



NINJA[®]

Foodi[®]

MAX

**Health Grill
& Air Fryer**

Foodi Feasts

Mealtime inspiration for the AG551





NINJA[®] Foodi[™] MAX Health Grill & Air Fryer

Everyday dinners will never be ordinary again

From sizzling grills and vegetable medleys to show-stopping pastries and freshly baked focaccia, this cookbook is packed with exclusive recipes, developed to help you make the most of your Ninja Foodi MAX Health Grill & Air Fryer.

Whether you're looking for timeless favourites or a new twist on a classic, it's quick and easy to feed the family and impress your guests with these delicious dishes.

The hardest part is deciding what to make first.



Please note, although our recipe timings are tried and tested for great results with Foodi, you should always check food is thoroughly cooked before serving. Recipes have been developed using the AG551, cooking times may vary for other models.





Sides and Small Plates

- Roasted Tomato Kasundi Chutney
- Sea Salt Focaccia
- Dauphinoise Potatoes
- Roasted Vegetables

Mains

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Sides

Sides and Small Plates

Sides and Small Plates

Roasted Tomato Kasundi Chutney

PREP TIME: 10 MINUTES | **COOK TIME:** 50 MINUTES | **MAKES:** 750ML

APPROX. PREHEAT: 2 MINUTES

BEGINNER RECIPE ●○○

TIP: This is great served with lots of things besides Indian meals! It works well with fried eggs on toast, with cheese and cold cuts to name a few. It will keep for about 4 weeks in the fridge.

Ingredients

750g cherry plum tomatoes

1 Bramley apple, peeled

1 onion, peeled

4 cloves garlic, peeled

3cm piece ginger, peeled

2 green chillies (seeded if you prefer less heat)

1 tablespoon salt

135g dark brown sugar

175ml cider vinegar

1 tablespoon brown mustard seeds

1 ½ teaspoons cumin seeds

1 ½ teaspoons turmeric

1 ½ teaspoons coriander seeds

1 tablespoon nigella seeds

4 tablespoons light olive oil

Equipment required

Food processor

Directions

1. Place the apple, onion, garlic, ginger and chillies in a processor bowl and process to a fine paste. Place in the cooking pot.
2. Place the tomatoes in the processor bowl and pulse 4-5 times until chopped into small pieces but not pureed. Place in the cooking pot along with the rest of the ingredients.
3. Close the lid and select ROAST, set temperature to 160°C and select 50 minutes.
4. Select START/STOP to begin preheating. Lift then close lid when unit prompts to ADD FOOD.
5. Stir every 15 minutes or so while cooking and check more frequently towards end of cooking time. It is ready when it has thickened and most of the liquid has evaporated away. Add more time if necessary.
6. Cool and store in the fridge. Stir before using.



Sides and Small Plates

Sea Salt Focaccia

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

INTERMEDIATE RECIPE ●●○

TIP: You can jazz up the focaccia by topping it with rosemary, sliced onion, halved cherry tomatoes and olives.

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

Directions

1. In a large mixing bowl, place the flour, yeast, salt and 2 tablespoons olive oil. 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. Place the dough into the crisper basket, spreading it out roughly to the corners. (It will spread further and fill the basket as it proves).
4. Cover the crisper basket with cling film and leave to prove at room temperature for a minimum 1 hour or until doubled 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 crisper 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.



Sides and Small Plates

Dauphinoise Potatoes

PREP TIME: 15 MINUTES | **COOK TIME:** 50 MINUTES | **MAKES:** 6 SERVINGS

BEGINNER RECIPE ●○○

TIP: Top with Gruyère cheese to make it more of a supper dish.

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 Gruyère cheese, grated
Thyme sprigs to garnish

Directions

1. Cut the potatoes into thin slices, (this can be done in a food processor or by a mandolin) and keep soaked in water.
2. Use the 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 the potatoes. Layer the potato slices into the cooking pot with garlic, butter, salt and pepper. Pour over the cream mixture and then sprinkle the cheese on top.
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 a delicious side dish.



Sides and Small Plates

Roasted Vegetables with Herbs

PREP TIME: 10 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 6 SERVINGS

APPROX. PREHEAT: 3 MINUTES

INTERMEDIATE RECIPE ●●○

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 the coated vegetables into the cooking pot. Close lid and cook for 20 minutes.
4. After 10 minutes, stir the vegetables. Add the tomatoes. Close lid to continue cooking for 10 minutes.
5. When cooking is complete, serve immediately.





Mains

Mains

Mains

Aubergine, Mozzarella & Pesto Stacks

PREP TIME: 15 MINUTES | **COOK TIME:** 45 MINUTES | **MAKES:** 6 STARTER SIZE SERVINGS

APPROX. PREHEAT: 2 MINUTES

BEGINNER RECIPE ●○○

TIP: Use smoked mozzarella (known as scamorza) in place of plain mozzarella. Leftovers are great at room temperature and make a great sandwich stuffed into focaccia or ciabatta.

