

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



**NINJA**  
**Foodi**  
**MINI**  
**4.7L Multi-Cooker**

15 mouthwatering  
recipes and charts for  
unlimited possibilities



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## Pressure, meet Crisp

TenderCrisp® Technology allows you  
to harness the speed of pressure cooking  
to quickly cook ingredients, then the revolutionary  
crisping lid gives your meals a crispy, golden finish  
that other pressure cookers can only dream of.

# Pressure Lid

With this lid on, the Foodi® is the ultimate pressure cooker. Transform the toughest ingredients into tender, juicy and flavourful meals in an instant.



**PRESSURE COOK**

Pressurised steam infuses moisture into ingredients and quickly cooks them from the inside out.



**STEAM**

Steam infuses moisture, seals in flavour and maintains the texture of your food.



**SLOW COOK**

Cook low and slow to create your favourite chillis and stews.



**SEAR/SAUTÉ**

Five temperature settings allow you to build flavour by searing, sautéing, simmering and more.

# Crisping Lid

Start or finish recipes by dropping this top to unleash super-hot, rapid-moving air around your food to crisp and caramelise to golden-brown perfection.



**AIR CRISP**

Want that crispy, golden, texture without all the fat and oil? Air Crisping is for you.



**BAKE/ROAST**

Don't waste time waiting for your oven to preheat. Make your favourite casseroles and roasted vegetables in less time.

# The Art of TenderCrisp®

Start with pressure cooking. Finish with the crisping method of your choice. That's how you get TenderCrisp results.

The best part? There's more than one way to TenderCrisp.

You can start with ingredients that are frozen or fresh.

You can cook chicken, vegetables or fish. You can prepare your favourite chilli or stew too. But when you TenderCrisp, you always finish with a crispy, delicious twist.



TenderCrisp  
Frozen to Crispy



TenderCrisp  
Starters & Mains



TenderCrisp  
One-Pot Wonders

# TenderCrisp® Herb-Roasted Chicken

**PREP:** 10 MINUTES | **COOK TIME:** 30 MINUTES | **MAKES:** 2-3 SERVINGS APPROX  
**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE COOK:** 20 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR CRISP:** 10 MINUTES

## INGREDIENTS

1 whole chicken (1.5kg)  
 Juice of 2 lemons  
 (60ml lemon juice)  
 120ml hot water  
 60ml honey  
 2 tablespoons plus 2 teaspoons  
 sea salt, divided

1 tablespoon whole black peppercorns  
 5 sprigs fresh thyme  
 5 garlic cloves, peeled, smashed  
 1 tablespoon olive oil  
 2 teaspoons ground black pepper

## DIRECTIONS



In a small bowl, mix together lemon juice, hot water, honey and 2 tablespoons salt.



Pour mixture into the pot. Place whole peppercorns, thyme and garlic in the pot. Place Cook & Crisp™ Plate in pot.



Place chicken in Cook & Crisp™ Plate. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.



Select PRESSURE and set to LO. Set time to 20 minutes. Select START/STOP to begin.



When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Brush chicken with olive oil or spray with cooking spray. Season with salt and pepper.



Close crisping lid. Select AIR CRISP, set temperature to 180°C, and set time to 10 minutes. Select START/STOP to begin. Cook until desired level of crispiness is reached, adding up to 10 additional minutes if desired.



For best results, let chicken rest for 5-10 minutes before serving. Cooking is complete when internal temperature reaches 75°C. Remove chicken from Cook & Crisp™ Plate and serve.



**TIP** Use cooking spray in place of oil to evenly coat large cuts of protein in the Cook & Crisp™ Plate.

# TenderCrisp® Baked Macaroni & Cheese

**PREP:** 10 MINUTES | **COOK TIME:** 14 MINUTES | **MAKES:** 2 SERVINGS | **APPROX. PRESSURE BUILD:** 7 MINUTES  
**PRESSURE COOK:** 0 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES | **AIR CRISP:** 7 MINUTES

## INGREDIENTS

650ml water	1 teaspoon garlic powder
200g macaroni	1 tsp dried English mustard powder
250ml crème fraîche	50g panko bread crumbs
200g mature cheddar cheese, grated	50g butter
50g parmesan cheese, grated	
Salt and freshly ground black pepper	
1 teaspoon onion powder	

## DIRECTIONS



Add the water and dry pasta to pot, stirring to incorporate.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to low. Set time to 0 minutes (the time the unit takes to pressurise is long enough to cook the pasta). Select START/STOP to begin.



When pressure cooking is complete, allow pressure to natural release for 8 minutes. After 8 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Stir pasta, add remaining ingredients, except bread crumbs and butter to the pot.



Mix well to melt cheese and ensure all ingredients are combined.



In a bowl, stir together the bread crumbs and melted butter. Cover pasta evenly with the mixture.



Close the crisping lid. Select AIR CRISP, set the temperature to 180°C and set the time to 7 minutes. Select START/STOP to begin.



When cooking is complete, serve immediately.

**TIP** To make this mac & cheese more child friendly, remove onion, garlic and mustard powder and serve the children before adding the bread crumb topping.

