START/STOP** to begin preheating.
- 2 While unit is preheating, place sausagemeat, chutney, sage leaves, salt and pepper to taste into a large bowl. Mix together thoroughly. Form into a thick sausage about 22cm long.
- 3 Line crisper basket with baking parchment. On a lightly floured surface, roll out the pastry to a 24cm x 30cm rectangle and place in the crisper basket.
- 4 Arrange the sausagemeat in the middle, leaving a 2.5cm gap at each end. Using a sharp knife, cut diagonal strips, spaced 5cm apart, along the length of the pastry.
- 5 Fold up the ends and then plait alternate strips of the pastry to neatly cover the sausage filling. Trim the excess pastry and brush all over with the beaten egg.
- 6 When the unit beeps to signify it has preheated, place crisper basket in cooking pot. Close lid and cook for 30 minutes.
- 7 When cooking is complete, serve hot or cold with a salad.



WHOLE FILLET OF SALMON WITH LEMON MAYONNAISE



PREP: 10 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** WELL DONE OR DESIRED FINISH | **MAKES:** 4 SERVINGS

INGREDIENTS

1 uncooked salmon fillet (600g), skin on
1 tablespoon olive oil
Sea salt, as desired
Ground black pepper, as desired
1 lemon thinly sliced
1 tablespoon fresh lemon juice
100ml mayonnaise
2 tablespoons Dijon mustard
1 garlic clove, peeled and minced
1 tablespoon fresh parsley, chopped

DIRECTIONS

- 1 Plug probe into unit. Insert grill plate in unit and close lid. Select **GRILL**. The unit will default to HI, this is the correct temperature setting for this recipe. Select **PRESET**. Select **FISH**, use the arrows to the left of the display to set **WELL DONE**. Select **START/STOP** to begin preheating.
- 2 While unit is preheating, coat salmon skin with oil. Flip and season the flesh with salt and pepper and place lemon slices in a row down the centre.
- 3 When unit beeps to signify it has preheated, place salmon on grill plate skin side down and close lid. Insert probe horizontally into thickest part of salmon (see probe placement instructions on page 7).
- 4 Meanwhile, in a medium bowl, combine lemon juice, mayonnaise, mustard, garlic, salt and pepper. Set aside.
- 5 When unit beeps and the display reads **FLIP** halfway through cooking, do not flip the salmon, instead, spoon the mayonnaise mixture in a thin layer over the top (flesh side of the fillet). Close lid to continue cooking.
- 6 When unit beeps to signal cooking is complete. Use oven gloves to remove probe from salmon. Remove the salmon and serve with any remaining mayonnaise and garnish with chopped parsley.





FALAFELS



PREP: 10 MINUTES + 30 MINUTES CHILLING TIME | **PREHEAT:** 2 ½ MINUTES | **COOK:** 20 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

FALAFELS

- 2 tablespoons sunflower oil
- 1 large onion, peeled and cut into 8
- 2 garlic cloves, peeled
- 2 (400g) can chickpeas, drained and rinsed
- 15g fresh coriander, leaves and stalks
- 1 small egg
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- ½-1 teaspoon chilli powder
- 40g gram flour
- ½ teaspoon salt
- Cooking spray or sunflower oil for spraying

DIRECTIONS

- 1 Place all falafel ingredients into a food processor and pulse until fairly smooth but still a bit coarse.
- 2 Using an ice cream scoop or wet fingers form mixture into 18 balls. Place on baking parchment on a baking tray and chill falafels in fridge for at least 30 minutes to firm up. Spray the crisper basket with oil. Place falafels into the basket.
- 3 Insert cooking pot in unit and close lid. Select BAKE, set temperature to 180°C and set time to 20 minutes. Select START/STOP to begin preheating.
- 4 Spray or brush falafels with oil. When the unit beeps to signify it has preheated, place the crisper basket into the pot and close the lid. Check the falafels after about 15 minutes.
- 5 Once cooking is complete, serve falafels hot or cold with sauce.

TIP Serve with Tahini sauce and to combine with Spicy Sweet Potato Wedges on pg 35.