Ingredients

3 large (preferably wider rather than longer) aubergines

125ml freshly made or ready prepared pesto

25g fresh breadcrumbs

350g jar ready prepared tomato sauce with basil and garlic

300g mozzarella (preferably drier cooking type)

2 tablespoons light olive oil

Salt and pepper, to taste

Directions

1. Cut the mozzarella into 18 slices. Mix 100ml of the pesto with the breadcrumbs.
2. Use the widest parts of the aubergines to cut 18 slices, 1½ cm each (use any leftover aubergine for another recipe).
3. Insert the grill plate in unit and close lid. Select GRILL and set temperature to MAX and set time to 6 minutes. Select START/STOP to begin preheating
4. Once the unit has preheated, use the oil to brush the aubergine before grilling. Season with salt and pepper before cooking.
5. Turn over aubergines when prompted to FLIP. You will need to cook the aubergines in two batches. It shouldn't be necessary to clean grill in between batches.
6. Remove the grill plate carefully with oven gloves and set aside.
7. Make 6 stacks of aubergine directly in the cooking pot (using only half the tomato sauce - the rest will be heated to serve with the finished dish) by placing an aubergine on bottom, then a little tomato sauce, a slice of mozzarella, a little pesto, then another layer of aubergine, etc. Don't put the pesto on the final layer. You should have 6 stacks with a slice of mozzarella on top when finished.
8. Place the cooking pot in the unit and close.
9. Select BAKE, set temperature to 160°C and set time to 10 minutes. Select START/STOP to begin preheating. When prompted to ADD FOOD, simply lift lid and close again to begin cooking.
10. Meanwhile, heat the remaining tomato sauce. When cooking is complete, divide the sauce between 6 plates, place an aubergine stack on the centre of each, drizzle with the remaining pesto and serve hot.



Mains

Butternut Squash Stuffed with Vegetarian Bean Chilli

PREP TIME: 25 MINUTES | **COOK TIME:** 60-65 MINUTES | **MAKES:** 4-6 SERVINGS
APPROX. PREHEAT: 2 MINUTES

INTERMEDIATE RECIPE ●●○

TIP: Serve this with rice or tortilla chips, grated cheddar or sour cream. You could also top the butternut squash with grated cheddar towards the end of cooking to melt.

Ingredients

1 medium butternut squash
400g tinned kidney beans, drained and rinsed
1 red onion
2 garlic cloves
1 stick celery
1 red pepper
½ teaspoon ground cinnamon
½ teaspoon chilli flakes, or to taste
1 teaspoon smoked paprika
1 teaspoon dried oregano
1 teaspoon ground cumin
400g tin chopped tomatoes
3 tablespoons balsamic vinegar
1 tablespoon light brown sugar
2 tablespoons light olive oil
Salt and pepper, to taste
15g coriander
2 spring onions

Directions

1. Insert cooking pot in unit and close lid. Select BAKE, set temperature to 160°C and set time to 40 minutes. Select START/STOP to begin preheating.
2. Halve the butternut squash lengthways, deseed and cut a 3cm deep criss-cross pattern at the top end. Brush with one tablespoon of the oil, season and add to the pot flesh side up when it has preheated.
3. While the squash is cooking, dice the onion, pepper and celery, finely chop the garlic and coriander stalks.
4. Check butternut squash occasionally as you may need to turn it around to brown evenly. It may take more or less than 40 minutes. Check to see if tender by poking a sharp knife in.
5. Remove squash when done and wipe out cooking pot if necessary with kitchen paper.
6. Select ROAST, set temperature to 190°C and set time to 8 minutes. Select START/STOP to begin preheating.
7. When the unit has preheated, add the remaining oil, diced vegetables, garlic, coriander stalks, spices and seasoning.
8. Stir the mixture 2 to 3 times whilst cooking until soft then add the tomatoes, vinegar and sugar and set to cook for another 6 minutes.
9. Empty the contents into a bowl and wash the cooking pot. Add the beans to the bowl. Scoop out the cooked butternut squash flesh leaving about 2cm all around, mash roughly and add to the bowl. Taste for seasoning and adjust.
10. Place the cooking pot back in the unit, select ROAST, set temperature to 200°C and set time to 8 minutes. Select START/STOP to begin preheating
11. Divide the filling between the two halves of squash and place in the cooking pot when unit has preheated and cook until heated through.
12. Cut into long wedges and sprinkle with finely sliced spring onions and roughly chopped coriander leaves. Serve hot.



Mains

Chicken Thighs, Sweetcorn & Red Peppers with Chipotle

PREP TIME: 15 MINUTES | **COOK TIME:** 20-25 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PREHEAT: 2 MINUTES

BEGINNER RECIPE ●○○

TIP: This works well served with rice and some sour cream on the side.

