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









# NINJA Foodi

10-IN-1 MULTIFUNCTION OVEN

Quick Start & Recipe Guide









# Your guide to cooking like a Foodi®

Welcome to the Ninja® Foodi® 10-in-1 Multifunction 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.



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# Recipe Key

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







# Using 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.
- **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  $^{\circlearrowleft}$  (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.

# Cooking on different levels

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

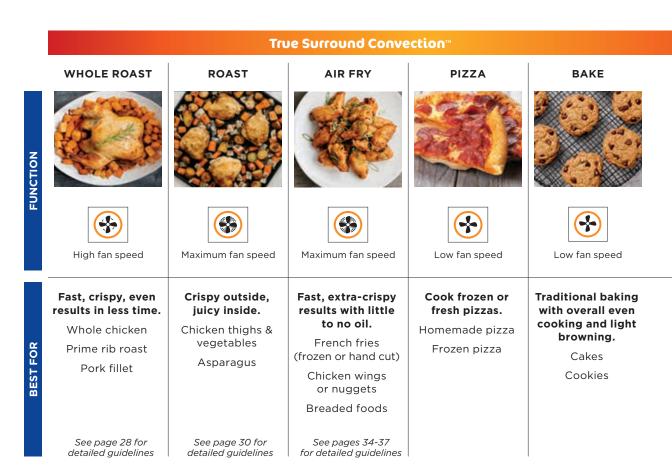
# Air fry chicken goujons and French fries

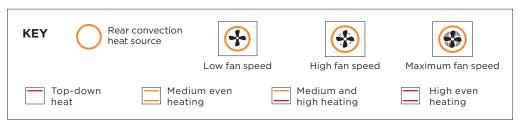
Select AIR FRY function Press 2 LEVEL button Use Levels 2 and 4



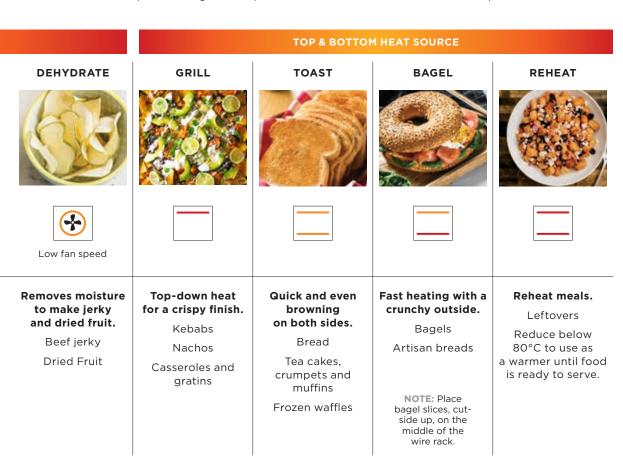
# Understanding each function

Depending on which function you choose to make your next dish, the Ninja® Foodi® 10-in-1 Multifunction Oven will activate the appropriate number of heating elements and distribute the right of amount of airflow to deliver delicious, perfectly cooked results.





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



# 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.

	WHOLE ROAST	ROAST	AIR FRY	PIZZA	BAKE
L	4	4	For veggies & starches *	4	4
PLACEMENT	OOOKING 3	3	3 OR For oiled	*	3
	2	2	veggies & proteins	2	+ Accessory
ACCESSORY	1	1		1	1
JIDE	<b>4</b>	4	4	4	4
RACK GUIDE	COOKING	3	3	3	3
DIGITAL	2 LEVEL	2	2	2	+ Accessory
٥١٥	1	1	1	1	1

# Rack Levels Level in use Wire Rack Air Fry Basket Oven Tray on Wire Rack Oven Tray on Oven Tray on Oven Tray on Wire Rack Oven Tray on Wire Rack Oven Tray on Oven Tray on Wire Rack

DEHYDRATE	GRILL	TOAST	BAGEL	REHEAT
4	4	4	4	4
*	3	*	3	3
2	2	2	2	2
1	1	1	1	1
4				
3			NOTE: Place bagel slices, cut- side up, on the middle of the	
2			wire rack.	

<sup>\*</sup>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 meats at or below 190°C and clean accessories and inside of unit regularly.

# Always use the recommended oil or fat









# **Recommended:**

Vegetable Sunflower Rapeseed Refined coconut Avocado Grapeseed

## Not recommended:

Olive oil Butter Margarine

# Always use recommended oils

For less smoke, use oils with a high smoke point—like vegetable, rapeseed, 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.



For marinades containing sugar, honey or other sweeteners, brush onto meat or fish halfway through cooking to avoid burning.