ROASTED VEGETABLES WITH HERBS



PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

300g butternut squash, peeled and cut into 3cm chunks
300g courgettes, cut on slant into 1.5cm slices
100g thick asparagus tips
2 red peppers, deseeded and cut into thick slices
2 small red onions, peeled and halved
2 garlic cloves, peeled and crushed
2 tablespoons olive oil
2 tablespoons fresh thyme, chopped
1 tablespoon fresh rosemary, chopped
Salt and freshly ground black pepper to taste
4 tomatoes



DIRECTIONS

- 1 Insert cooking pot in unit and close lid. Select ROAST, set temperature to 180°C and set time to 20 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, place all vegetables, except tomatoes into a large bowl. Add oil, herbs and garlic. Then season with salt and pepper, as desired. Toss together until all vegetables are coated.
- 3 When the unit beeps to signify it has preheated, place coated vegetables in cooking pot. Close lid and cook for 20 minutes.
- 4 After 10 minutes, stir vegetables and tomatoes. Close lid to continue cooking for 10 minutes.
- 5 When cooking is complete, serve immediately.

DAUPHINOISE POTATOES



PREP: 15 MINUTES | **PREHEAT:** NONE | **COOK:** 50 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

1kg potatoes, peeled
2 garlic cloves, peeled
50g butter
300ml double cream
200ml whole milk
½ teaspoon grated nutmeg
Salt and ground black pepper to taste
150g Gruyere cheese, grated
Thyme sprigs to garnish



DIRECTIONS

- 1 Cut potatoes into thin slices, (this can be done in a food processor or by a mandolin) and keep soaked in water.
- 2 Use peeled garlic to rub the inside of cooking pot, all over. Cut remaining garlic into slivers. Lightly butter the cooking pot over the bottom and sides. Cut the remaining butter into little cubes.
- 3 Mix double cream, milk and nutmeg together and pour a little into the cooking pot.
- 4 Drain potatoes. Layer the potato slices into dish with garlic, butter, salt and pepper. Pour over cream mixture. Sprinkle over cheese.
- 5 Select BAKE, set temperature to 150°C and set time to 50 minutes. Select START/STOP to begin and skip preheating by pressing PREHEAT. Place cooking pot in unit. Close lid.
- 6 When cooking is complete, garnish with thyme sprigs and let it stand for a few minutes before serving hot as an accompaniment to meats.



SPICY SWEET POTATO WEDGES



PREP: 15 MINUTES | **PREHEAT:** 2 ½ MINUTES | **COOK:** 20 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

600g sweet potatoes
2 tablespoons cornflour
3 tablespoons olive oil
1 tablespoon fresh rosemary, chopped
1 teaspoon sweet paprika
¼ teaspoon cayenne pepper
1 garlic clove, crushed
Salt and ground black pepper to taste
Chopped parsley for garnish

DIRECTIONS

- 1** Scrub potatoes and cut into wedge shapes around 1cm thick.
- 2** Insert cooking pot in unit and close lid. Select AIR FRY, set temperature to 200°C and set time to 20 minutes. Select START/STOP to begin preheating.
- 3** While unit is preheating. Place cut sweet potatoes in a large bowl, dust with cornflour, as thin a coating as possible. Shake or brush off extra cornflour and place on plate. Discard any extra cornflour out of bowl too. Add the olive oil, rosemary, paprika, cayenne pepper, garlic, salt and black pepper into bowl and mix together. Place potatoes back in bowl and toss potatoes in oil together.
- 4** Place in the crisper basket.
- 5** When the unit beeps to signify it has preheated, place crisper basket in cooking pot. Close lid and cook for 20 minutes.
- 6** When cooking is complete, serve hot garnished with parsley.



SEA SALT FOCACCIA



PREP: 15 MINUTES + PROVING TIME APPROXIMATELY ONE HOUR | **PREHEAT:** 2 ½ MINUTES
COOK: 15 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

400g strong plain flour
1 sachet fast action/easy bake yeast
1¼ teaspoons salt
3 tablespoons extra virgin olive oil, divided
250ml-300ml tepid water
Flaked sea salt, for sprinkling

TIP Add extra flavour by topping it with rosemary, sliced onion, halved cherry tomatoes and olives.

