

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



# NINJA® Foodi® XL AIR FRY OVEN

Cooking charts  
& Irresistible Recipes



# Your guide to cooking like a Foodi®

Welcome to the Ninja® Foodi® XL Air Fry Oven recipe book. From here, you're just a few pages away from recipes, tips and tricks and helpful hints that will give you the confidence to be creative in the kitchen without having to use numerous appliances.



For best results, when possible, check progress throughout cooking. Remove food immediately after cook time is complete or the desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

## Recipe List

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## Recipe Key

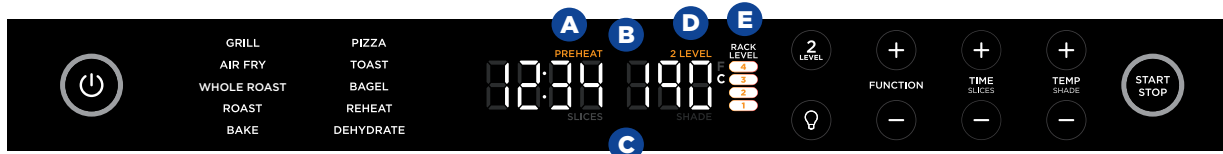
We've tagged recipes with these icons to help find the right one for you.



**Vegetarian**

# Get to know the control panel

See your Instruction Booklet for complete instructions



**A PREHEAT** will appear during 90-second preheat.

**B TIME** and **TEMP** displays.

**C SLICES** and **SHADE** will illuminate here when the Toast or Bagel function is selected.

**D 2 LEVEL** will illuminate here when 2 LEVEL button is pressed. Use 2 LEVEL to enable RACK LEVEL for more even results when cooking on 2 rack positions.

**E RACK LEVEL** recommended positions show where to place accessories for more even results.

- To turn on the unit, press the **(POWER)** button.
- Press the **(LIGHT)** button to turn the interior light on or off while cooking.
- To select a cook function, press the **FUNCTION** +/- buttons.
- Press the **2 LEVEL** button to cook on 2 layers during convection functions.
- To select a cook time, press the **TIME/SLICES** +/- buttons. When using the Toast or Bagel function, these buttons will adjust the number of slices instead of the time.
- To adjust temperature, press the **TEMP/SHADE** +/- buttons. When using the Toast or Bagel function, these buttons will adjust the shade instead of the temperature.
- Press the **(START/STOP)** button to start or stop cooking.
- Cook time will automatically start once preheat has completed.

# Levelling Up

Multiple rack positions give you the ability to cook family-sized meals on two levels. For guidance on where to place your food, refer to the digital display rack guide.

## Digital display rack guide

Select a function and the display illuminates optimal rack position. When cooking on two levels, press the 2 LEVEL button for additional guidance. Rack levels correspond to the engraved numbers on the inside of the unit.

### Cook two 30cm frozen pizzas

Select PIZZA function  
Press 2 LEVEL button  
Use Levels 1 and 3

### Roast a whole chicken and vegetables

Select WHOLE ROAST function  
Press 2 LEVEL button  
Use Levels 1 and 4

### Air fry chicken goujons and French fries


Select AIR FRY function  
Press 2 LEVEL button  
Use Levels 2 and 4





# All foods are not heated equally


Depending on which function you choose to make your next dish, the Ninja® Foodi® XL Air Fry Oven will activate the appropriate number of heating elements and distribute the right of amount of airflow to deliver delicious, perfectly cooked results.


**KEY**


 Rear convection heat source


 Low fan speed


 High fan speed

 Maximum fan speed

 Top-down heat

 Medium even heating





















 Medium and high heating

 High even heating

**NOTE:** The power of higher fan speeds allows for faster cook times and crispier results.

## True Surround Convection™

## TOP & BOTTOM HEAT SOURCE

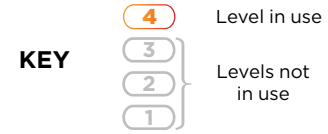
|                 | WHOLE ROAST                                                                                                                                                         | ROAST                                                                                                                                              | AIR FRY                                                                                                                                                                                                       | PIZZA                                                                              | BAKE                                                                                                    | DEHYDRATE                                                                                       | GRILL                                                                                                | TOAST                                                                                                                    | BAGEL                                                                                                                                                                    | REHEAT                                                                                                              |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>FUNCTION</b> |                                                                                    |                                                                   |                                                                                                                              |  |                      |              |                   |                                       |                                                                                       |                                  |
|                 |                                                                                    |                                                                   |                                                                                                                              |   |                      |              |                   |                                       |                                                                                       |                                  |
| <b>BEST FOR</b> | <p><b>Rotisserie-style results in less time.</b></p> <p>Whole chicken<br/>Prime rib roast<br/>Pork tenderloin</p> <p><i>See page 28 for detailed guidelines</i></p> | <p><b>Crispy outside, juicy inside.</b></p> <p>Chicken thighs &amp; vegetables<br/>Asparagus</p> <p><i>See page 30 for detailed guidelines</i></p> | <p><b>Fast, extra-crispy results with little to no oil.</b></p> <p>French fries (frozen or hand cut)<br/>Chicken wings or nuggets<br/>Crumbed foods</p> <p><i>See pages 34-37 for detailed guidelines</i></p> | <p><b>Cook frozen or fresh pizzas.</b></p> <p>Homemade pizza<br/>Frozen pizza</p>  | <p><b>Traditional baking with overall even cooking and light browning.</b></p> <p>Cakes<br/>Cookies</p> | <p><b>Removes moisture to make jerky and dried fruit.</b></p> <p>Beef jerky<br/>Dried Fruit</p> | <p><b>Top-down heat for a crispy finish.</b></p> <p>Kebabs<br/>Nachos<br/>Casseroles and gratins</p> | <p><b>Quick and even browning on both sides.</b></p> <p>Bread<br/>Tea cakes, crumpets and muffins<br/>Frozen waffles</p> | <p><b>Fast heating with a crunchy outside.</b></p> <p>Bagels<br/>Artisan breads</p> <p><b>NOTE:</b> Place bagel slices, cut-side up, on the middle of the wire rack.</p> | <p><b>Reheat meals.</b></p> <p>Leftovers<br/>Reduce below 80°C to use as a warmer until food is ready to serve.</p> |

# Using the Racks

Use recommended accessories for each cook function and remove extras from the oven.

**We designed this oven to help you get meals on the table faster. FOR BEST RESULTS, KEEP AN EYE ON YOUR FOOD WHILE COOKING.**

## Rack Levels



## Accessories



|                                          | WHOLE ROAST            | ROAST        | AIR FRY                                                                                          | PIZZA                          | BAKE                           | DEHYDRATE    | GRILL        | TOAST        | BAGEL        | REHEAT       |              |
|------------------------------------------|------------------------|--------------|--------------------------------------------------------------------------------------------------|--------------------------------|--------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| DIGITAL RACK GUIDE   ACCESSORY PLACEMENT | <b>1 LEVEL COOKING</b> |              |                                                                                                  |                                |                                |              |              |              |              |              |              |
|                                          | <br><br><br>           | <br><br><br> | <br><br><p>For veggies &amp; starches*</p> <p>OR</p> <p>For oiled veggies &amp; proteins</p><br> | <br><br><br>                   | <br><br><p>+ Accessory</p><br> | <br><br><br> | <br><br><br> | <br><br><br> | <br><br><br> | <br><br><br> | <br><br><br> |
| <b>2 LEVEL COOKING</b>                   |                        |              |                                                                                                  |                                |                                |              |              |              |              |              |              |
| <br><br><br>                             | <br><br><br>           | <br><br><br> | <br><br><br>                                                                                     | <br><br><p>+ Accessory</p><br> | <br><br><br>                   | <br><br><br> | <br><br><br> | <br><br><br> | <br><br><br> | <br><br><br> |              |

**NOTE:** Place bagel slices, cut-side up, on the middle of the wire rack.

\*When cooking fatty, drippy foods on one level, place the oven tray on the wire rack below to catch the drippings. Alternatively, use the roast tray on top of the oven tray.