Ingredients

4 skin-on, bone-in chicken thighs, approx. 750g in total

2 corn cobs

300g baby sweet red peppers (or 3 small red peppers)

2 garlic cloves

1 ½ tablespoons chipotle paste

2 tablespoons light olive oil

Juice of 2 limes

100g cherry plum tomatoes

15g coriander

Salt and pepper, to taste

Equipment required

Blender

Directions

1. Place the garlic, chipotle paste, oil, lime juice, tomatoes and stalks from the coriander in a mini blender and process.
2. Top and seed the baby peppers (or cut larger peppers into 3cm strips) and cut the corn cobs in two.
3. Place all the ingredients (except the coriander leaves) in a bowl with seasoning to taste and mix well.
4. Insert cooking pot in unit and close lid. Select ROAST, set temperature to 180°C then select PRESET. Use the arrows to the right of display to select CHICKEN. Select START/STOP to begin preheating.
5. While unit is preheating, insert probe into the centre of one piece of chicken thigh about 3/4cm away from bone.
6. When unit has preheated, place everything (apart from coriander leaves) in the cooking pot, with the chicken thighs skin side down, spreading everything out evenly.
7. Close lid over probe cord.
8. When unit prompts to FLIP, turn the chicken thighs over and continue cooking.
9. Serve hot sprinkled with the chopped coriander leaves.



Mains

Cod Wrapped in Parma Ham with Rosemary & Cherry Tomatoes

PREP TIME: 10 MINUTES | **COOK TIME:** 12-15 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PREHEAT: 2 MINUTES

INTERMEDIATE RECIPE ●●○

TIP: This is great served with boiled or sautéed new potatoes and/or spinach.

Ingredients

4 centre cut pieces skinless cod fillet (approx. 130g each)

4 slices parma ham

2 tablespoons light olive oil

450g large cherry tomatoes on the vine

8 cloves garlic, unpeeled and bashed with back of knife

8 sprigs rosemary

Chilli flakes, to taste

Salt and pepper, to taste

Directions

1. Season cod and place a rosemary sprig on each piece before wrapping each with a slice of parma ham.
2. Insert cooking pot in unit and close lid. Select ROAST, set temperature to 180°C then select PRESET. Select START/STOP to begin preheating. Use the arrows to the right of display to select FISH, then arrows on left to select MED WELL. Select START/STOP to begin preheating.
3. Brush the cod with 1 tablespoon of the oil. Insert probe into the centre of a piece of cod.
4. Carefully mix the tomatoes, remaining rosemary sprig and garlic with remaining oil and chilli flakes and season.
5. When unit has preheated, place the tomatoes, garlic and rosemary in the cooking pot and then place the cod pieces in, spreading all out evenly.
6. Close lid to begin cooking and ignore when prompts to FLIP.
7. If the tomatoes and garlic aren't cooked enough when the cod is ready, keep the cod warm, increase temperature to 200°C and continue cooking for a few more minutes. You can return the cod to the pot to reheat briefly. Serve hot with any cooking juices.



Mains

Courgette, Butternut Squash, Leek, Feta & Dill Filo Strudel

PREP TIME: 20 MINUTES | **COOK TIME:** 45 MINUTES | **MAKES:** 4-6 SERVINGS

APPROX. PREHEAT: 2 MINUTES

INTERMEDIATE RECIPE ●●○

TIP: This is best served hot so that the pastry remains crispy. It is great served with tzatziki. You can use the equivalent amount of clarified butter in place of oil to brush the filo if you prefer.

Ingredients

385g prepared packet butternut squash slices (1 cm thick)

2 medium courgettes

1 leek

200g feta

1 large egg

10g dill

200g filo pastry (you will need 8 sheets roughly 30cm by 25cm)

100ml light olive oil

Salt and pepper, to taste

Directions

1. Insert cooking pot in unit and close lid. Select BAKE, set temperature to 200°C and set time to 15 minutes. Select START/STOP to begin preheating.
2. Place butternut squash, 2 teaspoons oil and salt and pepper in a small baking tray that will fit in the cooking pot.
3. When the unit has preheated, place the tray in the cooking pot and close the lid to begin cooking.
4. Check the butternut squash occasionally and turn as necessary to cook evenly.
5. Whilst the butternut squash is cooking, grate the courgette coarsely and season with 1/3 teaspoon salt and allow to drain in a colander. Squeeze excess liquid out. Finely chop the leek and dill.
6. When cooking is complete, remove the butternut squash from the cooking pot and set aside to cool.
7. Beat the egg and crumble the feta.
8. Roughly chop the cooled butternut squash and mix with the leek, courgette, dill, feta, egg and seasoning, to taste.
9. Make a stack of 4 filo sheets, brushing each layer with oil. Take half the filling and make a long roll that will fit half the cooking pot lengthways and place inside the cooking pot. Brush the top with more oil. Make a second roll and place in the other half of the cooking pot and brush with oil.
10. Place the cooking pot in the unit and close the lid.
11. Select BAKE, set temperature to 170°C and set time to 30 minutes. Select START/STOP to begin preheating. When the unit prompts to ADD FOOD, simply lift the lid and close again to begin cooking.
12. Check towards the end of cooking as it could take less than 30 minutes. It is ready when it is nicely golden brown and crispy.
13. Remove from the unit and serve hot.