DIRECTIONS

- 1** In a large mixing bowl, place the flour, yeast, salt, 2 tablespoons olive oil and gradually mix in water with your hands until the dough starts to form a ball. It may be a bit sticky.
- 2** Turn out onto a floured surface and knead for ten minutes until the dough is smooth.
- 3** Line the crisper basket with baking parchment coming about 5cm up the sides. It doesn't need to be neat and perfect. Take the dough and place it into the crisping basket, spreading it out roughly to the corners. (It will spread further and fill the basket as it proofs).
- 4** Cover the crisper basket with cling film and leave to proof at room temperature for a minimum 1 hour or until double in size.
- 5** Insert cooking pot in unit and close lid. Select BAKE, set temperature to 180°C and set time to 15 minutes. Select START/STOP to begin preheating.
- 6** Drizzle oil over the surface of the focaccia. Use both hands to dimple the dough all over the surface by digging the finger tips in. Sprinkle with sea salt flakes.
- 7** When the unit beeps to signify it has preheated, place the crisper basket into the pot and close the lid. Check the focaccia after about 12 minutes. It will sound hollow when tapped if cooked and should be nicely browned on top. When the focaccia is cooked, carefully lift the crisping basket out of the unit and remove the focaccia on the baking parchment. Transfer the focaccia onto a cooling rack, removing the parchment from under it. Serve hot or warm.

Grill Chart



TIP Use the digital probe with the proteins in the charts below to cook to your preference without worrying about cook times.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
POULTRY				
Chart times are intended to cook poultry all the way through to an internal temperature of 75°C				
Chicken breasts	6 boneless breasts (200-250g each)	HIGH	16-20 mins	Flip halfway through cooking
Chicken mini fillets	9 fillets (900g)	HIGH	7-8 mins	Flip halfway through cooking
Chicken thighs	8 boneless thighs (100g each)	HIGH	10-12 mins	Flip halfway through cooking
Chicken wings	14 wings (1kg)	HIGH	9-10 mins	Flip halfway through cooking
Duck breasts	4 breasts, 800g	HIGH	13-14 mins	Flip halfway through cooking
Turkey burgers	6 burgers, 1.5cm thick	HIGH	5-9 mins	No need to flip
BEEF				
Chart times are intended to cook beef to medium doneness with an internal temperature of 63°C				
Burgers	4 burgers (up to 125g each), 2cm thick	HIGH	7-9 mins	No need to flip
Filet mignon	6 steaks (170-230g each), 3cm thick	HIGH	7-12 mins	Flip halfway through cooking
Flat iron or flank steak	1 steaks (500-700g each), 3cm thick	HIGH	11-15 mins	Flip halfway through cooking
Sirloin	4 steaks (225-280g each), 2cm thick	HIGH	9-12 mins	Flip halfway through cooking
Ribeye	3 steaks (225-280g each), 2cm thick	HIGH	9-12 mins	Flip halfway through cooking
Rump	3 steaks (225-280g each), 2cm thick	HIGH	9-12 mins	Flip halfway through cooking
Skirt	4 steaks (280-340g each), 2cm thick	HIGH	7-11 mins	Flip halfway through cooking
T-bone	2 steaks (400-500g each), 3cm thick	HIGH	9-12 mins	Flip halfway through cooking
PORK, LAMB				
Chart times are intended to cook pork, lamb all the way through to an internal temperature of 75°C				
Baby back ribs	1 rack, divided in half (10-13 bones)	HIGH	20-22 mins	Flip halfway through cooking
Bacon	8 rashers, thick cut	LOW	5-8 mins	No need to flip
Hot dogs	15 hot dogs (750g)	HIGH	3-5 mins	Flip halfway through cooking
Lamb chops	8 chops (550g)	HIGH	4-5 mins	Flip halfway through cooking
Pork chops	4 thick-cut, bone-in chops (250g each)	HIGH	13-17 mins	Flip halfway through cooking
Loin Steaks	6 steaks (120g each)	HIGH	4-5 mins	Flip halfway through cooking
Pork fillet tenderloins	2 whole fillets (350g-500g each)	HIGH	15-20 mins	Flip halfway through cooking
Sausages	12 sausages	LOW	7-10 mins	Flip halfway through cooking

TIP For less smoke, we recommend cleaning the splatter guard after every use.