# Tips & Tricks

## Best Results



For oven tray meals, cut ingredients to the same size.



When cooking on 2 levels, press the 2 LEVEL button on the display to illuminate the optimal rack positions to use.



The unit preheats quickly, so prep all ingredients before preheating.



When using Toast or Bagel function, select the exact number of bread or bagel slices.



Due to the power of the fan speed, food cooks faster in this oven, so refer to the cook charts in the Inspiration Guide for more guidance on cook times and temperatures.

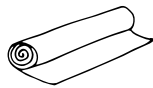


When cooking 2 frozen pizzas on 2 levels, select Pizza function and set temperature to the one recommended on the pizza packaging.

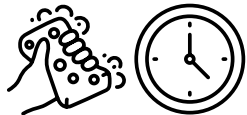
## Easy Cleanup



Spray air fry basket with non-stick cooking spray or brush with oil to minimise sticking.



For easy cleanup, line the oven tray with baking parchment, silicone liner or aluminum foil. When using the roast tray on the oven tray, make sure the baking parchment, silicone liner or aluminum foil is flush against the bottom of the inside of the oven tray.



For deep cleaning, let accessories soak in warm, soapy water overnight and clean with a non-abrasive brush or sponge.

# How to minimise smoke



Cook large, fatty proteins at or below 190°C and clean accessories and inside of unit regularly.



For marinades containing sugar, honey or other sweeteners, brush onto proteins halfway through grilling to avoid burning.

## Always use the recommended oil or fat



### Recommended:

Canola Oil  
Refined coconut  
Avocado  
Vegetable  
Grapeseed

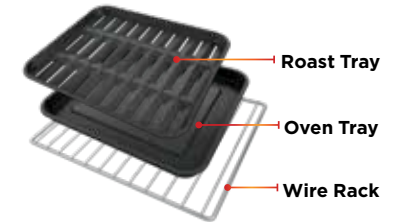
### Not recommended:

Olive oil  
Butter  
Margarine

## Always use recommended oils

For less smoke, use oils with a high smoke point—like vegetable, canola oil, refined coconut, avocado and grapeseed oil—instead of olive oil. If you choose to cook ingredients at a higher temperature than recommended, it may result in more smoke and food having a burnt, acrid flavour.

## When to use the roast tray

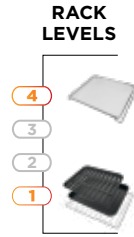


Use roast tray on oven tray when cooking on convection functions (such as Whole Roast, Roast and Air Fry) or with fatty foods like whole duck, chicken wings, bacon, marinated meats or oiled vegetables.

# LEMON-HERB ROAST CHICKEN & ROASTED POTATOES

RACK LEVELS 1 & 4 | WIRE RACK, ROAST TRAY, OVEN TRAY, AIR FRY BASKET

PREP: 20 MINUTES | WHOLE ROAST: 50-55 MINUTES | MAKES: 4-6 SERVINGS



## INGREDIENTS

2kg whole chicken  
(remove from fridge up to 1 hour prior to cooking)  
Sea salt and pepper, to taste  
1 small lemon, zested then cut into quarters  
4 garlic cloves, 3 unpeeled and bashed & 1 peeled and crushed  
3 sprigs rosemary, 2 left whole & 1 chopped finely  
3 sprigs thyme, 2 left whole & 1 chopped finely  
5 tablespoons oil, divided  
1.5kg Maris Piper or King Edward potatoes, peeled & cut into roughly 4cm chunks  
Spray oil



**TIP** Leave chicken uncovered in fridge overnight to achieve crispier skin.

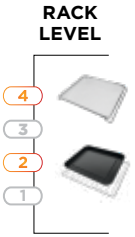
## DIRECTIONS

- Season inside of chicken cavity. Place half the lemon zest, three bashed garlic cloves, rosemary, thyme sprigs, lemon quarters inside cavity. Truss chicken. Mix remaining lemon zest, chopped herbs and crushed garlic with 1½ tablespoons oil and set aside.
- Nest the roast tray in the oven tray, then place chicken on tray. Use 1½ tablespoons oil to brush chicken and season with salt and pepper.
- Install the wire rack on Level 1. Select WHOLE ROAST, select 2 LEVEL, set temperature to 190°C and set time to 55 minutes. Press START/STOP to begin preheating.
- When the unit has preheated, place oven tray on wire rack on Level 1. Close oven door to begin cooking.
- Place potatoes in a mixing bowl and mix with remaining 2 tablespoons oil and salt and pepper, to taste. Spray Air Fry Basket with oil and place potatoes in basket spaced apart.
- After 30 minutes, slide chicken out and baste all over with the lemon, garlic and herb oil and return to oven. Slide basket with potatoes into the rails of Level 4. Close oven and continue cooking.
- After 50 minutes, check chicken for doneness. Cooking of the chicken is complete when an instant read thermometer reads 75°C. Return to oven for another 5 minutes, if necessary. Potatoes will take approximately 25 minutes in total. Rest chicken 5-10 minutes before carving and serving with potatoes sprinkled with sea salt.

# HUNTERS CHICKEN & HERBY HASSELBACK POTATOES

RACK LEVELS 2 & 4 | WIRE RACK, OVEN TRAY, AIR FRY BASKET

PREP: 15 MINUTES | BAKE: 30 MINUTES | MAKES: 4 SERVINGS



## INGREDIENTS

700g new potatoes  
2 tablespoons oil  
1 teaspoon garlic powder  
1 teaspoon dried mixed herbs  
Salt and freshly ground black pepper  
125g chestnut mushrooms, sliced  
4 skinless chicken breasts (175g each)  
1 teaspoon smoked paprika  
4 rashers of smoked back bacon  
200ml BBQ sauce  
75g grated Cheddar cheese  
25g grated mozzarella cheese

## DIRECTIONS

- Prepare potatoes by placing in a large wooden spoon and using a sharp knife to cut even slices every ½ cm all the way along, ensuring the knife hits the spoon rather than cutting all the way through the potato.
- In a small bowl, mix oil, garlic, herbs and season to taste. Brush this mixture over potatoes. Place potatoes in an even layer in the air fry basket.
- Grease oven tray. Place sliced mushrooms in the centre of tray. Sprinkle chicken breasts with paprika and wrap/top with bacon. Place chicken on top of mushrooms and pour over BBQ sauce. Top with cheeses.
- Install the wire rack on level 2. Select AIR FRY, select 2 LEVEL, set temperature to 180°C, and set time to 30 minutes. Press START/STOP to begin preheating.
- When the unit has preheated, slide air fry basket into rails of Level 4. Close oven door to begin cooking. After 5 minutes, place oven tray on Level 2 on wire rack. Close oven door and continue cooking.
- Cooking of the chicken is complete when an instant-read thermometer inserted in chicken reads 75°C.
- Serve chicken and potatoes hot with green vegetables.