# TenderCrisp® Buffalo Chicken Wings

**PREP:** 5 MINUTES | **COOK TIME:** 35 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 10 MINUTES  
**PRESSURE COOK:** 5 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR CRISP:** 20 MINUTES

## INGREDIENTS

120ml water  
750g frozen uncooked  
chicken wings  
2 tablespoons vegetable oil

60ml Buffalo sauce  
1 tablespoon unsalted butter, softened  
1 tablespoon brown sugar  
1 teaspoon sea salt

## DIRECTIONS



Place Cook & Crisp™ Plate in pot, then pour water into pot. Place wings on Cook & Crisp™ Plate. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.



Select PRESSURE and set to HI. Set time to 5 minutes. Select START/STOP to begin.



When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Pat wings dry with paper towels and toss with 2 tablespoons oil in the pot.



Close crisping lid. Select AIR CRISP, set temperature to 200°C and set time to 20 minutes. Select START/STOP to begin.



After 10 minutes, open lid, then lift pot and shake wings or toss them with silicone-tipped tongs. Lower pot back into unit and close lid to resume cooking.



While the wings are cooking, stir together Buffalo sauce, butter, brown sugar and salt together in a large mixing bowl. Stir well to combine.



When cooking is complete, transfer wings to the bowl with Buffalo sauce and toss to coat. Serve immediately.

# SWEET POTATO AND PEPPER FRITATTA

**PREP:** 5 MINUTES | **COOK TIME:** 15 MINUTES | **MAKES:** 2 SERVINGS | **SEAR/SAUTÉ:** 8 MINUTES  
**BAKE/ROAST:** 7 MINUTES

## INGREDIENTS

2 tablespoons vegetable oil  
4 spring onions, sliced  
1 red pepper, de-seeded and diced  
250g cooked sweet potato cubed  
6 large eggs  
3 tablespoons single cream  
2 tablespoons of freshly chopped parsley  
Salt and freshly ground black pepper  
125g cheddar cheese, grated

## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Add oil to pot and allow to preheat for 3 minutes.
- 2 Add onion and pepper into pot and cook for about 5-6 minutes, stirring occasionally. Stir in sweet potato and cook for about 2 minutes, again stirring occasionally.
- 3 Meanwhile, whisk eggs with cream, parsley, seasoning and half the cheese. Pour egg mixture over vegetables and stir to incorporate. Sprinkle over with the remaining cheese.
- 4 Close crisping lid. Select BAKE/ROAST, set temperature to 180°C, and set time to 7 minutes. Select START/STOP to begin.
- 5 When cooking is complete, serve cut into wedge shape portions.

# LANCASHIRE HOT POT

**PREP:** 35 MINUTES | **COOK TIME:** 29-35 MINUTES | **MAKES:** 2-4 SERVINGS | **SEAR/SAUTÉ:** 7-9 MINUTES  
**APPROX. PRESSURE BUILD:** 9 MINUTES | **PRESSURE COOK:** 18 MINUTES | **PRESSURE RELEASE:** NATURAL FOR 10 MINUTES  
**AIR CRISP:** 7-10 MINUTES

## INGREDIENTS

1 tablespoon vegetable oil  
4-6 lamb chops  
2 large onions, peeled, sliced  
2 large carrots, peeled, diced  
1 stick of celery, sliced  
1 clove garlic, peeled and crushed  
1 tablespoon Worcestershire sauce  
2 tablespoons plain flour  
550ml lamb or chicken stock  
1 sprig of thyme  
1 bayleaf  
½ teaspoon sea salt  
Freshly ground black pepper  
650g floury potatoes, peeled, cut into 1cm slices  
25g melted butter  
Chopped parsley to garnish

## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium high). Select START, add oil and allow to heat for 2 minutes. Brown lamb chops on both sides, remove and set aside.
- 2 Add the onion, carrots, celery and sauté until onion is soft for 5 to 7 minutes, stirring occasionally. Add garlic, Worcestershire sauce, and flour, sauté for another minute. Gradually stir in stock, making sure to deglaze residue from bottom of pan. Turn off SEAR/SAUTÉ. Add lamb chops thyme, bay leaf and seasoning.
- 3 Layer potato slices onto of lamb, slightly overlapping until all the meat is covered. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 18 minutes. Select START/STOP to begin. When pressure cooking is complete, allow pressure to naturally release for 10 minutes. Then quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 5 Brush melted butter over potatoes.
- 6 Close the crisping lid; select AIR CRISP, set temperature to 200°C. Set time to 7-10 minutes. Select START/STOP to begin.
- 7 Cooking is complete when the potatoes are golden brown. Sprinkle over parsley and serve.