Grill Chart, continued



TIP For less smoke, we recommend cleaning the splatter guard after every use.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
SEAFOOD				
Chart times are intended to cook seafood all the way through to an internal temperature of 75°C				
Cod or haddock	6 fillets (125g each)	MAX	4-6 mins	No need to flip
Halibut	6 fillets (110-170g each)	MAX	4-6 mins	No need to flip
King size prawns	560g (46 pieces)	MAX	1-3 mins	Pat dry, season
Salmon fillet	6 fillets (110g each)	MAX	6-8 mins	No need to flip
Scallops	38 (600g)	MAX	5-8 mins	Pat dry, season
Seabass	4 fillets (380g)	MAX	6-8 mins	No need to flip
Tuna	4 steaks (110-170g each)	MAX	6-8 mins	No need to flip
FROZEN POULTRY				
Chart times are intended to cook poultry all the way through to an internal temperature of 75°C				
Chicken breasts	6 boneless breasts (200g each)	MED	22-25 mins	Flip 2 or 3 times while cooking
Chicken thighs	6 bone-in thighs (850g)	MED	25-28 mins	Flip 2 or 3 times while cooking
Turkey burgers	6 patties (110-170g each)	MED	11-13 mins	Flip halfway through cooking, if desired
FROZEN BEEF				
Chart times are intended to cook beef all the way through to an internal temperature of 75°C				
Sirloin	4 steaks (350-400g), 3cm thick	MED	18-26 mins	Flip 2 or 3 times while cooking
Burgers	6 frozen burgers (750g)	MED	10 mins	Flip 2 or 3 times while cooking
FROZEN PORK				
Chart times are intended to cook pork all the way through to an internal temperature of 75°C				
Sausages	12 sausages (600g)	LOW	9-12 mins	Flip 2 or 3 times while cooking
FROZEN SEAFOOD				
Chart times are intended to cook seafood all the way through to an internal temperature of 75°C				
Cod	6 fillets (90g each)	MAX	6-8 mins	No need to flip
Halibut	6 fillets (170g each)	MAX	10-12 mins	Flip halfway through cooking, if desired
Salmon	6 fillets (90g each)	MAX	6-8 mins	Flip halfway through cooking, if desired
Prawns	450g jumbo (approx 46 count)	MAX	3-4 mins	No need to flip
FROZEN VEGGIE BURGERS				
Veggie burgers	4	HIGH	7-9 mins	Flip halfway through cooking, if desired