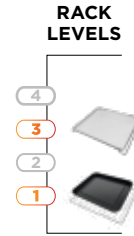
**TIP** For easy cleaning, line oven tray with baking parchment.

**NOTE:** Potatoes may take 5 minutes longer if larger.

# MEDITERRANEAN CHICKEN SKEWERS WITH PITTA & TZATZIKI

RACK LEVELS 1 & 3 | WIRE RACK, ROAST TRAY, OVEN TRAY

PREP: 10 MINUTES | MARINATE: 30 MINUTES | GRILL: 14 MINUTES | MAKES: 6 SERVINGS



## INGREDIENTS

### FOR THE SKEWERS:

- 120ml olive oil
- 2 teaspoons lemon zest
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon dried oregano
- ¼ teaspoon chilli flakes
- 680g chicken breast, cut into 3cm chunks
- 6 pitta breads

### FOR THE TZATZIKI:

- 175g plain Greek yoghurt
- 1 tablespoon lemon juice
- 45g cucumber, peeled and finely chopped
- 2 tablespoons fresh mint, finely chopped
- 1 small garlic clove, finely minced
- ¼ teaspoon sea salt

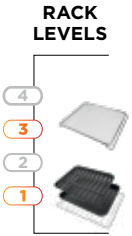
## DIRECTIONS

- 1 In a large bowl, combine olive oil, lemon zest, salt, pepper, oregano, and chilli flakes. Add chicken and toss to coat evenly. Cover and refrigerate for 30 minutes to marinate.
- 2 While chicken marinates, in a small bowl, mix all tzatziki ingredients, then cover and refrigerate until ready to use.
- 3 Thread marinated chicken onto 6 skewers. Nest roast tray in oven tray, then place skewers on roast tray.
- 4 Install wire racks on Levels 1 and 3. Place tray on Level 3.
- 5 Select GRILL, select HI, and set time to 14 minutes. Close oven door. Press START/STOP to begin cooking.
- 6 After 7 minutes, turn skewers, close oven door to resume cooking.
- 7 After 9 minutes of cooking, place pittas on wire rack on Level 1 to warm. Close oven door to resume cooking. Cooking of the chicken is complete when an instant read thermometer reads 75°C. Serve skewers with the warmed pitta and tzatziki sauce.

# SPANISH CHICKEN TRAYBAKE WITH POTATOES

RACK LEVELS 1 & 3 | WIRE RACKS, OVEN TRAY, AIR FRY BASKET

PREP: 10 MINUTES | ROAST: 30 MINUTES | MAKES: 4 SERVINGS



## INGREDIENTS

- 4 tablespoons oil
- 3 tablespoons red wine vinegar
- 2 teaspoons sweet smoked paprika
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2 garlic cloves, crushed
- Salt and freshly ground black pepper
- 140g chorizo, cut into 1cm slices
- 1 red and 1 yellow capsicum, sliced
- 1 red onion, chopped into large pieces
- 250g cherry tomatoes
- 30g olives, (optional)
- 1kg chicken thighs with bone in
- 500g baby new potatoes
- 5g chopped flat leaf parsley for garnish

## DIRECTIONS

- 1 In a jug, whisk 3 tablespoons oil, vinegar, paprika, herbs, garlic, salt and pepper together. Place chorizo slices onto the Ninja oven tray. Sprinkle capsicums, onions, tomatoes and olives over chorizo. Place chicken thighs on top. Drizzle oil mixture over chicken and vegetables.
- 2 Install the wire rack on level 1. Select ROAST, select 2 LEVEL, set temperature to 180°C, and set time to 30 minutes. Press START/STOP to begin preheating.
- 3 When the unit has preheated, place oven tray on wire rack on Level 1 for 30 minutes. Close oven door to begin cooking.
- 4 Meanwhile, in a bowl, place baby new potatoes, remaining oil and toss together with salt and pepper. Arrange in an even layer in air fry basket. After 8 minutes, slide air fry basket into Level 3. Close oven door and continue cooking.
- 5 Cooking is complete when an instant-read thermometer inserted in chicken reads 75°C. Remove from oven. Serve chicken vegetables and potatoes together, garnished with chopped flat leaf parsley.

**TIP** For extra flavour, the chicken can be marinated first in the oil mixture.



# TUSCAN ROAST PORK (PORCHETTA) & ROAST VEGETABLES

RACK LEVELS 1 & 4 | WIRE RACK, OVEN TRAY, ROAST TRAY, AIR FRY BASKET

PREP: 20 MINUTES | WHOLE ROAST: 55 MINUTES | MAKES: 4-6 SERVINGS

## INGREDIENTS

10g fresh rosemary leaves  
10g fresh sage leaves  
3 tablespoons chopped garlic  
2 teaspoons fennel seed (optional)  
1 tablespoon fine sea salt  
700g potatoes, peeled and cut into 2.5cm chunks  
3 carrots, peeled, halved lengthwise and cut into 2.5cm chunks  
2 zucchini, trimmed, halved lengthwise and cut into 2.5cm chunks  
3 tablespoons olive oil, divided  
1kg boneless, rind-on pork loin joint  
Salt and ground black pepper

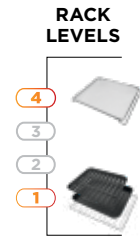
## DIRECTIONS

- 1 Finely chop the rosemary, sage, garlic, fennel seed, and sea salt together to form an even mixture.
- 2 In a large bowl, toss the vegetable chunks with 2 tablespoons of herb mixture and 2 tablespoons of olive oil to coat evenly. Arrange the vegetables evenly in a single layer in the air fry basket.

**TIP** For best results and crispy crackling, remove pork from the refrigerator 30-60 minutes before cooking. Ask the butcher to score and butterfly the pork first.

**TIP** For faster prep, use a blender, food processor, or mortar and pestle to make the herb mixture.

- 3 To butterfly the pork: Place the pork on a cutting board, rind-side up with a short end facing you. If the skin is not already scored, score it diagonally at 2.5cm intervals. Using a sharp chef's knife held parallel to the board, make a horizontal cut along one side of the pork, about 2cm above the board. Continue cutting with a series of short strokes, using one hand to unfold the roast, like opening a book, to form a flat piece of even thickness.
- 4 Spread the remaining herb mixture evenly over the pork, then roll it tightly, starting from a short end, and secure with cooking twine at 2.5cm intervals. Nest the roast tray in the oven tray, then place the pork seam-side down on the roast tray. Using a paper towel, pat the skin dry, brush it with the remaining 1 tablespoon of olive oil, and season with salt and pepper to taste.
- 5 Install a wire rack on Level 1. Select WHOLE ROAST, select 2 LEVEL, set temperature to 200°C and set time to 55 minutes. Press START/STOP to begin preheating.
- 6 When the unit has preheated, place tray on wire rack on Level 1. Close oven door to begin cooking.
- 7 After 30 minutes, slide the air fry basket with vegetables into the rails of Level 4, close oven door to resume cooking. Cooking of the pork is complete when an instant-read thermometer inserted in the centre reads 75°C. After removing the roast from the oven, let it rest for 3-5 minutes before serving with the vegetables.