Mains

Grilled Cauliflower Steak with Spiced Chickpeas & Tahini Garlic Sauce

PREP TIME: 15 MINUTES | **COOK TIME:** 22 MINUTES | **MAKES:** 2 SERVINGS

APPROX. PREHEAT: 6 MINUTES

INTERMEDIATE RECIPE ●●○

TIP: To jazz up the dish, sprinkle over fresh pomegranate seeds, nigella seeds and dried rose petals to serve.

Ingredients

1 medium cauliflower
4 teaspoons light olive oil
400g tin chickpeas, drained and rinsed
1 teaspoon Baharat spice
Handful each mint, parsley and coriander leaves

Tahini yoghurt sauce

1 ½ tablespoons tahini
60ml plain yoghurt
1 small clove garlic
Squeeze of lemon juice
Salt and pepper, to taste

Directions

1. Insert the grill plate in unit and close lid. Select GRILL and set temperature to MEDIUM and set time to 12 minutes. Select START/STOP to begin preheating.
2. While unit is preheating, remove the more tender leaves from the cauliflower and set aside. Carefully cut two "steaks" about 2.5cm thick from the centre of the cauliflower. (Use the remaining cauliflower for another recipe).
3. Once the unit has preheated, brush the steaks with half the oil, season, place on the grill and begin cooking. Turn over half way when prompted to FLIP. Check they are tender by poking with a sharp knife. Set aside. Carefully remove the grill plate with oven gloves and set aside.
4. Mix the chickpeas, cauliflower leaves, Baharat, the remaining oil and seasoning in a bowl.
5. Wipe cooking pot if necessary with kitchen paper and close lid. Select ROAST, set temperature to 180°C and set time to 10 minutes. Select START/STOP to begin preheating.
6. When unit has preheated, add the cauliflower leaves to the pot and close lid to begin cooking. Add the chickpeas after 4 minutes and continue cooking.
7. While this is cooking, make the sauce by mixing all the ingredients together along with seasoning and enough water to achieve a thick drizzling consistency.
8. To serve, place a steak on each plate, divide the chickpeas and cauliflower leaves between the plates, drizzle over the sauce and sprinkle over the roughly torn herbs.



Mains

Grilled Chermoula Lamb Chops with Sweet Potato & Green Bean Salad

PREP TIME: 15 MINUTES | **COOK TIME:** 25-30 MINUTES | **MAKES:** 2 SERVINGS

APPROX. PREHEAT: 6 MINUTES

INTERMEDIATE RECIPE ●●○

TIP: Marinate the lamb in advance for added flavour. Great served with harissa spiced yoghurt for some added heat.

Ingredients

4 thick lamb loin chops, approx.
500g in total

Juice of 1 lemon

1 clove garlic

½ teaspoon sweet paprika

½ teaspoon ground cumin

½ teaspoon ground coriander

1 tablespoon light olive oil

8g parsley

8g mint

¼ teaspoon chilli flakes, or to
taste

1 medium to large sweet potato

200g green beans (not fine
French type)

1 tablespoon extra virgin olive oil

Salt and pepper, to taste

Equipment required

Food processor or blender

Directions

1. Place the lemon juice, garlic, 1 teaspoon light olive oil, spices, parsley (stalks and leaves) and picked mint leaves in a mini processor and blend. Marinate the lamb with half of this mixture and set aside.
2. Insert the grill plate in unit and close lid. Select GRILL and set temperature to HIGH and set time to 8 minutes. Select START/STOP to begin preheating.
3. While the grill is heating, peel and slice sweet potatoes on a slight diagonal about 1 cm thick. Remove the ends of the beans.
4. Once the unit has preheated, use the remaining oil to brush the vegetables before grilling. Season them before cooking.
5. Start with the sweet potatoes and turn them when prompted to FLIP. Set aside when cooked.
6. Set the grill on HIGH for 6 minutes and grill the beans, turning when prompted to FLIP. Add to the sweet potatoes.
7. Mix the grilled vegetables with the rest of the marinade, adding the extra virgin olive oil.
8. Select GRILL and set temperature to MEDIUM, then select PRESET. Use the arrows to the right of display to select LAMB, then arrows on left to select MEDIUM. Select START/STOP to begin preheating.
9. While unit is preheating, season the lamb and insert probe into the centre of a lamb chop, keeping the probe about 3/4cm from the bone.
10. When unit has preheated, place the lamb on the grill and close lid over probe cord.
11. Turn the lamb when prompted to FLIP and baste with any remaining marinade.
12. When the lamb is done, use oven gloves to remove probe from the lamb. Then transfer lamb to a plate to rest for 3-5 minutes.
13. Divide the grilled vegetables, lamb and any resting juices between two plates and serve.