# 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.

# RACK LEVELS

# 3 2 2

# 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.

- 1 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.
- 2 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.
- 3 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.
- **4** When the unit has preheated, place oven tray on wire rack on Level 1. Close oven door to begin cooking.
- **5** 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.
- **6** 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.
- 7 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.

# HUNTER'S CHICKEN & HERBY HASSELBACK POTATOES 🐯 🕟

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

PREP: 15 MINUTES | AIR FRY: 30 MINUTES | MAKES: 4 SERVINGS



RACK

#### **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

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

#### **DIRECTIONS**

- 1 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.
- 2 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.
- **3** 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.
- **4** 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.
- 5 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.
- **6** Cooking of the chicken is complete when an instant-read thermometer inserted in chicken reads 75°C.
- **7** Serve chicken and potatoes hot with green vegetables.

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

1/4 teaspoon chilli flakes

680g chicken breast, cut into 3cm chunks

6 pitta breads

#### FOR THE TZATZIKI:

175g plain Greek yogurt 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

- 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 trav.
- 4 Install wire racks on Levels 1 and 3. Place trav 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 > (8)

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

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



RACK

# **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 pepper, 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 oven tray. Sprinkle peppers, 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.

#### RACK LEVELS

# TUSCAN ROAST PORK (PORCHETTA) & ROAST VEGETABLES 😻 📧

4 3

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 courgettes, 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

- 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 is complete when an instant-read thermometer inserted in the centre of the pork 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 COURGETTES \*\*

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 courgettes
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 courgettes 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 rearrange potatoes if they are starting to colour. Slide basket with courgettes 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



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**

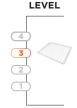
- 1 In a jug, whisk coconut milk and curry paste together. Place salmon, trimmed beans and spring onions onto the oven tray. Sprinkle over coriander, pour over coconut milk and paste.
- 2 Wash rice and place in a shallow casserole dish, pour over boiling water/stock and add salt if not using stock. Stir 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.

TIP Baby corn can be added, if desired.



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

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



RACK

## **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

- 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 fraiche, 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.

# 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



RACK

# **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

- 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, slide 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

- 1 Divide pizza dough into four and, using a little flour, roll each piece out into roughly 12cm circles.
- 2 Line 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 Trav on wire rack on Level 3. Close oven door to beain cookina.
- 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 V

LEVEL

RACK

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

TIP Line oven tray with baking parchment for easy removal of pizza.

- 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 of necessary.
- 8 When cooked, sprinkle with parsley, drizzle with more oil, if desired, and serve hot with a crisp salad.

#### RACK LEVELS

# **AUBERGINE AND PESTO CALZONES** & ROASTED TOMATO SAUCE **V**

3 2

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 aubergine, 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

1/4 teaspoon dried oregano

**NOTE:** A 2nd baking tray will be required.

- 1 Arrange the aubergine slices evenly in the air fry basket and brush them with oil.
- 2 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, slide air fry basket on Level 3. Close oven door to begin cooking.

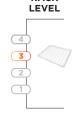
- **4** Meanwhile, lightly dust two 31cm x 36cm sheets of baking parchment with flour, then roll or stretch the dough balls out on the sheets to form two 23cm rounds. Remove aubergine slices from oven once cooked and allow to cool.
- **5** Spread 1 tablespoon pesto evenly over half of each round, leaving a 2cm border around the edge. Top each with half of the aubergine slices, 20g mozzarella, and 1 teaspoon Parmesan, then fold over to form 2 crescent shapes. Press firmly along the edges, then crimp with fork prongs 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 🕏

RACK LEVEL 3 | WIRE RACK

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



RACK

## **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.

- 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 🕑

RACK LEVEL

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 7est 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 (or vegetarian equivalent), grated

- 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



RACK

# **INGREDIENTS**

750g frozen spinach, defrosted, thoroughly drained of liquid, and finely chopped

375g ricotta

100g grated Parmesan (or vegetarian equivalent), 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

225a butter, softened 125g clear honev 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

- 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



LEVELS

## **INGREDIENTS**

75a 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

**NOTE:** A 2nd baking tray will be required.



- 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 travs from oven and allow cookies to cool on tray for several minutes before serving.

# Complete Meals: Whole Roast

#### STEP 1

# Pick a protein

# STEP 2

# Marinate the meat

(OPTIONAL)

1.5-2kg Chicken, trussed

> 1.5kg Beef topside

1kg Pork Loin Joint

2kg Leg of lamb Brush with oil, or melted butter.
Pick a flavouring or two.
Lemon, orange, tarragon,
rosemary, thyme,oregano,
garlic, salt and pepper

Brush lean meat with oil.