# GREEK-STYLE LEG OF LAMB WITH ONIONS, POTATOES AND ZUCCHINI

RACK LEVELS 1 & 4 | WIRE RACK, OVEN TRAY, AIR FRY BASKET

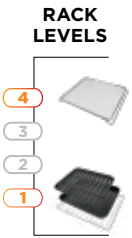
PREP: 20 MINUTES | WHOLE ROAST: 60 MINUTES | MAKES: 4-6 SERVINGS

## INGREDIENTS

2 red onions cut into 2.5cm thick slices  
1kg potatoes, cut into 5mm thick slices  
300ml chicken stock  
1.6kg leg of lamb  
2 garlic cloves, minced  
50g pitted Kalamata olives, chopped  
1 teaspoon dried oregano  
1 tablespoon olive oil  
Sea salt and freshly ground black pepper  
750g zucchini  
1 tablespoon sunflower oil

## DIRECTIONS

- 1 Place onions in an even layer in the centre of the oven tray. Cover onions with sliced potatoes and stock.
  - 2 In a small bowl, mix the garlic, olives, oregano, oil, salt and pepper together. Rub mixture all over leg of lamb, coating evenly.
  - 3 Place lamb on top of potatoes on tray.
  - 4 Install the wire rack on Level 1. Select WHOLE ROAST, select 2 LEVEL, set temperature to 190°C and set time to 60 minutes. Press START/STOP to begin preheating.
  - 5 When the unit has preheated, carefully place tray on wire rack on Level 1. Close oven door to begin cooking.
  - 6 Prepare zucchini by slicing in half horizontally and then into 5cm chunks. Brush with oil and season to taste. Arrange in a single layer on Air Fry Basket.
  - 7 After 35 minutes, baste lamb with juices and re-arrange potatoes if they are starting to colour. Slide basket with zucchini into the rails of Level 4, then close oven door to continue cooking.
  - 8 Cooking of the lamb is complete when an instant read thermometer reads 70°C. Remove lamb and potatoes from oven. Loosely cover lamb with a large piece of aluminum foil and let rest for 10 minutes before slicing and serving with vegetables.
- NOTE:** If you like your vegetables browner, just cook for a few more minutes whilst the lamb is standing.



# THAI SALMON AND GREEN BEAN CURRY WITH JASMINE RICE

RACK LEVELS 1 & 3 | WIRE RACKS, OVEN TRAY, SHALLOW CASSEROLE DISH

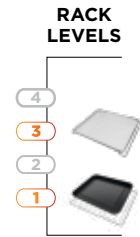
PREP: 10 MINUTES | BAKE: 30 MINUTES | MAKES: 4 SERVINGS

## INGREDIENTS

- 1 can (400ml) coconut milk
- 4 tablespoons Thai red curry paste
- 4 x 120g salmon fillets
- 200g green beans, trimmed and cut in two
- 1 bunch of spring onions, sliced
- 25g fresh coriander leaves and stalks (save some of the leaves for garnish)
- 200g jasmine rice
- 475ml boiling water or stock
- Salt
- 1 lime, cut into wedges, to serve

## DIRECTIONS

- 1 In a jug, whisk coconut milk and curry paste together. Place salmon, trimmed beans and spring onions onto the oven tray. Sprinkle over coriander, pour over coconut milk and paste.
- 2 Wash rice and place in a shallow casserole dish, pour over boiling water/stock and add salt if not using stock. Stir together. Cover casserole dish with lid or tightly cover with foil to prevent steam from escaping.
- 3 Install the wire rack on level 3 and 1. Select BAKE, select 2 LEVEL, set temperature to 180°C, and set time to 30 minutes. Press START/STOP to begin preheating.
- 4 When the unit has preheated, place casserole dish on wire rack on Level 3 for 30 minutes. Close oven door to begin cooking. After 5 minutes, place oven tray on Level 1 on wire rack. Close oven door and continue cooking.
- 5 When cooking is complete, remove from oven. Remove foil or lid from rice and with a fork, fluff rice before serving. Garnish salmon with coriander leaves, and lime wedges and serve with the rice.



# FISH PIE

RACK LEVEL 3 | WIRE RACK, 25x18cm BAKING DISH OR TIN (approx. 5-6cm deep)

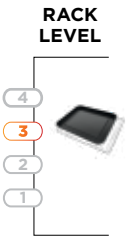
PREP: 10 MINUTES | BAKE: 30 MINUTES | MAKES: 4 SERVINGS

## INGREDIENTS

- 260g skinned cod fillet, cut into 2-3cm chunks
- 165g skinned smoked haddock fillet, cut into 2-3cm chunks
- 150g raw king prawns, each cut in half
- Salt and pepper, to taste
- 1½ tablespoons cornflour
- 3 spring onions, finely sliced
- 1½ tablespoons flat-leaf parsley, finely chopped
- 150ml crème fraîche (not low-fat)
- 2 tablespoons dry white wine
- 675g precooked mashed potato
- 1 large egg yolk

## DIRECTIONS

- 1 In a 25x18cm baking dish (approx. 5-6cm deep), place the cod, smoked haddock and prawns.
- 2 Season to taste then dust with cornflour and mix well to coat.
- 3 Add spring onions, parsley, crème fraîche, white wine and mix well.
- 4 In a small bowl, mix the mash with the egg yolk then spread the mixture carefully and evenly over the fish mixture with the back of a tablespoon. Decorate the surface with a fork.
- 5 Install the wire rack on Level 3. Select BAKE, set temperature to 180°C and set time to 30 minutes. Press START/STOP to begin preheating.
- 6 When the unit has preheated, place fish pie on wire rack on Level 3. Close oven door to begin cooking.
- 7 When the fish pie is cooked, rest for 5 minutes before serving with fresh vegetables.



TIP Baby corn can be added, if desired.

# FISH AND CHIPS

RACK LEVELS 2 & 4 | WIRE RACK, OVEN TRAY, ROAST TRAY, AIR FRY BASKET

PREP: 30 MINUTES | AIR FRY: 35 MINUTES | MAKES: 4 SERVINGS

## INGREDIENTS

850g Maris Piper or King Edward potatoes, peeled & cut into 1½-2cm thick chips

4 haddock fillets (120g each)

1 medium egg

1 tablespoon milk

30g plain flour

85g dried breadcrumbs

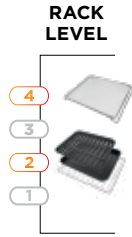
2 tablespoon oil

Cooking oil spray

Salt and pepper, to taste

## DIRECTIONS

- 1 In a large bowl, soak the cut chips in cold water for 30 minutes.
- 2 Season haddock fillets. Beat egg with milk. Crumb haddock by dipping each fillet first in flour, then the egg mixture, then the breadcrumbs. Place on a tray and place in fridge to set.
- 3 After 30 minutes, drain, rinse and dry chips well and mix with 2 tablespoons oil. Do not season with salt at this point. Nest the roast tray in the oven tray, then spray with oil. Spread chips evenly on tray.
- 4 Install the wire rack on Level 2. Select AIR FRY, select 2 LEVEL, set temperature to 200°C and set time to 35 minutes. Press START/STOP to begin preheating. When the unit has preheated, place tray on wire rack on Level 2. Close oven door to begin cooking.
- 5 Spray the Air Fry basket with oil. Spray both sides of the crumbed fish with oil and place in Air Fry basket.
- 6 After 15 minutes, place the Air Fry basket on Level 4 and close oven to continue cooking.
- 7 After 25 minutes, turn chips. They may require one more turn before cooking is finished.
- 8 When fish and chips are cooked, season chips with salt and serve hot with mushy peas.