# MEATBALLS IN TOMATO SAUCE

**PREP:** 20 MINUTES | **COOK TIME:** 17-20 MINUTES | **MAKES:** 2 SERVINGS  
**PRESSURE BUILD:** 6 MINUTES | **PRESSURE COOK:** 6 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

### For the meatballs

300g beef mince  
1 small onion, peeled, finely chopped  
1 clove garlic, peeled, chopped  
25g fresh breadcrumbs  
1 egg, lightly beaten  
1 teaspoon dried mixed herbs  
Salt and freshly ground black pepper  
1 tablespoon olive oil

### For the tomato sauce

1 tablespoon olive oil  
1 onion, peeled and sliced  
1 garlic clove, crushed  
½ teaspoon dried chilli flakes  
1 teaspoon caster sugar  
1 tablespoon tomato puree  
1 x 400g can chopped tomatoes  
300ml stock  
2 tablespoons fresh basil, chopped  
150g dried penne pasta  
Salt and freshly ground black pepper  
Basil leaves for garnish

## DIRECTIONS

- 1 In a large bowl, combine beef, onion, garlic, breadcrumbs, egg, herbs, salt and pepper. Form mixture into about 10 small meatballs.
- 2 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Add oil and allow to preheat for 3 minutes.
- 3 After 3 minutes, add meatballs to the pot. Cook meatballs for 8 to 10 minutes, turning occasionally until all sides are browned. Transfer browned meatballs onto plate; set aside.
- 4 Add 1 tablespoon olive oil, onion, garlic, chilli flakes to pot. Sauté for 3-4 minutes until soft.
- 5 Stir in sugar, tomato puree, canned tomatoes, stock, basil, pasta, season to taste. Make sure the pasta is covered with sauce and then place the meatballs on top.
- 6 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 6 minutes. Select START/STOP to begin.
- 7 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. When cooking is complete, garnish with basil leaves and serve immediately.

# SHEPHERDS PIE

**PREP:** 25 MINUTES | **COOK TIME:** 24-26 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1.2kg potatoes, peeled, cut into 2.5cm chunks  
 250ml water  
 70g butter  
 120ml milk  
 ½ teaspoon sea salt  
 Freshly ground black pepper  
 1 tablespoon wholegrain mustard  
 1 tablespoon vegetable oil  
 1 large onion, peeled, sliced  
 2 large carrots, peeled, diced  
 1 clove garlic, peeled, finely chopped  
 1 tablespoon tomato paste  
 1 tablespoon Worcestershire sauce  
 500g beef mince  
 400ml beef stock, made with a beef stock cube  
 1 teaspoon dried thyme  
 2 tablespoons plain flour  
 2 tablespoons fresh parsley, chopped for garnish

## DIRECTIONS

- 1 Place potatoes and water into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to HI. Set time to 7 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Drain potatoes if necessary, transfer to bowl, mash with butter, milk, ½ teaspoon salt, pepper to taste and mustard; and cover to keep warm. Wipe out pot and return to unit.
- 5 Select SEAR/SAUTÉ and set to 4 (medium high). Add oil and allow to heat for 2 minutes.
- 6 Add the onion, carrots and sauté for 5-7 minutes until onion is soft for, stirring occasionally. Add garlic, tomato paste, and Worcestershire sauce and sauté for another minute. Stir in beef, breaking it down to ensure it is not lumpy, then stir in stock and thyme. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 7 Select PRESSURE and set to HIGH. Set time to 4 minutes. Select START/STOP to begin. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 8 Stir flour into meat mixture. Top with the mashed potatoes, spread evenly over the meat mixture and make a pattern with the back of a fork.
- 9 Close the crisping lid; select AIR CRISP, set temperature to 200°C. Set time to 6 minutes. Select START/STOP to begin.
- 10 Cooking is complete when the pie is golden brown. Sprinkle over parsley and serve.



# SALMON & BROCCOLI PIE

**PREP:** 20 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1kg potatoes, peeled, cut into 2.5cm chunks  
 250ml water  
 50g butter  
 70ml milk  
 ½ teaspoon sea salt  
 Freshly ground black pepper  
 50g butter  
 1 medium onion, peeled and chopped  
 50g plain flour  
 150ml white wine  
 350ml milk  
 150ml single cream  
 150g broccoli, cut into very small florets  
 500g skinless salmon cut into 3cm cubes  
 200g peeled cooked prawns  
 2 tablespoons fresh parsley  
 50g grated Gruyere cheese

## DIRECTIONS

- 1 Place potatoes and water into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to HI. Set time to 7 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Drain potatoes if necessary, transfer to a bowl, mash with butter, milk, ½ teaspoon salt, pepper to taste; and cover to keep warm. Wipe out pot and return to unit.
- 5 Select SEAR/SAUTÉ and set to 4 (medium high). Allow to heat for 2 minutes.
- 6 Melt butter, add onion and sauté until soft for 5 to 7 minutes, stirring occasionally. Add flour and sauté for another minute. Gradually stir in wine, milk and cream ensure it is not lumpy, let it cook for a few minutes until it starts to thicken.
- 7 Add broccoli, select SEAR/SAUTÉ and set to 3 (medium). Cook for a few minutes, then select SEAR/SAUTÉ and set to 2 (low-medium) stir in salmon, prawns, parsley, season to taste and simmer for a few more minutes. Top with the mashed potatoes, and sprinkle over the grated cheese.
- 8 Close the crisping lid; select BAKE/ROAST, set temperature to 170°C. Set time to 20 minutes. Select START/STOP to begin.
- 9 Cooking is complete when the pie is golden brown.