Pick a flavouring or two. Garlic, sage, fennel seeds, paprika, salt and pepper Brush with oil.

Pick a flavouring or two.

Garlic, mustard powder, thyme
leaves, salt and pepper

Brush with oil.
Pick a flavouring or two.
Garlic, rosemary, thyme, mint,
anchovies, redcurrant jelly,
salt and pepper

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\* 10-in-1 Multifunction Oven.

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

# Complete Meals: Roast

# Pick a protein

# STEP 2

# Marinate the meat

(OPTIONAL)

12 sausages, 800g

4 pork chops, 1kg

4 chicken breasts, 200-250g each

4 sirloin steaks, 230g each

4 chicken legs, 1kg

Brush with 60ml barbecue sauce

Brush lean meat with oil.

Sprinkle with 1-2 Tbsp steak seasoning

Brush with oil, 40ml chipotle sauce and juice of 1 lime

Brush with oil.

Sprinkle with 1-2 Tbsp chicken seasoning

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

STEP 3	STEP 4	STEP 5	STEP 6
Set time, temp, and funtion  TIME AND TEMP BASED ON PROTEIN.  USE ROAST FUNCTION.	Add protein and start cooking	Pick veggie - place side by side in basket TOSS WITH 2 TBSP OIL. SEASON WITH SALT AND PEPPER AS DESIRED.	Add veggie
Sausages 190°C 16-22 minutes		300g green beans (add after 5 minutes) 4 corn on cob, cut in 3	
Pork chops 190°C 24-26 minutes	Insert wire rack on rack Level 1.	300g hand cut potato wedges 500g thick asparagus spears (add after 10 minutes)	
Chicken breasts 200°C 25-35 minutes	Press START/STOP to begin preheating.  Nest roast tray on oven tray and place	2 large bell peppers cut in quarters 500g sweet potato cut into 3cm chunks	Add veggies to air fry basket and insert on Level 4.
Sirloin steaks 200°C 25-30 minutes	After preheated, place all contents on wire rack on Level 1.	4 large whole portobello mushrooms 2 large peppers cut into quarters	
Chicken legs 200°C 25-30 minutes		500g parsnips cut into 3cm pieces 500g hand cut potato wedges	

See page 6 for using the racks.

# Complete Meals: Air Fry

STEP 1	STEP2
Pick your frozen food	Set time, temp and funtion TIME AND TEMP BASED ON PROTEIN. USE AIR FRY FUNCTION.
4 fish fillets in batter, 440g	Fish fillets 180°C 18 minutes
Chicken nuggets, 400g	Chicken nuggets 190°C 18 minutes
4 individual chicken pies, 640g	Chicken pies 180°C 35 minutes
8 Pork sausages, 454g	Sausages 200°C 25-26 minutes
4 Veggie burgers, 560g	Veggie burgers 210°C 27-28 minutes
4 Chicken Kiev, 408g	Chicken Kiev 180°C 20-22 minutes

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



See page 6 for using the racks.

# **Air Fry Cooking Chart**

INGREDIENT	AMOUNT	PREPARATION
FROZEN FOOD		
Chicken nuggets	397g	None
Chunky chips	500g	None
Fish fillets (breaded)	4 (440g)	None
Fish fingers (breaded)	10 (280g)	None
French fries	500g	None
Garlic bread	1 (169g)	None
Hash browns	625g	None
Onion rings	300g	None
Potato croquettes	550g	None
Potato waffles	567g	None
Potato wedges	650g	None
Quiche	1 (400g)	None
Roast potatoes	600g	None
Scampi	280g	None
Sweet potato fries	500g	None
Veggie burgers	4 (454g)	None
Vegetarian Sausages	6 (270g)	None
MEAT, POULTRY, FISH		
Burgers	4 (115g each)	None
Chicken thighs, with bone	6 (1kg)	Pat dry
Chicken legs	6 legs (750g)	Pat dry
-		

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

OIL	TEMP	ONE-LEVEL COOK TIME
None	200°C	10 mins
None	180°C	24 mins
None	180°C	20 mins
None	200°C	10 mins
None	190°C	18 mins
None	190°C	10-12 mins
None	200°C	10 mins
None	200°C	14 mins
None	200°C	18 mins
None	200°C	10 mins
None	200°C	18-20 mins
None	180°C	25 mins
None	210°C	25 mins
None	200°C	10 mins
None	180°C	18-20 mins
None	200°C	18 mins
None	200°C	10 mins
None	190°C	18 mins
Brush with oil	190°C	24 mins
Brush with oil	190°C	18-25 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.co.uk.