# HAM AND PINEAPPLE INDIVIDUAL PIZZAS

RACK LEVEL 3 | WIRE RACK, OVEN TRAY

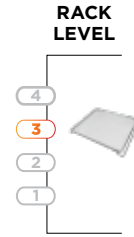
PREP: 15 MINUTES | PIZZA: 15-18 MINUTES | MAKES: 4 SERVINGS

## INGREDIENTS

400g raw pizza dough, ready to use  
Flour, for rolling  
1 teaspoon cornmeal or semolina  
6 tablespoons pizza sauce  
60g grated mozzarella  
60g grated mature Cheddar cheese  
Dried oregano or basil, to taste  
1 slice ham, cut into 1½ cm squares  
70g sliced canned pineapple, drained and cut into 1½ cm chunks

## DIRECTIONS

- 1 Divide pizza dough into four and, using a little flour, roll each piece out into roughly 12cm circles.
- 2 Line Ninja® Oven Tray with baking parchment, dust with cornmeal or semolina and place pizza bases on tray.
- 3 Spread a tablespoon of pizza sauce onto each base. Mix the cheeses together and divide between pizzas. Sprinkle two bases with dried oregano or basil. Roughly spread a tablespoon of pizza sauce on top of each of these. Divide ham then the pineapple onto the other two pizzas.
- 4 Install the wire rack on Level 3. Select PIZZA, set temperature to 200°C and set time to 18 minutes. Press START/STOP to begin preheating.
- 5 When the unit has preheated, place Oven Tray on wire rack on Level 3. Close oven door to begin cooking.
- 6 After 15 minutes, check to see whether pizzas have coloured a little underneath. Leave for few more minutes if necessary.
- 7 When cooked, enjoy straight away.



# GOAT'S CHEESE, ROASTED ONION & MUSHROOM PIZZA



RACK LEVEL 3 | WIRE RACK, OVEN TRAY

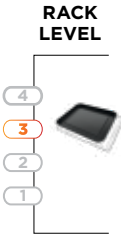
PREP: 25 MINUTES | ROAST: 25 MINUTES | PIZZA: 12-13 MINUTES | MAKES: 4 SERVINGS

## INGREDIENTS

2 medium onions, cut in half  
1 tablespoon oil  
1 large garlic clove, crushed  
Flour, for rolling dough  
2 teaspoons fine cornmeal  
330g ready-to-use fresh pizza dough  
175g goat's cheese with rind, roughly torn into 2-3cm pieces  
85g chestnut mushrooms, thinly sliced  
Sea salt and pepper, to taste  
Extra-virgin olive oil, to drizzle (optional)  
Small handful flat-leaf parsley leaves, roughly chopped

## DIRECTIONS

- 1 Brush onions with oil, place on oven tray with garlic. Install the wire rack on Level 3. Select ROAST, set temperature to 180°C and set time to 25 minutes. Press START/STOP to begin preheating. When preheated, place oven tray on wire rack on Level 3 and close oven to begin cooking. Remove onions to a board to cool and then finely slice. Wash tray.
- 2 Sprinkle the cornmeal onto the oven tray - concentrating it on raised central area to prevent any sticking.
- 3 Roll out the pizza dough, using a little flour, to fit the oven tray and place inside. Push dough so it comes just a little up the edges.
- 4 Spread onions onto pizza dough, leaving a 2cm border around edges. Dot with pieces of goat's cheese followed by the mushrooms. Season to taste and drizzle with olive oil.
- 5 Install the wire rack on Level 3. Select PIZZA, set temperature to 220°C and set time to 13 minutes. Press START/STOP to begin preheating.
- 6 When the unit has preheated, place oven tray on wire rack on Level 3. Close oven door to begin cooking.
- 7 After 12 minutes, check to see whether pizza has coloured underneath by lifting a corner with a silicone spatula. Leave for another minute if necessary.
- 8 When cooked, sprinkle with parsley, drizzle with more oil, if desired, and serve hot with a crisp salad.



# EGGPLANT AND PESTO CALZONES & ROASTED TOMATO SAUCE V

RACK LEVELS 1 & 3 | WIRE RACK, OVEN TRAY, AIR FRY BASKET

PREP: 8 MINUTES | AIR FRY: 15 MINUTES | PIZZA: 12-16 MINUTES | MAKES: 2 SERVINGS

## INGREDIENTS

### FOR THE CALZONES:

275g Eggplant, sliced into 1cm thick rounds

Oil for brushing

2 tablespoons pesto

Flour, for dusting

2 x 220g balls of pre-made pizza dough, at room temperature

40g grated mozzarella

2 teaspoons grated Parmesan

1 egg white

### FOR THE SAUCE:

300g cherry tomatoes, halved

1 tablespoon oil

½ teaspoon salt

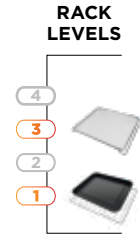
1 small garlic clove, chopped

¼ teaspoon dried oregano

## DIRECTIONS

- 1 Arrange the eggplant slices evenly in the air fry basket and brush them with oil.
- 2 Install a wire rack on Level 3. Select AIR FRY, set temperature to 200°C and set time to 15 minutes. Press START/STOP to begin preheating.
- 3 When the unit has preheated, place air fry basket on wire rack on Level 3. Close oven door to begin cooking.

- 4 Meanwhile, lightly dust two 31cm x 36cm sheets of baking parchment with flour, then roll or stretch the dough balls out on the sheets to form two 23cm rounds.
- 5 Spread 1 tablespoon pesto evenly over half of each round, leaving a 2cm border around the edge. Top each with half of the eggplant slices, 20g mozzarella, and 1 teaspoon Parmesan, then fold over to form 2 crescent shapes. Press firmly along the edges, then crimp with the tines of a fork to seal. Using the baking parchment to lift, transfer the calzones to an oven tray, trimming any excess paper with scissors. Brush the top of each calzone with egg white.
- 6 In a large bowl, toss the cherry tomatoes with the olive oil and salt, then arrange evenly on a baking sheet.
- 7 Install wire racks on Levels 1 and 3. Select PIZZA, select 2 LEVEL, set temperature to 230°C and set time to 12 minutes. Press START/STOP to begin preheating.
- 8 When the unit has preheated, place oven tray with calzones on wire rack on Level 3 and baking sheet with tomatoes on wire rack on Level 1. Close oven door to begin cooking.
- 9 Check calzones after 12 minutes, they may need a few minutes more cooking. Transfer the roasted tomatoes to a blender or food processor, add garlic and oregano, and puree to form a sauce. Serve calzones immediately with the tomato sauce for dipping.



# CHEESE AND SPRING ONION QUICHE V

RACK LEVEL 3 | WIRE RACK

PREP: 20 MINUTES | BAKE: 40 MINUTES | MAKES: 6-8 SERVINGS

## INGREDIENTS

Oil, for greasing tin

320g ready-rolled shortcrust pastry sheet, removed from fridge ahead of use

4 large eggs

200g crème fraîche

Salt and pepper, to taste

2 tablespoons finely chopped chives

200g grated mature Cheddar cheese

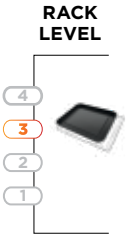
Bunch of spring onions, finely chopped

### ACCESSORIES REQUIRED

A 25cm X 3.5cm tart tin with removable base is required for this recipe.