Mains

Grilled Halloumi & Mediterranean Vegetables

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

APPROX. PREHEAT: 6 MINUTES

BEGINNER RECIPE ●○○

TIP: For variation, other vegetables that would work well grilled with this are peppers, thinly sliced sweet potatoes, mushroom and asparagus. It is easy to make more servings, if required.

Ingredients

225g halloumi, cut into 6 long slices

1 ½ tablespoons light olive oil

1 aubergine, cut into 1cm thick rounds

2 medium courgettes, cut lengthways into 3/4 cm thick slices

1 red onion, cut in 3/4cm rounds

10 cherry tomatoes

Dressing

2 tablespoons extra virgin olive oil

1 ½ teaspoons red wine vinegar

Handful mint leaves, roughly torn

Kalamata or assorted Greek olives, approx. 10

Salt and pepper, to taste

Chilli flakes, optional

Directions

1. Insert the grill plate in unit and close lid. Select GRILL and set temperature to MAX and set time to 15 minutes. (The set time is to get the unit heating. It is not a precise cooking time). Select START/STOP to begin preheating.
2. Prepare all the vegetables and halloumi as directed.
3. Once the unit has preheated, brush the aubergine with oil and season. Place on the grill plate and close lid. Check and turn as necessary while it's cooking. Remove to a plate when done. Continue in the same way with the courgettes and red onions leaving the tomatoes and halloumi until last.
4. Select START/STOP to finish.
5. Arrange the grilled vegetables, halloumi and olives on plates and drizzle over the dressing. Sprinkle with torn mint leaves and serve.



Mains

Grilled Harissa Monkfish & Vegetable Kebabs

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

APPROX. PREHEAT: 6 MINUTES

BEGINNER RECIPE ●○○

TIP: Salmon or prawns would work well in place of the monkfish.

Ingredients

500g trimmed weight monkfish fillet, cut into 16 cubes (roughly 4cm each)

2 tablespoons light olive oil

1 ½ tablespoons harissa paste

1 clove garlic, crushed

2 medium courgettes, cut into 3cm lengths, then into half moons

1 medium red onion, cut into 8 wedges

1 red pepper, cut into 3-4cm squares

8 cherry tomatoes

Salt and pepper, to taste

Chopped parsley, to serve

Lemon wedges, to serve

Equipment required

4 x 30cm long thick bamboo skewers

Directions

1. Season the monkfish with salt and pepper and set aside.
2. Mix the oil, harissa and garlic together and set aside.
3. Thread the prepared fish and vegetables onto 4 skewers. Use 4 pieces of monkfish and 2 of each vegetable per skewer.
4. Insert the grill plate in unit and close lid. Select GRILL and set temperature to MAX and set time to 8 minutes. Select START/STOP to begin preheating.
5. Once the unit has preheated, brush the skewers with the harissa mixture and season lightly. Place on the grill plate and close lid to start cooking.
6. Flip the skewers when prompted and baste with residual marinade before continuing to cook.
7. Once cooked, serve hot with the parsley and lemon wedges.



Mains

Grilled Prawn & Bacon Skewers

PREP TIME: 25 MINUTES | **COOK TIME:** 4 MINUTES | **MAKES:** 6 SERVINGS AS A STARTER/
3 SERVINGS AS A MAIN COURSE

APPROX. PREHEAT: 6 MINUTES

BEGINNER RECIPE ●●○

TIP: Add fresh chopped red chilli or dried chilli flakes to basting mixture, if desired. This would be great served with a rocket, shaved fennel and cherry tomato salad dressed with extra virgin olive oil and lemon.

Ingredients

30 king prawns, peeled and deveined (can leave tail tip on)

6 rashers smoked streaky bacon

1 ½ tablespoons light olive oil

Juice of 1 lemon

1 large garlic clove, finely chopped

2 tablespoons finely chopped parsley

Salt and pepper, to taste

Equipment required

6 x 20cm long thick skewers

Directions

1. Thread 5 prawns onto each skewer. Wrap a rasher of bacon around each skewer.
2. Insert the grill plate in unit and close lid. Select GRILL and set temperature to HIGH and set time to 4 minutes. Select START/STOP to begin preheating.
3. Mix the oil, lemon juice, parsley and garlic together.
4. Brush the skewers with the marinade and season to taste.
5. Once the unit has preheated, place the skewers on the grill and close lid. When prompted to FLIP, turn the skewers and baste with residual marinade.
6. When cooked, place the skewers on a warm plate and carefully remove the grill plate with oven gloves.
7. Place any leftover marinade in the hot cooking pot and stir with a rubber spatula for around 10 seconds then pour all the juices onto the prawn skewers. Serve hot.



Mains

Crispy Coconut Salmon with Curried New Potato Salad

PREP TIME: 20 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 2 SERVINGS

APPROX. PREHEAT: 4 MINUTES

BEGINNER RECIPE ●○○

TIP: Add sliced raw celery, grated carrot and toasted flaked almonds to the potato salad to jazz it up. Plain yoghurt can be used in place of coconut yoghurt.