# **Air Fry Cooking Chart**

INGREDIENT	AMOUNT	PREPARATION
Chicken wings	1kg	Pat dry
Cod fillets	4 (140g each)	None
Fish cakes	4 (145g each)	None
Gammon steaks	2 (450g)	Pat dry
Lamb chops	4 (300g)	None
Pork chops	4 (250g each)	None
Pork Loin steaks	6 600g	None
Sirloin steak	4 (225g each)	None
Salmon fillets	4 (120g each)	Pat dry
VEGETABLES		
Asparagus	500g	Trim stems
Aubergine	500g	Cut in 3cm chunks
Beetroot	800g	Peel, cut in half or quarters or eights if large
Bell peppers	4 peppers	Cut in quarters, remove seeds
Broccoli	500g	Cut into 5cm florets
Brussels sprouts	400g	Trim
Butternut squash	1kg	Peel, deseed and cut into 3cm chunks
Carrots	500g	Peel, cut in 1.25cm rounds
Cauliflower	1 head (500g)	Cut in 2.5-5cm florets
Courgette	500g	Cut in quarters lengthwise, then cut in 2.5cm pieces
Mushrooms	300g	Wipe, quarter
Parsnip	500g	Peel, cut into eights, approx. 9cm lengths
Potatoes, King Edward, Maris Piper or russet	1kg	Cut in 2.5cm wedges

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

OIL	TEMP	ONE-LEVEL COOK TIME	
Brush with oil	200°C	20 mins	
Brush with oil	200°C	13-15 mins	
None	200°C	18 mins	
Brush with oil	200°C	10-12 mins	
Brush with oil	200°C	9-10 mins	
Brush with oil	190°C	20 mins	
Brush with oil	200°C	13-14 mins	
Brush with oil	200°C	12 mins	
Brush with oil	200°C	12 mins	
Brush with oil	200°C	10 mins	
Brush with oil	200°C	12 mins	
1 Tbsp	200°C	20-25 mins	
1 Tbsp	200°C	14 mins	
2 Tbsp	200°C	12 mins	
1 Tbsp	200°C	12 mins	
1 Tbsp	200°C	23-24 mins	
1 Tbsp	200°C	14 mins	
1 Tbsp	190°C	13-16 mins	
1 Tbsp	200°C	15 mins	
2 Tbsp	200°C	8 mins	
1 Tbsp	200°C	13 mins	
1-3 Tbsp	200°C	24 mins	
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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.co.uk.



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

# Air Fry Cooking Chart - Continued

INGREDIENT	AMOUNT	PREPARATION	
Potatoes, King Edward, Maris Piper or russet	700g	Hand-cut fries, soak 30 mins in cold water, rinse then pat dry	
Potatoes, sweet	500g-1kg	Cut into 2.5cm wedges	
Tofu (firm)	400g	Press dry and cut into 2.5 cm cubes	

# Pizza chart

INGREDIENT	AMOUNT	PREPARATION	
FROZEN PIZZA			
Deep pan pizza, 26cm	1 (381g)	Place on wire rack	
Pizza subs	2 (250g)	Place on wire rack	
Thin crust pizza, 29-30cm	1 (420g)	Place on wire rack	
Stuffed crust pizza, 30cm	1 (630g)	Place on oven tray	
Mini pizza, 12cm	1 (89g)	Place on wire rack	
FRESH PIZZA			
Classic crust pizza, 25cm	1 (280g)	Place on wire rack	
Thick crust pizza, 22cm	1 (411g)	Place on wire rack	
Stuffed crust, 28-30cm	1 (588g)	Place on wire rack	
Thin crust pizza, 25cm	1 (261g)	Place on wire rack	

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

OIL	TEMP	ONE-LEVEL COOK TIME
1-3 Tbsp	200°C	20-22 mins
1-3 Tbsp	200°C	20-24 mins
1 Tbsp	200°C	10 mins



TEMP	ONE-LEVEL COOK TIME	TWO-LEVEL COOK TIME	
		FOR SAME FOOD LOAD	
170°C	22 mins	22 mins	
180°C	14 mins	14-15 mins	
180°C	10-15 mins	10-15 mins	
180°C	18 mins	20 mins	
180°C	9 mins	12-13 mins	
		FOR SAME FOOD LOAD	
200°C	10 mins	11 mins	
200°C	17 mins	17 mins	
200°C	11 mins	11 mins	
200°C	10 mins	10 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.co.uk.



# **NOTES**

NOTES		



**10-IN-1 MULTIFUNCTION OVEN** 

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