## DIRECTIONS

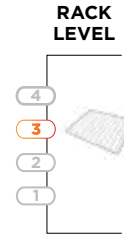
- 1 Line with the pastry. Use larger overhanging pieces to fill in any missing edges. Press overhanging edges over and all around the tart tin edges. Do not trim off excess pastry. Prick base of pastry with a fork.
- 2 Install the wire rack on Level 3. Select BAKE, set temperature to 180°C and set time to 15 minutes. Press START/STOP to begin preheating.
- 3 When the unit has preheated, place tart tin on wire rack on Level 3. Close oven door to begin cooking.
- 4 While the pastry is baking, whisk eggs with crème fraîche, season to taste and mix in chives and onions.
- 5 When pastry is cooked, remove from oven. Sprinkle over Cheddar cheese then pour over egg and crème fraîche mixture.
- 6 Select BAKE, set temperature to 180°C and set time to 25 minutes. Place quiche on wire rack back onto Level 3 and close door. (The oven will not require preheating as will still be hot). Press START/STOP to begin cooking.
- 7 Check if quiche is cooked at 20 minutes whether done by placing the point of a knife in centre which should come out clean. Cool for 5 to 10 minutes before serving. Trim pastry edges off carefully with a small sharp serrated knife while cooling.



# BAKED GNOCCHI WITH LEMON, SAGE & PARMESAN v

RACK LEVELS 3 | WIRE RACK, 24 x 18cm BAKING DISH

PREP: 5 MINUTES | ROAST: 22-25 MINUTES | MAKES: 4 SERVINGS



## INGREDIENTS

500g ready made fresh potato gnocchi  
300ml whipping cream  
125ml water  
Zest of ½ unwaxed lemon  
1 small garlic clove, crushed  
1 tablespoon sage leaves, finely sliced  
Pinch of freshly grated nutmeg (optional)  
Salt and pepper, to taste  
25g Parmesan, grated

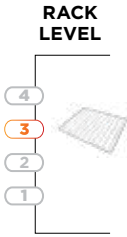
## DIRECTIONS

- 1 Place gnocchi in a shallow 24x18cm dish.
- 2 Pour over the cream and water. Add the lemon zest, garlic, sage and nutmeg, if using, and season to taste.
- 3 Stir gently to mix everything, ensuring the gnocchi are in an even layer.
- 4 Sprinkle over Parmesan.
- 5 Install the wire rack on Level 3. Select ROAST, set temperature to 180°C and set time to 25 minutes. Press START/STOP to begin preheating.
- 6 When the unit has preheated, place baking dish on wire rack on Level 3 and close oven door to begin cooking.
- 7 Check after 22 minutes. It should be golden brown on top with a creamy sauce underneath. Bake a few more minutes, if necessary. Serve hot.

# SPINACH AND RICOTTA CANNELLONI v

RACK LEVEL 3 | WIRE RACK, 35cm x 23cm BAKING DISH

PREP: 20 MINUTES | BAKE: 20 MINUTES | MAKES: 4-5 SERVINGS



## INGREDIENTS

750g frozen spinach, defrosted, thoroughly drained of liquid, and finely chopped  
375g ricotta  
100g grated Parmesan, divided  
1 large egg  
½ teaspoon salt  
Pinch of freshly grated nutmeg (optional)  
Vegetable oil, for greasing baking dish  
425g jar white lasagne sauce/béchamel  
550g jar tomato and basil sauce  
18 tubes no-cook cannelloni

## DIRECTIONS

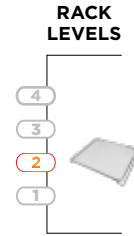
- 1 In a large bowl, mix the spinach, ricotta, 80g Parmesan, egg, salt, and nutmeg to combine.
- 2 Grease a 35cm x 23cm baking dish with vegetable oil, then evenly spread half of the white sauce or béchamel over the bottom of the dish. Spread half of the tomato-basil sauce evenly on top of the white sauce.
- 3 Using a small spoon or a piping bag, stuff the cannelloni with the spinach filling and arrange the stuffed cannelloni in a single layer in the baking dish. Cover with the remaining tomato and basil sauce and then the remaining white sauce. Sprinkle evenly with the remaining 20g Parmesan.
- 4 Install a wire rack on Level 3. Select BAKE, set temperature to 215°C and set time to 20 minutes. Press START/STOP to begin preheating.
- 5 When the unit has preheated, place the baking dish on Level 3. Close oven door to begin cooking.
- 6 When cooking is done, serve immediately.

**TIP** In place of no-cook, dried cannelloni, you can use the same number of 10cm x 12cm fresh pasta sheets, each rolled around 2 tablespoons of filling to form a tube 2cm in diameter. Place rolled cannelloni in baking dish seam-side down.

# HONEY AND ALMOND LOAF CAKE V

**RACK LEVEL 2** | WIRE RACK, NINJA LOAF TIN OR 1kg LOAF TIN

**PREP:** 10 MINUTES | **BAKE:** 60 MINUTES | **MAKES:** 1 LOAF



## INGREDIENTS

225g butter, softened  
125g clear honey  
100g caster sugar  
4 medium eggs  
2 teaspoons baking powder  
100g ground almonds  
175g self-raising flour  
25g flaked almonds  
2 tablespoons honey for drizzling

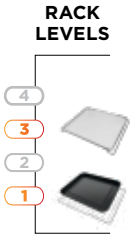
## DIRECTIONS

- 1 Grease the loaf tin and line with a piece of baking parchment.
- 2 In a medium mixing bowl, add all the ingredients except the flaked almonds and honey for drizzling. Beat for 2-3 minutes until smooth.
- 3 Spoon batter into prepared tin and sprinkle cake top with flaked almonds.
- 4 Install the wire rack on level 2. Select **BAKE**, set temperature to 160°C, and set time to 60 minutes. Select **START/STOP** to begin preheating.
- 5 When the unit has preheated, place cake on wire rack. Close oven door to begin cooking.
- 6 After 60 minutes, check if cooked. (A cocktail stick inserted in centre should come out clean, if not cook for a few more minutes).
- 7 Whilst cake is in the tin, drizzle over top with honey. Leave in tin for 30 minutes before removing and cooling completely on a wire rack.

# CHOCOLATE CHIP COOKIES V

**RACK LEVELS 1 & 3** | 2 WIRE RACKS, OVEN TRAY

**PREP:** 10 MINUTES | **BAKE:** 10-12 MINUTES | **MAKES:** 18-20 COOKIES



## INGREDIENTS

75g butter, softened  
75g caster sugar  
75g soft brown sugar  
1 large egg, beaten  
1 teaspoon vanilla extract  
175g plain flour  
1 teaspoon baking powder  
100g chocolate chips

## DIRECTIONS

- 1 In a medium mixing bowl, cream together the butter and sugars until light and fluffy. Beat in the egg a little at a time and stir in the vanilla. Sift flour and baking powder together into bowl. Using a large spoon, fold flour into dough with chocolate chips.
- 2 Line the oven tray with baking parchment. Line another baking tray with baking parchment.
- 3 Place 9-10 large teaspoonfuls of cookie dough evenly spaced onto each tray.
- 4 Install the wire racks on level 1 and 3. Select **BAKE**, select 2 **LEVEL**, set temperature to 180°C, and set time to 12 minutes. Press **START/STOP** to begin preheating.
- 5 When the unit has preheated, place trays on wire racks. Close oven door to begin cooking.
- 6 After 10 minutes, check if ready. (The cookies should be soft in the middle).
- 7 Remove trays from oven and allow cookies to cool on tray for several minutes before serving.