Ingredients

4 centre-cut salmon fillets,
approx. 130g each
2 teaspoons light olive oil
Salt and pepper, to taste

Crumb crust

30g unsalted butter, clarified
50g dry breadcrumbs
20g desiccated coconut
1 teaspoon curry powder
1 clove garlic, grated finely
Stalks from 15g coriander,
chopped finely
2 tablespoons water

Curried potato salad

675g new potatoes, boiled and
refreshed
350g frozen peas, boiled and
refreshed
2 spring onions
Leaves from 15g coriander
1 ¼ teaspoons curry powder
1 ½ tablespoons mango chutney
150ml coconut yoghurt
Juice of half a lemon

Directions

1. Season the salmon fillets and set aside.
2. Mix all the ingredients for the crumb crust in a bowl and season to taste.
3. Insert cooking pot in unit and close lid. Select AIRFRY, set temperature to 180°C then select PRESET. Use the arrows to the right of display to select FISH, then arrows on left to select MED WELL. Select START/STOP to begin preheating.
4. Place parchment paper in the crisper basket. Oil the salmon fillets and place them, skin side down, on the paper.
5. While unit is preheating, insert probe into the centre of one of the salmon fillets.
6. Divide the crumb crust between the salmon fillets, packing lightly. It's OK if some falls off on the sides. It will be extra crispy!
7. When unit has preheated, place the crisper basket into the cooking pot. Close lid over probe cord.
8. While the salmon is cooking, make the potato salad.
9. Cut new potatoes into desired size and finely slice the spring onions. Roughly chop the coriander then mix all ingredients together and season to taste.
10. When the salmon is done, use oven gloves to remove probe from the fillet.
11. Serve salmon hot with the potato salad.



Mains

Thai Spiced Pork Fillet with an Asian Slaw & Peanut Sauce

PREP TIME: 20 MINUTES | **COOK TIME:** 12-15 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PREHEAT: 6 MINUTES

INTERMEDIATE RECIPE ●●○

TIP: Cold leftovers are great in a crispy baguette. The pork fillet can be marinated up to a day ahead. This recipe could easily be doubled.

Ingredients

2 x 400g thick end pork fillet

Marinade

1 tablespoon light olive oil

1 tablespoon fish sauce

1 teaspoon caster sugar

2 limes, juiced

2 garlic cloves, peeled

2 lime leaves

1 stick lemon grass

1 red chilli (seeded if you prefer less heat)

Stalks from 15g coriander

2 tablespoons coconut cream

Salt and pepper, to taste

Asian "slaw"

1 medium pointed cabbage

2 medium carrots

1 medium red onion

1 red chilli (seeded if you prefer less heat)

2 limes, juiced

2 tablespoons extra virgin olive oil

½ teaspoon caster sugar

Leaves from 15g coriander

Peanut sauce

60ml rich roast peanut butter (crunchy or smooth)

2 tablespoons coconut cream

½ teaspoon caster sugar

1 teaspoon fish sauce

1 clove garlic

2 tablespoons water

Directions

1. Place all the ingredients for the marinade in a mini-blender and blend smoothly. Place in a small tray with the pork fillet and leave aside to marinate.
2. For the peanut sauce, mix all the ingredients together and season to taste. Set aside.
3. Insert the grill plate in unit and close lid. Select GRILL and set temperature to MEDIUM, then select PRESET. Use the arrows to the right of display to select PORK, then arrows on left to select MED WELL. Select START/STOP to begin preheating.
4. While unit is preheating, insert probe into the centre of pork fillet.
5. When unit has preheated, place both fillets of pork on the grill. Close lid over probe cord.
6. While pork is cooking, make the Asian slaw. (Turn and baste the pork with the residual marinade occasionally as it cooks).
7. Finely shred the cabbage. Finely slice the onion. Peel and coarsely grate the carrot. Mix this with salt, to taste, and the sugar to macerate. When ready to serve, add the olive oil, lime juice, halved and finely sliced red chilli, chopped coriander and seasoning, adjusted to taste.
8. When the pork is done, use oven gloves to remove probe from the pork. Then transfer the pork to a board to rest for 5 minutes. Slice and serve with its resting juices along with the slaw and peanut sauce.

Equipment required

Blender



Mains

Classic Cheeseburgers

PREP TIME: 10 MINUTES | **COOK TIME:** BASED ON DESIRED FINISH | **MAKES:** 6 SERVINGS

APPROX. PREHEAT: 8 MINUTES

BEGINNER RECIPE ●○○

TIP: For extra flavour, grill onions, peppers, or mushrooms and use as burger toppings.

Ingredients

1kg minced beef

Sea salt, as desired

Ground black pepper, as desired

6 cheese slices

6 burger buns

Condiments, as desired

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. The unit will default to BEEF, this is the correct function for this recipe. Use the arrows to the left of the display to set desired doneness. Select START/STOP to begin preheating.
2. While unit is preheating, divide beef into 6 portions and form each into a loosely formed 10cm patty. 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). Season patties with salt and pepper, as desired.
3. Insert probe horizontally into the centre of one of the patties (see probe placement instructions on page 7 of the guide included with your unit).
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, then top each burger with a slice of cheese. 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.