# SALMON & FONDANT POTATOES

**PREP:** 35 MINUTES | **COOK TIME:** 24 MINUTES | **PRESSURE COOK:** 4 MINUTES | **MAKES:** 2-4 SERVINGS  
**SEAR/SAUTÉ:** 5 MINUTES APPROX | **APPROX. PRESSURE BUILD:** 9 MINUTES | **PRESSURE RELEASE:** QUICK  
**AIR CRISP:** 15 MINUTES

## INGREDIENTS

15g butter  
 300g small new potatoes, cut in half  
 140ml chicken stock  
 40ml white wine, plus 1 tablespoon  
 2 salmon fillets, weighing approx. 250g  
 Salt and freshly ground black pepper  
 Squeeze of lemon juice  
 1½ tablespoons olive oil  
 1 courgette, weighing approx. 200g

## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium high). Add butter and allow to heat for 2 minutes. Brown potatoes on all sides, then add stock and 40ml wine.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HI. Set time to 4 minutes. Select START/STOP to begin.
- 4 While potatoes are cooking, place salmon fillets on a small piece of aluminum foil, season, squeeze over lemon, wine and drizzle over 1/2 tablespoon oil. Cut courgette into 1cm slices. Brush over with the remainder oil.
- 5 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Place rack in pot. Place salmon parcel and courgette on rack.
- 7 Close crisping lid, select AIR CRISP, set temperature to 190°C and set time to 15 minutes. Press START/STOP to begin.
- 8 When cooking is complete, serve salmon with courgette and drained potatoes.

# SPICY CHICKEN AND CARROTS WITH RICE

**PREP:** 20 MINUTES | **COOK TIME:** 18 MINUTES | **MAKES:** 2 SERVINGS | **PRESSURE BUILD:** 8 MINUTES  
**PRESSURE COOK:** 3 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR CRISP:** 15 MINUTES

## INGREDIENTS

4 chicken thighs with skin on, weighing approximately 600g  
 1 teaspoon dried coriander  
 1 teaspoon garlic powder  
 1 teaspoon lemon zest and a squeeze of lemon juice  
 2 teaspoons harissa paste  
 1 tablespoon olive oil  
 3 carrots, peeled, cut in quarters lengthwise  
 200g long grain rice, washed and drained  
 400ml chicken stock  
 70g frozen mixed veg  
 1 tablespoon flat leaf parsley, chopped

## DIRECTIONS

- 1 Using a sharp knife, make 2-3 diagonal cuts in each chicken thigh. Mix coriander, garlic, lemon, harissa and oil together and brush firstly over carrots and then chicken. Leave for at least 15 minutes. Reserve any remaining marinade.
- 2 Place rice, 300ml stock, vegetables and parsley into pot and stir to combine.
- 3 Place chicken on rack in pot.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 5 Select PRESSURE and set to HI. Set time to 3 minutes. Select START/STOP to begin.
- 6 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 7 Using oven gloves, remove rack with chicken. Stir the remaining stock into rice. Cover rice completely with a circle of nonstick (or oiled) aluminium foil. Arrange carrots on rack adjacent to chicken. Brush chicken with remaining marinade. Place back in pot.
- 8 Close crisping lid, select AIR CRISP, set temperature to 210°C and set time to 15 minutes. Press START/STOP to begin.
- 9 When cooking is complete, fluff up rice and serve with chicken and carrots.

# CHICKEN AND SPINACH PIE

**PREP:** 15 MINUTES | **COOK TIME:** 28 MINUTES | **MAKES:** 4 SERVINGS | **SEAR/SAUTÉ:** 2 MINUTES APPROX  
**APPROX. PRESSURE BUILD:** 7 MINUTES | **PRESSURE COOK:** 20 MINUTES | **BAKE/ROAST:** 6 MINUTES

## INGREDIENTS

750g uncooked boneless, skinless chicken thighs  
 1 onion, peeled, diced  
 3 cloves garlic, peeled, minced  
 120ml chicken stock  
 2 teaspoons sea salt  
 1 teaspoon ground black pepper  
 500g fresh baby spinach  
 1 tablespoon plain flour  
 1 tablespoon fresh dill  
 1 bunch spring onions, chopped  
 185g feta cheese  
 6 sheets filo pastry, thawed  
 115g unsalted butter, melted

## DIRECTIONS

- 1 Place chicken, onion, garlic, stock, salt and pepper in the pot; stir to combine.
- 2 Assemble the pressure lid, making sure the pressure release button is in the SEAL position. Select PRESSURE and set to HI. Set time to 20 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Select SEAR/SAUTÉ and set to 3 (medium). Select START/STOP to begin. Add spinach to pot, stirring to combine.
- 5 Add flour to pot; stir to combine. Continue stirring until sauce thickens, approximately 2 minutes. Once the sauce has thickened, select START/STOP to turn off SEAR/SAUTÉ. Add dill, spring onions, and feta cheese. Stir to incorporate.
- 6 Place filo pastry, 2 sheets at a time, evenly over the chicken mixture. Using a pastry brush, liberally brush each layer with melted butter.
- 7 Close crisping lid. Select BAKE/ROAST, set temperature to 180°C, and set time to 6 minutes. Select START/STOP to begin.
- 8 When cooking is complete, allow to cool for 5 minutes before serving.