# Cooking a whole roast & vegetables

Using the Whole Roast function is perfect for **cooking large, whole proteins and vegetables**. With the guidelines below, you're on your way to creating your own masterpieces in the Foodi® XL Air Fry Oven.

| STEP 1                      | STEP 2                                                                                                                                             |                                                                                                                                   |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Pick a protein              | Marinate the meat<br>(OPTIONAL)                                                                                                                    |                                                                                                                                   |
| 1.5-2kg<br>Chicken, trussed | Brush with oil, or melted butter.<br>Pick a flavouring or two.<br>Lemon, orange, tarragon,<br>rosemary, thyme, oregano,<br>garlic, salt and pepper | Brush with oil.<br><br>Pick a flavouring or two.<br>Garlic, mustard powder, thyme<br>leaves, salt and pepper                      |
| 1.5kg<br>Beef topside       |                                                                                                                                                    |                                                                                                                                   |
| 1kg<br>Pork Loin Joint      | Brush lean meat with oil.<br><br>Pick a flavouring or two.<br>Garlic, sage, fennel seeds,<br>paprika, salt and pepper                              | Brush with oil.<br>Pick a flavouring or two.<br>Garlic, rosemary, thyme, mint,<br>anchovies, redcurrant jelly,<br>salt and pepper |
| 2kg<br>Leg of lamb          |                                                                                                                                                    |                                                                                                                                   |

| STEP 3                                                    | STEP 4                                                                                                                                                                                                           | STEP 5                                                                                                                                                     | STEP 6                                                                          |
|-----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| Set time, temp, and function                              | Add protein and start cooking                                                                                                                                                                                    | Pick any veggie                                                                                                                                            | Add veggie                                                                      |
| TIME AND TEMP BASED ON PROTEIN. USE WHOLE ROAST FUNCTION. |                                                                                                                                                                                                                  |                                                                                                                                                            |                                                                                 |
| Whole Chicken<br>190°C<br>50-60 minutes                   | Insert wire rack on rack Level 1.<br><br>Press START/STOP to begin preheating.<br><br>Nest roast tray on oven tray and place protein on top.<br><br>After preheated, place all contents on wire rack on Level 1. | 1kg Potatoes<br>Cut in uniform pieces.<br>Toss with 2 Tbsp oil.<br>Season with salt and pepper as desired.                                                 | With 15 minutes remaining, add veggies to air fry basket and insert on Level 4. |
| Beef Roast<br>190°C<br>50-60 minutes                      |                                                                                                                                                                                                                  | 1kg Mixed root vegetables, potatoes, carrots, parsnips                                                                                                     |                                                                                 |
| Pork Loin<br>180°C<br>60-70 minutes                       |                                                                                                                                                                                                                  | 4 Whole potatoes (175-200g ea.)<br>Brush potatoes with oil, pierce potatoes with a fork                                                                    | Cook pork and potato at the same time                                           |
| Leg of lamb<br>160°C<br>1 hour 30 minutes                 |                                                                                                                                                                                                                  | 1kg butternut pumpkin/sweet potato, new potatoes, capsicums<br>Cut in 5cm uniform pieces.<br>Toss with 2 Tbsp oil. Season with salt and pepper as desired. | With 30 minutes remaining, add veggies to air fry basket and insert on Level 4. |

See page 6 for using the racks.



# Cooking a complete meal

Using the Roast function is perfect for **cooking complete meals**.  
Follow the guide below to create delicious family meals.

| STEP 1                           | STEP 2                                                              |                                                          | STEP 3                                                                                     | STEP 4                                                                         | STEP 5                                                                                                             | STEP 6                                               |
|----------------------------------|---------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| <b>Pick a protein</b>            | <b>Marinate the meat</b><br>(OPTIONAL)                              |                                                          | <b>Set time, temp, and function</b><br>TIME AND TEMP BASED ON PROTEIN. USE ROAST FUNCTION. | <b>Add protein and start cooking</b>                                           | <b>Pick veggie - place side by side in basket</b><br>TOSS WITH 2 TBSP OIL. SEASON WITH SALT AND PEPPER AS DESIRED. | <b>Add veggie</b>                                    |
| 12 sausages, 800g                | Brush with 60ml barbecue sauce                                      | Brush with oil, 40ml chipotle sauce and juice of 1 lime  | <b>Sausages</b><br>190°C<br>16-22 minutes                                                  | Insert wire rack on rack Level 1.<br><br>Press START/STOP to begin preheating. | 300g green beans (add after 5 minutes)<br>4 corn on cob, cut in 3                                                  | Add veggies to air fry basket and insert on Level 4. |
| 4 pork chops, 1kg                |                                                                     |                                                          | <b>Pork chops</b><br>190°C<br>24-26 minutes                                                |                                                                                | 300g hand cut potato wedges<br>500g thick asparagus spears (add after 10 minutes)                                  |                                                      |
| 4 chicken breasts, 200-250g each | Brush lean meat with oil.<br>Sprinkle with 1-2 Tbsp steak seasoning | Brush with oil. Sprinkle with 1-2 Tbsp chicken seasoning | <b>Chicken breasts</b><br>200°C<br>25-35 minutes                                           | Nest roast tray on oven tray and place protein on top.                         | 2 large capsicum cut in quarters<br>500g sweet potato cut into 3cm chunks                                          |                                                      |
| 4 sirloin steaks, 230g each      |                                                                     |                                                          | <b>Sirloin steaks</b><br>200°C<br>25-30 minutes                                            | After preheated, place all contents on wire rack on Level 1.                   | 4 large whole portobello mushrooms<br>2 large capsicums cut into quarters                                          |                                                      |
| 4 chicken legs, 1kg              |                                                                     |                                                          | <b>Chicken legs</b><br>200°C<br>25-30 minutes                                              | 500g parsnips cut into 3cm pieces<br>500g hand cut potato wedges               |                                                                                                                    |                                                      |

See page 6 for using the racks.

# Cook easy family meals at the same time

Using the Air Fry function is perfect for **convenience meals**.  
Follow the guide below to create delicious family meals.

| STEP 1                          | STEP 2                                                                                                      |
|---------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Pick your frozen food</b>    | <b>Set time, temp, and function</b><br><small>TIME AND TEMP BASED ON PROTEIN. USE AIR FRY FUNCTION.</small> |
| 4 fish fillets in batter, 440g  | Fish fillets<br>180°C<br>18 minutes                                                                         |
| Chicken nuggets, 400g           | Chicken nuggets<br>190°C<br>18 minutes                                                                      |
| 4 individual chicken pies, 640g | Chicken pies<br>180°C<br>35 minutes                                                                         |
| 8 Pork sausages, 455g           | Sausages<br>200°C<br>25-26 minutes                                                                          |
| 4 Veggie burgers, 560g          | Veggie burgers<br>210°C<br>27-28 minutes                                                                    |
| 4 Chicken Kiev, 410g            | Chicken Kiev<br>180°C<br>20-22 minutes                                                                      |

| STEP 3                                                                                                                                       | STEP 4                  | STEP 5                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|------------------------------------------------------|
| <b>Add protein and start cooking</b>                                                                                                         | <b>Pick veggie</b>      | <b>Add veggie</b>                                    |
| Insert wire rack on rack Level 2.<br><br>Place frozen food on oven tray.<br><br>After preheated, place all contents on wire rack on Level 2. | 500g French fries       | Add veggies to air fry basket and insert on Level 4. |
|                                                                                                                                              | 500g green beans        |                                                      |
|                                                                                                                                              | 800g roast potatoes     |                                                      |
|                                                                                                                                              | 500g chunky chips       |                                                      |
|                                                                                                                                              | 650g potato wedges      |                                                      |
|                                                                                                                                              | 500g sweet potato fries |                                                      |

See page 6 for using the racks.