Mains

Peri Peri Chicken Breasts with Caesar Salad

PREP TIME: 15 MINUTES | **COOK TIME:** 23-25 MINUTES | **MAKES:** 5 SERVINGS

APPROX. PREHEAT: 7 MINUTES

INTERMEDIATE RECIPE ●●○

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

Ingredients

1kg frozen boneless, skinless chicken breasts (200g each)
2 ½ tablespoons vegetable oil
Salt and freshly ground black pepper to taste
70ml Peri-Peri sauce

Salad

1 garlic clove, peeled and crushed
5 tablespoons mayonnaise
Juice of half a lemon (approximately 1 ½ tablespoons)
50g Parmesan shavings, plus extra to serve
2 small romaine lettuces
25g croutons

Directions

1. Insert grill plate in unit and close lid. Select GRILL, set temperature to MED and set time to 25 minutes. Select START/STOP to begin preheating.
2. While unit is preheating, evenly brush each chicken breast with a ½ 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. After 10 minutes, flip the chicken. Close lid to continue cooking for 5 minutes.
5. After 5 minutes, liberally baste chicken with sauce, 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 3 more minutes.
7. Meanwhile mix the salad. In a bowl place garlic, mayonnaise, lemon juice and Parmesan. Discard the outer leaves of the lettuce and tear the rest over a platter, mixing gently with the dressing.
8. If necessary, baste chicken again and cook for 3 more minutes or until centremost point of chicken reaches an internal temperature of 75°C.
9. When cooking is complete, remove chicken from unit and let it rest for 5 minutes before slicing on a slant. Serve over salad and dressing, shaving over extra Parmesan if desired and sprinkling with croutons.



Mains

Falafels with Tahini Sauce

PREP TIME: 10 MINUTES + 30 MINUTES CHILLING TIME | **COOK TIME:** 20 MINUTES

MAKES: 6 SERVINGS | **APPROX. PREHEAT:** 2 ½ MINUTES

BEGINNER RECIPE ●○○

Ingredients

For the falafels

2 tablespoons sunflower oil
1 large onion, peeled and cut into eighths
2 garlic cloves, peeled
2 x 400g tins 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

For the sauce

8 tablespoons tahini paste
4 tablespoons lemon juice
2 garlic cloves, peeled and minced
½ teaspoon salt
75ml water
Serve with lemon wedges

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. Line a baking tray with baking parchment. Place the falafels on the tray and chill them in the 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. Whilst the falafels are cooking, place the tahini sauce ingredients in a bowl and whisk together.
6. Once cooking is complete, serve falafels hot or cold with sauce.

Equipment required

Blender



Mains

Beef Wellington

PREP TIME: 15 MINUTES | **COOK TIME:** 8 MINUTES | **MAKES:** 3-4 SERVINGS

APPROX. PREHEAT: 5 MINUTES

INTERMEDIATE RECIPE ●●○

Ingredients

320g ready rolled butter puff pastry

1 tablespoon olive oil

500g fillet 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 unit 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 of the guide included with your unit).
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. Transfer to a board and allow to rest up to 10 minutes before serving.



Mains

Sausage Plait

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

APPROX. PREHEAT: 2 MINUTES

BEGINNER RECIPE ●○○

Ingredients

400g pork sausagemeat

2 heaped tablespoons caramelised onion chutney

1 tablespoon fresh sage leaves, chopped

250 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.





Desserts

Desserts

Desserts

Spiced Fruit Buns

PREP TIME: 3 HOURS 40 MINUTES | **COOK TIME:** 25 MINUTES | **MAKES:** 10 SERVINGS

APPROX. PREHEAT: 2 MINUTES

ADVANCED RECIPE ●●●

TIP: These are best served warm or at room temperature on the day they're made but any leftovers are easily reheated. For a variation, add dried cranberries or cherries and orange zest to the filling and glaze with marmalade or apricot jam.

Ingredients

500g strong white flour, plus extra to roll
100g golden caster sugar
10g dried quick yeast
10g salt
Seeds of 10 cardamom pods, ground
100g unsalted butter
175ml milk
2 medium eggs

Filling

100g unsalted butter, soft
100g light brown sugar
1 ½ tablespoons ground cinnamon
2 teaspoons cornflour
¼ teaspoon salt
125g mixed dried vine fruits

Glaze

60ml maple syrup (or honey)