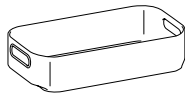
Grill Chart, continued



TIP For less smoke, we recommend cleaning the splatter guard after every use.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	400g	Whole, trim stems	MAX	5-8 mins	No need to flip
Aubergine	500g	Cut in 5cm pieces, season	MAX	8-10 mins	Flip halfway through cooking
Bell peppers	4 (750g)	Cut in quarters, season	MAX	6-9 mins	Flip halfway through cooking
Brussel sprouts	1kg	Whole, trim stems	MAX	12-16 mins	Flip halfway through cooking
Carrots	1kg	Peel, cut in 5cm pieces, season	MAX	10-12 mins	No need to flip
Corn on the cob	4	Whole ears, remove husks	MAX	7-10 mins	Flip halfway through cooking
Courgette	2-3 (500g)	Cut in quarters lengthwise, season	MAX	10-12 mins	Flip halfway through cooking
Mushrooms	750g	Cut in half, season	MAX	5-7 mins	No need to flip
Onions, white or red (cut in half)	6 (600g)	Peel, cut in half, season	HIGH	7 mins	Flip halfway through cooking
Onions, white or red (sliced)	3	Peel, cut in 2.5cm slices, season	HIGH	6-8 mins	Flip halfway through cooking
Portobello mushrooms	6 (350-450g)	Drizzle with oil, brush with oil, season	MAX	7-9 mins	Flip halfway through cooking
Tomatoes	6-10 (360g)	Cut in half, season	MAX	7 mins	No need to flip
FRUIT					
Avocado	Up to 3 avocados	Cut in half, remove pit	MAX	4-5 mins	No need to flip
Lemons & Limes	5	Cut in half lengthwise, press down on grill plate	MAX	4-5 mins	No need to flip
Mango	4-6	Press down gently on grill plate	MAX	4-6 mins	No need to flip
Melon	6 spears (10-15cm each)	Press down gently on grill plate	MAX	4-6 mins	No need to flip
Pineapple	6-8 slices or spears	Cut in 5cm pieces	MAX	7-10 mins	Flip 2 or 3 times while cooking
Stone fruit (such as peaches & plums)	4-6	Cut in half, remove pit, press down on grill plate	MAX	3-5 mins	No need to flip
BREAD & CHEESE					
Bread (such baguettes & ciabattas)	30-40cm loaf	Hand-cut, 4cm slices, brushed with vegetable oil	MAX	2-3 mins	No need to flip
Halloumi cheese	700g-1kg	Cut in 3cm slices	MAX	2-4 mins	No need to flip

Air Fry Chart



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

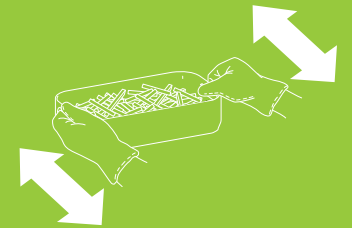
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	2 bunches	Whole, trim stems	2 Tsp	200°C	6-7 mins
Beetroot	8 small or 6 large (1kg)	Whole	None	200°C	30-40 mins
Bell peppers	5 (750g)	Cut in quarters deseeded, season	1 Tbsp	200°C	18-22 mins
Brussel sprouts	1kg	Cut in half, remove stems	1 Tbsp	200°C	15-18 mins
Butternut squash	1.5kg	Cut in 2.5-5cm pieces	2 Tbsp	200°C	15-18 mins
Carrots	1kg	Peel, cut in 1cm pieces	1 Tbsp	200°C	12-14 mins
Cauliflower	800g	Cut in 2.5cm florets	2 Tbsp	200°C	9-11 mins
Corn on the cob	6	Whole ears, remove husks	1 Tbsp	200°C	12-15 mins
Courgette	1kg	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	15-18 mins
Green beans	1kg	Trim	1 Tbsp	200°C	10-12 mins
Kale (for crisps)	225g	Tear in pieces, remove stems	None	150°C	10-12 mins
Mushrooms	700g	Cut in quarters	2 Tbsp	200°C	10 mins
Parsnip	500g	Peel, cut in 1cm pieces	1 Tbsp	200°C	10-12 mins
Potatoes, King Edward	1.5kg	Cut in 2.5cm wedges	2 Tbsp	200°C	22-25 mins
	1kg	Hand-cut fries*, thin	1/2-3 Tbsp, vegetable oil	200°C	18-22 mins
	1kg	Hand-cut fries*, thick	1/2-3 Tbsp, vegetable oil	200°C	20-24 mins
	6 whole (185-250g each)	Pierce with fork 3 times	None	200°C	32-38 mins
Potatoes, sweet	750g	Cut in 2.5cm chunks	1 Tbsp	200°C	15-20 mins
	6 whole (185-250g each)	Pierce with fork 3 times	None	200°C	25-30 mins
POULTRY					
Chicken breasts	4 breasts	None	Brushed with oil	190°C	18-22 mins
Chicken thighs	6 thighs	Bone in	Brushed with oil	200°C	22-28 mins
	6 thighs	Boneless	Brushed with oil	200°C	18-22 mins
Chicken wings	1.5kg (drumettes and flats)	Bone in	1 Tbsp	200°C	22-26 mins

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

For best results, shake or toss often.