# WHITE BREAD

**PREP:** 15 MINUTES | **PROVE:** 1 HOUR | **COOK TIME:** 30 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

500g strong white flour  
2 teaspoons salt  
7g sachet of easy blend yeast  
2 tablespoons olive oil  
300ml tepid water

## DIRECTIONS

- 1 Put flour, salt and yeast into a mixing bowl and stir through. Add the olive oil and gradually add water until the flour has all been picked up from the sides of the bowl. Use the dough to wipe clean the sides of the bowl.
- 2 Turn out onto a floured surface and knead by stretching the dough for about 10 minutes until the dough starts to feel smooth. Form dough into a neat cob shape by drawing the outside edges into the centre. Cut a piece of baking parchment larger than the base of pot, (if it's bigger it will aid the insertion and removing of bread). Place dough on paper, smooth side up. Cover with a clean tea towel and leave until dough has doubled in size, this may take 1 hour or longer.
- 3 To preheat unit, Select BAKE/ROAST, set temperature to 200°C and set time to 5 minutes. Select START/STOP to begin.
- 4 Using a sharp knife make a cross slash on top of dough and carefully place into hot pot. Select BAKE/ROAST, set temperature to 200°C and set time to 30 minutes. Select START/STOP to begin.
- 5 Check bread is cooked by tapping base, it should sound hollow. Cool on a wire rack.



# GARLIC PARMESAN HAND-CUT CHIPS

**PREP:** 15 MINUTES | **SOAK:** 30 MINUTES | **COOK TIME:** 24-26 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

350g Maris Piper, King Edward or russet potatoes, peeled and cut in 1cm thick lengths  
1 tablespoon rapeseed oil  
1 teaspoon garlic powder  
1 teaspoon sea salt  
1 tablespoon fresh parsley, chopped  
15g grated Parmesan cheese

## DIRECTIONS

- 1 Soak raw chips in cold water for 30 minutes to remove excess starch. After 30 minutes, strain chips and pat completely dry. The drier the chips are, they better they will crisp.
- 2 Place chips and 1 tablespoon rapeseed oil in a large mixing bowl; toss to combine.
- 3 Place Cook & Crisp™ Plate in pot. Close crisping lid. Preheat unit by selecting AIR CRISP, setting the temperature to 180°C, and setting the time to 5 minutes. Select START/STOP to begin.
- 4 After 5 minutes, open lid and add chips onto crisp plate. Select AIR CRISP, set temperature to 180°C, and set time to 26 minutes. Select START/STOP to begin.
- 5 After 12 minutes, open lid and toss with silicone-tipped tongs. Close lid to resume cooking.
- 6 While chips are cooking, in a mixing bowl, combine, garlic powder, salt, parsley and Parmesan.
- 7 Check chips after 24 minutes. For crispier chips, continue cooking up to an additional 2 minutes.
- 8 When cooking is complete, toss cooked chips in bowl with garlic-Parmesan mix and serve immediately.



# CAULIFLOWER CHEESE

**PREP:** 10 MINUTES | **COOK TIME:** 12 MINUTES | **MAKES:** 4 SERVINGS | **PRESSURE RELEASE:** QUICK  
**APPROX. PRESSURE BUILD:** 8 MINUTES | **PRESSURE COOK:** 1 MINUTE | **AIR CRISP:** 7 MINUTES

## INGREDIENTS

1 medium head of cauliflower, cut into florets  
 250ml water  
 500ml whole or semi skimmed milk  
 50g unsalted butter, cut into small cubes  
 50g plain flour  
 1 tsp dried English mustard powder  
 Salt and freshly ground black pepper  
 100g mature cheddar cheese, grated

## DIRECTIONS

- 1 Place cauliflower florets and water in the pot.
- 2 Assemble the pressure lid, making sure the pressure release button is in the SEAL position. Select PRESSURE and set to LO. Set time to 1 minute.
- 3 When pressure cooking is complete, quick release the pressure by moving the pressure valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Transfer cauliflower to a colander to drain. Wipe out pot.
- 5 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Add milk, butter and flour to pot and using a silicone balloon whisk, whisk together continuously until sauce starts to thicken, this may take several minutes. Turn down the heat to 2 (low medium).
- 6 Then whisk in mustard, seasoning and half the cheese. Stir in the drained cauliflower and sprinkle over the remaining cheese.
- 7 Close crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 7 minutes. Select START/STOP to begin.
- 8 Cooking is complete when cheese is golden brown.