Equipment required

Mixer with dough tool

Directions

1. Warm the milk with the butter to melt and set aside until tepid.
2. Mix the flour, caster sugar, yeast, salt and cardamom in a stand mixer bowl.
3. Add the eggs and milk/butter mixture and mix on medium speed with a dough hook attached for about 6 minutes. It will be sticky.
4. Cover and set aside to prove until doubled for 1½ to 2 hours.
5. While dough is proving, mix the soft butter with the brown sugar, cinnamon, cornflour and salt and set aside.
6. When the dough is ready, punch it back lightly and roll it out to a 45cm by 30cm rectangle. Spread the filling mixture evenly over the dough with a palette knife, sprinkle over the dried fruit and roll it up so that you have a 45cm long roll.
7. Cut into ten rolls which will be about 4.5cm each.
8. Line the crisper basket with baking parchment and place the rolls in two rows by five into the basket, leaving about a 1 ½ cm space down the middle. Cover and prove until doubled which will take 45 minutes to 1 hour.
9. When they are almost ready to bake, insert cooking pot in unit and close lid. Select BAKE, set temperature to 150°C and set time to 25 minutes. Select START/STOP to begin preheating.
10. When the unit has preheated, place the the crisper basket in the cooking pot and close the lid to begin cooking.
11. When the buns are cooked, brush with the maple syrup.



Desserts

Seeded Spelt & Honey Soda Bread

PREP TIME: 10 MINUTES | **COOK TIME:** 10 MINUTES | **MAKES:** 1 LOAF

APPROX. PREHEAT: 2 MINUTES

INTERMEDIATE RECIPE ●●○

TIP: For the most tender result, bring dough together lightly as for a scone dough. Add dried fruits for a variation. Any leftovers are great sliced and toasted.

Ingredients

250g plain flour, plus extra for sprinkling

200g wholemeal spelt flour

1 ½ teaspoons salt

2 teaspoons bicarbonate soda

25g butter, melted and cooled

3 tablespoons honey

200ml plain yoghurt

100ml (approx.) milk

75g mixed sunflower, poppy, pumpkin and sesame seeds

Directions

1. Place dry ingredients in a bowl and mix.
2. Whisk together wet ingredients and add to dry. Mix gently to just bring together. Add a little more milk if necessary.
3. Pat out into 20cm circle and cut into 4 wedges.
4. 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.
5. Line crisper basket with baking parchment and place the 4 wedges on the parchment, each wedge pointing in alternate directions. Join them closely together. Sprinkle some flour over.
6. When unit has preheated, place crisper basket in cooking pot.
7. Half way through cooking, reduce the temperature to 150°C and continue cooking until nicely browned. It will have a hollow sound when tapped underneath.
8. Best served warm or on the day it is made. Either reheat or toast to serve after this.



Desserts

Blueberry Toaster Pastries

PREP TIME: 15 MINUTES | **COOK TIME:** 15 MINUTES | **MAKES:** 4 PASTRIES

BEGINNER RECIPE ●○○

Ingredients

320g pack short crust pastry

120g blueberry preserve
(strawberry or blackcurrant
can be substituted)

1 tablespoon corn flour

Milk for glazing

Icing

75g icing sugar, sifted

1 tablespoon water

Sprinkles of choice

Directions

1. Unroll the pastry sheet on paper and cut into 8 even rectangles (9cm by 11cm).
2. Mix preserve and corn flour together and drop about 2 tablespoons in the center of four of the rectangles and spread, leaving a border around the edge. Brush edges with water. Place the remaining rectangles over the filling and press down with fingers lightly. Seal the edges all the way around the pastries with a fork. You may need to dip the fork into flour if it sticks. Be sure to seal well. Glaze with milk.
3. Insert crisper basket in cooking pot in unit. Select BAKE, set temperature to 180°C and set time for 12 minutes. Select START/STOP to begin preheating.
4. When the unit beeps to signify it has preheated, place all pastries in unit and close lid. Select BAKE, set temperature to 180°C, and set time for 12 minutes. Select START/STOP to begin. Remove and cool on a wire rack.
5. Mix icing sugar and water and drizzle over before decorating with sprinkles.



Desserts

Raspberry Chocolate Brownies

PREP TIME: 15 MINUTES | **COOK TIME:** 20-25 MINUTES | **MAKES:** 12 BROWNIES

APPROX. PREHEAT: 2 MINUTES

INTERMEDIATE RECIPE ●●○

Ingredients

180g dark chocolate

180g butter

260g caster sugar

3 large eggs

80g plain flour

50g cocoa powder

100g milk chocolate, roughly
chopped into small chunks

200g raspberries

Directions

1. Line crisper basket with a whole piece of baking parchment.
2. Break up the dark chocolate and place with the butter, in a small saucepan. Gently melt on a low heat, stir until smooth. Allow to cool slightly.
3. In a large bowl, beat the sugar and eggs with an electric whisk until thick and creamy, then gently add chocolate mixture in. Sift the flour and cocoa over and fold in with a spoon. Finally fold in the chopped-up chocolate and raspberries. Pour mixture into lined crisper basket.
4. Insert cooking pot in unit and close lid. Select BAKE, set temperature to 170°C and set time to 25 minutes. Select START/STOP to begin preheating.
5. When the unit beeps to signify it has preheated, place brownies in cooking pot. Close lid and cook for 20-25 minutes. The brownies should be soft.
6. Leave to cool in crisper basket before lifting out, using the baking parchment like a sling. Cut into squares.



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