# Air Fry Cooking Chart

**NOTE** When cooking foods on one level, cut ingredient amount by 50% for best results.

| INGREDIENT                 | AMOUNT            | PREPARATION | OIL            | TEMP  | ONE-LEVEL COOK TIME |
|----------------------------|-------------------|-------------|----------------|-------|---------------------|
| <b>FROZEN FOOD</b>         |                   |             |                |       |                     |
| Chicken nuggets            | 400g              | None        | None           | 200°C | 10 mins             |
| Chunky chips               | 500g              | None        | None           | 180°C | 24 mins             |
| Fish fillets (breaded)     | 4 (440g)          | None        | None           | 180°C | 20 mins             |
| Fish fingers (breaded)     | 10 (280g)         | None        | None           | 200°C | 10 mins             |
| French fries               | 500g              | None        | None           | 190°C | 18 mins             |
| Garlic bread               | 1 (170g)          | None        | None           | 190°C | 10-12 mins          |
| Onion rings                | 300g              | None        | None           | 200°C | 14 mins             |
| Potato croquettes          | 550g              | None        | None           | 200°C | 18 mins             |
| Potato waffles             | 570g              | None        | None           | 200°C | 10 mins             |
| Potato wedges              | 650g              | None        | None           | 200°C | 18-20 mins          |
| Quiche                     | 1 (400g)          | None        | None           | 180°C | 25 mins             |
| Roast potatoes             | 600g              | None        | None           | 210°C | 25 mins             |
| Sweet potato fries         | 500g              | None        | None           | 180°C | 18-20 mins          |
| Veggie burgers             | 4 (455g)          | None        | None           | 200°C | 18 mins             |
| <b>MEAT, POULTRY, FISH</b> |                   |             |                |       |                     |
| Burgers                    | 4 (115g each)     | None        | None           | 190°C | 18 mins             |
| Chicken thighs, with bone  | 6 (1kg)           | Pat dry     | Brush with oil | 190°C | 24 mins             |
| Chicken legs               | 6 legs (750g)     | Pat dry     | Brush with oil | 190°C | 18-25 mins          |
| Sausages                   | 8 sausages (450g) | None        | None           | 200°C | 11-12 mins          |
| Cod fillets                | 4 (140g each)     | None        | Brush with oil | 200°C | 13-15 mins          |
| Fish cakes                 | 4 (145g each)     | None        | None           | 200°C | 18 mins             |

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

You can air fry on 2 levels using an air fry basket on Level 4 and oven tray with roast tray on wire rack on Level 2. For best results, we recommend purchasing a second air fry basket at [ninjakitchen.com.au](http://ninjakitchen.com.au) or [ninkakitchen.co.nz](http://ninkakitchen.co.nz)



When air frying on 2 levels, slide basket into rails of Level 4 and place oven tray with roast tray on Level 2

# Air Fry Cooking Chart – Continued

**NOTE** When cooking foods on one level, cut ingredient amount by 50% for best results.

| INGREDIENT                                   | AMOUNT         | PREPARATION                                                    | OIL      | TEMP  | ONE-LEVEL COOK TIME |
|----------------------------------------------|----------------|----------------------------------------------------------------|----------|-------|---------------------|
| <b>VEGETABLES</b>                            |                |                                                                |          |       |                     |
| Asparagus                                    | 4 bunches, 1kg | Trim stems                                                     | 2 Tbsp   | 200°C | 13-15 mins          |
| Beetroot                                     | 1.5kg          | Peel, cut in 1.5cm cubes                                       | 2 Tbsp   | 200°C | 18-23 mins          |
| Capsicum                                     | 8 peppers      | Cut in quarters, remove seeds                                  | 2 Tbsp   | 200°C | 15-20 mins          |
| Broccoli                                     | Up to 1.5kg    | Cut in 2.5-5cm florets                                         | 2 Tbsp   | 190°C | 13-17 mins          |
| Brussels sprouts                             | Up to 2kg      | Cut in half, remove stems                                      | 1 Tbsp   | 220°C | 13-17 mins          |
| Butternut pumpkin                            | 1kg            | Peel, deseed and cut into 3cm chunks                           | 1 Tbsp   | 200°C | 23-24 mins          |
| Carrots                                      | 500g           | Peel, cut in 1.25cm rounds                                     | 1 Tbsp   | 200°C | 14 mins             |
| Cauliflower                                  | 1 head (500g)  | Cut in 2.5-5cm florets                                         | 1 Tbsp   | 190°C | 13-16 mins          |
| Zucchini                                     | 500g           | Cut in quarters lengthwise, then cut in 2.5cm pieces           | 1 Tbsp   | 200°C | 15 mins             |
| Mushrooms                                    | 300g           | Wipe, quarter                                                  | 2 Tbsp   | 200°C | 8 mins              |
| Parsnip                                      | 500g           | Peel, cut into eights, approx. 9cm lengths                     | 1 Tbsp   | 200°C | 13 mins             |
| Potatoes, King Edward, Maris Piper or russet | 1kg            | Cut in 2.5cm wedges                                            | 1-3 Tbsp | 200°C | 24 mins             |
| Potatoes, King Edward, Maris Piper or russet | 700g           | Hand-cut fries, soak 30 mins in cold water, rinse then pat dry | 1-3 Tbsp | 200°C | 20-22 mins          |
| Potatoes, sweet                              | 500g-1kg       | Cut into 2.5cm wedges                                          | 1-3 Tbsp | 200°C | 12-15 mins          |

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## Pizza chart

| INGREDIENT                | AMOUNT   | PREPARATION        | TEMP  | ONE-LEVEL COOK TIME | TWO-LEVEL COOK TIME |
|---------------------------|----------|--------------------|-------|---------------------|---------------------|
| <b>FROZEN PIZZA</b>       |          |                    |       |                     |                     |
| FOR SAME FOOD LOAD        |          |                    |       |                     |                     |
| Thin crust pizza, 29-30cm | 1 (420g) | Place on wire rack | 180°C | 10-15 mins          | 10-15 mins          |
| Stuffed crust pizza, 30cm | 1 (630g) | Place on oven tray | 180°C | 18 mins             | 20 mins             |
| Mini pizza, 12cm          | 1 (90g)  | Place on wire rack | 180°C | 9 mins              | 12-13 mins          |
| <b>FRESH PIZZA</b>        |          |                    |       |                     |                     |
| FOR SAME FOOD LOAD        |          |                    |       |                     |                     |
| Classic crust pizza, 25cm | 1 (280g) | Place on wire rack | 200°C | 10 mins             | 11 mins             |
| Thick crust pizza, 22cm   | 1 (410g) | Place on wire rack | 200°C | 17 mins             | 17 mins             |
| Stuffed crust, 28-30cm    | 1 (490g) | Place on wire rack | 200°C | 11 mins             | 11 mins             |
| Thin crust pizza, 25cm    | 1 (260g) | Place on wire rack | 200°C | 10 mins             | 10 mins             |



When air frying on 2 levels, slide basket into rails of Level 4 and place oven tray with roast tray on Level 2

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

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