# APPLE & BLACKBERRY CRUMBLE

**PREP:** 20 MINUTES | **COOK TIME:** 30 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

### FOR THE CRUMBLE TOPPING

40g butter  
 80g plain flour  
 40g demerara sugar  
 2 teaspoons pumpkin seeds  
 2 teaspoons sunflower seeds  
 1 tablespoon rolled oats  
 1 tablespoon demerara sugar

### FOR THE FILLING

400g bramley or cooking apples  
 100g blackberries  
 2 tablespoons water  
 40g granulated sugar to taste

## DIRECTIONS

- 1 Put butter and flour into a mixing bowl and rub butter into flour until the mixture resembles fine breadcrumbs. Stir in demerara sugar. Reserve crumble topping.
- 2 Peel, core and slice apples. Layer apples with blackberries, granulated sugar and water into a 20cm shallow tin or the Ninja multi-purpose pan.
- 3 Spoon crumble over the fruit mixture to cover completely.
- 4 Sprinkle over seeds, oats and demerara sugar and gently press onto crumble.
- 5 Select BAKE/ROAST, set temperature to 180°C and set time to 30 minutes. Select START/STOP to begin.
- 6 Cooking is complete when crumble is golden brown. Allow to cool slightly before serving.

# Pressure Cook Chart

**TIP** Use hot water for pressure cooking to build pressure quicker.

INGREDIENT	AMOUNT	PREPARATION	WATER	ACCESSORY	PRESSURE	TIME	RELEASE
<b>POULTRY</b>							
Chicken breasts	6 breasts (about 1kg)	Boneless	250ml	N/A	High	8-10 mins	Quick
Chicken breasts (frozen)	4 large (1kg)	Boneless	250ml	N/A	High	25 mins	Quick
Chicken thighs	8 thighs (1kg)	Bone in/skin on	250ml	N/A	High	20 mins	Quick
	8 thighs (800g)	Boneless	250ml	N/A	High	20 mins	Quick
Turkey breast	1 breast (3-4kg)	Bone in	250ml	N/A	High	40-50 mins	Quick
<b>MINCED MEAT</b>							
Minced beef, pork, or turkey	500g-1kg	Ground (not in patties)	125ml	N/A	High	5 mins	Quick
Minced beef, pork, or turkey (frozen)	500g-1kg	Frozen, ground (not in patties)	125ml	N/A	High	20-25 mins	Quick
<b>RIBS</b>							
Pork	1.25-1.75kg	Cut in thirds	250ml	N/A	High	20 mins	Quick
<b>ROASTS</b>							
Beef brisket	1.6kg	Whole	250ml	N/A	High	60 mins	Quick
Beef joint (silverside)	1.5-2kg	Whole	250ml	N/A	High	60 mins	Quick
Pork shoulder	2kg	Whole, Season as desired	250ml	N/A	High	60 mins	Quick
Pork tenderloin	2 tenderloins (350-500g each)	Season as desired	250ml	N/A	High	3-4 mins	Quick
Pork leg joint	1.9kg	Whole	250ml	N/A	High	50 mins	Quick
Gammon	1.1kg	Whole	250ml	N/A	High	20 mins	Quick
Lamb shanks	1.7kg	4 shanks	250ml	N/A	High	30 mins	Quick
Lamb half leg	900g	Whole	250ml	N/A	High	50 mins	Quick
Lamb half shoulder	900g	Whole	250ml	N/A	High	40 mins	Quick
<b>STEW MEAT</b>							
Boneless beef short ribs	6 ribs (1.5kg)	Whole	250ml	N/A	High	25 mins	Quick
Boneless leg of lamb	1.5kg	Cut in 2.5cm pieces	250ml	N/A	High	30 mins	Quick
Diced pork	1.5kg	Cut in 2.5cm pieces	250ml	N/A	High	30 mins	Quick
Diced beef	1kg	Cut in 2.5cm pieces	250ml	N/A	High	25 mins	Quick
<b>HARD-BOILED EGGS</b>							
Eggs <sup>†</sup>	1-12 eggs	None	125ml	N/A	High	4 mins	Quick

# Pressure Cook Chart, continued

INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
<b>VEGETABLES</b>							
Beetroot	8 small or 4 large	Rinse well, trim tops and ends; cool and peel after cooking	250ml	N/A	High	15-20 mins	Quick
Broccoli	600g	Cut in 2.5-5cm florets, remove stem	250ml	Rack	Low	1 min	Quick
Brussel sprouts	500g	Cut in half	250ml	Rack	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	630g	Peel, cut in 2.5cm pieces, remove seeds	250ml	N/A	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	630g	Peel, cut in 2.5cm pieces, remove seeds	250ml	Rack	High	5 mins	Quick
Cabbage (braised)	½ head	Cut in half, slice in 12mm strips, remove core	250ml	N/A	Low	3 mins	Quick
Cabbage (crisp)	½ head	Cut in half, slice in 12mm strips, remove core	250ml	Rack	Low	2 mins	Quick
Carrots	500g	Peel, cut in 12mm pieces	250ml	N/A	High	2-3 mins	Quick
Cauliflower	1 head	Cut in 2.5-5cm florets, remove stem	250ml	N/A	Low	1 min	Quick
Greens	500g	Remove stems, chop leaves	250ml	N/A	Low	6 mins	Quick
Green beans	375g	Whole	250ml	Rack	Low	0 min*	Quick
Kale leaves/greens	500g	Remove stems, chop leaves	250ml	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	1kg	Scrub, cut in 2.5cm cubes	250ml	N/A	High	1-2 mins	Quick
Potatoes, red (for mashed)	1kg	Scrub, whole (cut large potatoes in half)	250ml	N/A	High	15-20 mins	Quick
Potatoes, white (cubed for side dish or salad)	1kg	Peel, cut in 2.5cm cubes	250ml	N/A	High	1-2 mins	Quick
Potatoes, white (for mashed)	1kg	Peel, cut in 2.5cm thick slices	250ml	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	500g	Peel, cut in 2.5cm cubes	250ml	N/A	High	1-2 mins	Quick
Potatoes, sweet (for mashed)	500g	Peel, cut in 2.5cm thick slices	250ml	N/A	High	6 mins	Quick