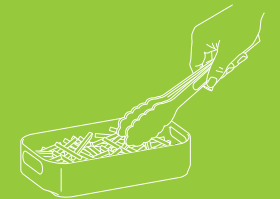
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Shake your food

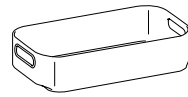


OR

Toss with silicone-tipped tongs



Air Fry Chart, continued



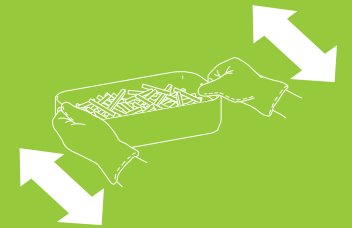
Use these cook times as a guide, adjusting to your preference.

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK					
Bacon	6 thick cut rashers (220g)	None	None	180°C	6-7 mins
Pork chops	3 thick-cut, bone-in chops	Bone in	Brush with oil	190°C	14 mins
	6 boneless chops	Boneless	Brush with oil	190°C	14-17 mins
Pork tenderloins	2 tenderloins	Whole	Brush with oil	190°C	25-30 mins
Sausages	12 sausages	None	None	200°C	8-10 mins
FROZEN FOODS					
Breaded Mushrooms	300g, 17 mushrooms	None	None	170°C	12-14 mins
Chicken burgers	6 burgers (125g each)	None	None	200°C	14-15 mins
Chicken goujons	22 goujons (total 540g)	None	None	190°C	12-15 mins
Chicken nuggets	900g (approx 60 nuggets)	None	None	200°C	17-22 mins
Chips (French fries)	500g	None	None	200°C	10-12 mins
Chips	1kg	None	None	200°C	15 mins
Fish fillets (in batter)	4 fillet (440g)	None	None	200°C	11 mins
Fish Fingers	1 box (10 fingers)	None	None	200°C	7-10 mins
Hash Browns	900g	None	None	180°C	20 mins
Chips (chunky)	500g	None	None	180°C	15-18 mins
Onion Rings	375g	None	None	200°C	8-9 mins
Potato wedges	500g	None	None	180°C	15-18 mins
Prawn tempura	16 prawns (total 280g)	None	None	190°C	9-10 mins
Roast potatoes	700g	None	None	200°C	15-18 mins
Scampi in breadcrumbs	440g	None	None	200°C	8-9 mins
Sweet potato fries	500g	None	None	190°C	18-20 mins
Vegan nuggets	24 nuggets (476g)	None	None	200°C	10 mins
Vegan sausages	12 sausages (total 540g)	None	None	180°C	8 mins

For best results, shake or toss often.

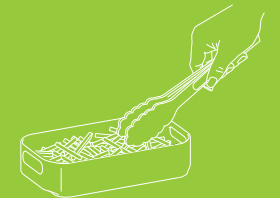
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Shake your food



OR

Toss with silicone-tipped tongs



Dehydrate Chart

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

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry	60°C	6-8 hours
Asparagus	Cut in 2.5cm pieces, blanched	60°C	6-8 hours
Aubergine	Peeled, cut in 3mm slices, blanched	60°C	6-8 hours
Bananas	Peeled, cut in 3mm slices	60°C	6-8 hours
Beetroot	Peeled, cut in 3mm slices	60°C	6-8 hours
Fresh herbs	Rinsed, patted dry, stems removed	60°C	4 hours
Ginger root	Cut in 3mm slices	60°C	6 hours
Mangoes	Peeled, cut in 3mm slices, pit removed	60°C	6-8 hours
Mushrooms	Cleaned with soft brush (do not wash)	60°C	6-8 hours
Pineapple	Peeled, cored, cut in 3mm - 1.25cm slices	60°C	6-8 hours
Strawberries	Cut in half or in 1.25cm slices	60°C	6-8 hours
Tomatoes	Cut in 3mm slices or grated; steam if planning to rehydrate	60°C	6-8 hours
MEAT, POULTRY, FISH			
Beef jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
Chicken jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
Turkey jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
Salmon jerky	Cut in 6mm slices, marinated overnight	70°C	3-5 hours

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