\*The time the unit takes to pressurise is long enough to cook this food.

# Pressure Cook Chart, continued

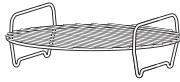
**TIP** For best results, rinse rice and grains thoroughly before pressure cooking.

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
<b>GRAINS</b>					
Arborio rice*	200g	750ml	High	7 mins	Natural (10 mins) then Quick
Basmati rice	200g	250ml	High	2 mins	Natural (10 mins) then Quick
Brown rice, short/medium or long grain	200g	310ml	High	5 mins	Natural (10 mins) then Quick
Polenta*	200g	875ml	High	4 mins	Natural (10 mins) then Quick
Jasmine rice	200g	250ml	High	2-3 mins	Natural (10 mins) then Quick
Kamut	200g	500ml	High	30 mins	Natural (10 mins) then Quick
Millet	200g	500ml	High	6 mins	Natural (10 mins) then Quick
Pearl barley	200g	500ml	High	22 mins	Natural (10 mins) then Quick
Quinoa	200g	375ml	High	2 mins	Natural (10 mins) then Quick
Quinoa, red	200g	375ml	High	2 mins	Natural (10 mins) then Quick
Spelt	200g	625ml	High	25 mins	Natural (10 mins) then Quick
Coarse oats*	200g	750ml	High	11 mins	Natural (10 mins) then Quick
Sushi rice	200g	375ml	High	3 mins	Natural (10 mins) then Quick
Brown rice	200g	310ml	High	5 mins	Natural (10 mins) then Quick
Light brown rice	200g	310ml	High	2 mins	Natural (10 mins) then Quick
White rice, long grain	200g	250ml	High	2 mins	Natural (10 mins) then Quick
White rice, medium grain	200g	250ml	High	3 mins	Natural (10 mins) then Quick
Wild rice	200g	250ml	High	22 mins	Natural (10 mins) then Quick

# Pressure Cook Chart, continued

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
<b>LEGUMES</b>					
All beans, except lentils, should be soaked 8-24 hours before cooking.					
Black beans	500g, soaked 8-24 hrs	1L + 500ml	Low	5 mins	Natural (10 mins) then Quick
Black-eyed peas	500g, soaked 8-24 hrs	1L + 500ml	Low	5 mins	Natural (10 mins) then Quick
Cannellini beans	500g, soaked 8-24 hrs	1L + 500ml	Low	3 mins	Natural (10 mins) then Quick
Borlotti beans	500g, soaked 8-24 hrs	1L + 500ml	Low	3 mins	Natural (10 mins) then Quick
Chickpeas	500g, soaked 8-24 hrs	1L + 500ml	Low	3 mins	Natural (10 mins) then Quick
Lentils (green or brown)	200g dry	500ml	Low	5 mins	Natural (10 mins) then Quick
Butter beans	500g, soaked 8-24 hrs	1L + 500ml	Low	1 min	Natural (10 mins) then Quick
Haricot beans	500g, soaked 8-24 hrs	1L + 500ml	Low	3 mins	Natural (10 mins) then Quick
Pinto beans	500g, soaked 8-24 hrs	1L + 500ml	Low	3 mins	Natural (10 mins) then Quick
<b>BEANS &amp; LEGUMES</b>					
This section does not require beans to be soaked.					
Black beans	500g	1L + 500ml	High	20 mins	Natural (10 mins) then Quick
Black-eyed peas	500g	1L + 500ml	High	20 mins	Natural (10 mins) then Quick
Cannellini beans	500g	1L + 500ml	High	20 mins	Natural (10 mins) then Quick
Borlotti beans	500g	1L + 500ml	High	20 mins	Natural (10 mins) then Quick
Chickpeas	500g	1L + 500ml	High	20 mins	Natural (10 mins) then Quick
Butter beans	500g	1L + 500ml	High	20 mins	Natural (10 mins) then Quick
Haricot beans	500g	1L + 500ml	High	35 mins	Natural (10 mins) then Quick
Pinto beans	500g	1L + 500ml	High	22 mins	Natural (10 mins) then Quick
Red kidney beans	500g	1L + 500ml	High	35 mins	Natural (10 mins) then Quick

# Steam Chart



INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
<b>VEGETABLES</b>				
Asparagus	1 bunch (250g)	Whole spears, trim ends	500ml	3-7 mins
Broccoli	1 crown or 1 bag (375g) florets	Cut in 2.5-5cm florets	500ml	4-7 mins
Brussel sprouts	500g	Whole, trim ends	500ml	8-10 mins
Butternut squash	750g	Peel, cut in 2.5cm cubes	500ml	10-12 mins
Cabbage	1/2 head (400g)	Cut in half, sliced in 12mm strips, core removed	500ml	8-10 mins
Carrots	500g	Peel, cut in 2.5cm pieces	500ml	6-9 mins
Cauliflower	1 medium head (800g)	Cut in 2.5-5cm florets	500ml	5-7 mins
Corn on the cob	4 ears	Whole, remove husks	500ml	4-7 mins
Green beans	1 bag (375g)	Whole	500ml	4-7 mins
Kale	1 bag (225g)	Trim	500ml	5-7 mins
Potatoes	500g	Peel, cut in 2.5cm pieces	500ml	12-18 mins
Potatoes, sweet	500g	Cut in 12mm cubes	500ml	8-12 mins
Spinach	1 bag (200g)	Whole leaves	500ml	3-5 mins
Sugar snap peas	500g	Whole pods, trim ends	500ml	3-5 mins
Summer squash	500g	Cut in 2.5cm slices	500ml	3-5 mins
Courgette	500g	Cut in 2.5cm slices	500ml	3-5 mins
<b>EGGS</b>				
Poached eggs	4	In ramekins or silicone cups	250ml	3-6 mins

# Air Crisp Chart for the Cook & Crisp™ Plate

**TIP** Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Asparagus	1 bunch (250g)	Cut in half, trim stems	2 tsp	200°C	8-10 mins
Beetroot	6 small or 4 large (about 1kg)	Whole	None	200°C	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	205°C	25-30 mins
Broccoli	1 head (400g)	Cut in 2.5-5cm florets	1 Tbsp	200°C	10-13 mins
Brussel sprouts	500g	Cut in half, trim ends	1 Tbsp	200°C	15-18 mins
Butternut squash	500-750g	Cut in 2.5-5cm pieces	1 Tbsp	200°C	20-25 mins
Carrots	500g	Peel, cut in 12mm pieces	1 Tbsp	200°C	14-16 mins
Cauliflower	1 medium head (800g)	Cut in 2.5-5cm florets	2 Tbsp	200°C	15-20 mins
Corn on the cob	4 ears, cut in half	Whole ears, remove husks	1 Tbsp	200°C	12-15 mins
Courgette	500g	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	15-20 mins
Green beans	1 bag (375g)	Trim ends	1 Tbsp	200°C	7-10 mins
Kale (for crisps)	225g, packed	Tear in pieces, remove stems	None	150°C	7-10 mins
Mushrooms	225g	Rinse, cut in quarters	1 Tbsp	200°C	7-8 mins
Portobello or flat mushrooms	3 whole (250g)	Brush with oil	Brush with oil	160°C	10 mins
	500-750g	Cut in 2.5cm wedges	1 Tbsp	200°C	20-25 mins
Potatoes, white	500g	Hand-cut chips, thin, soak 30 mins in cold water then pat dry	1/2-3 Tbsp vegetable	200°C	20-25 mins
	500g	Hand-cut chips, soak 30 mins in cold water then pat dry	1/2-3 Tbsp vegetable	200°C	24-27 mins
Potatoes, sweet	4 whole (185-250g)	Pierce with fork 3 times	None	200°C	35-40 mins
	1kg	Cut in 2.5cm chunks	1 Tbsp	200°C	15-20 mins
	4 whole (185-250g)	Pierce with fork 3 times	None	200°C	35-40 mins
<b>POULTRY</b>					
Chicken breasts	2 breasts (150-175g each)	Boneless	Brushed with oil	190°C	22-25 mins
Chicken thighs	4 thighs (125-150g each)	Bone in	Brushed with oil	200°C	22-28 mins
	4 thighs (100-150g each)	Boneless	Brushed with oil	200°C	18-22 mins
Chicken wings	1kg	Drumettes & flats	1 Tbsp	200°C	24-28 mins
Chicken, whole	1 chicken (1.5kg)	Season as desired	Brushed with oil	180°C	45-60 mins
Chicken drumsticks	1kg	None	1 Tbsp	200°C	20-22 mins

**For best results, turn your food often.**

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



**Toss or flip with silicone-tipped tongs**

Remove food immediately after cook time is complete and your desired level of cook is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

# Air Crisp Chart for the Cook & Crisp™ Plate, continued

**TIP** Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
<b>BEEF</b>					
Burgers	2 burgers	2.5cm thick	None	190°C	10-12 mins
Steaks	2 steaks (230g each)	Whole	None	200°C	10-20 mins
<b>PORK &amp; LAMB</b>					
Bacon	3 -4 rashers	Lay strips evenly over plate	None	165°C	4-6 mins
Bacon Chops/loin steaks	2 steaks (250g)	Turn over after 5 mins	Brush with oil	180°C	10 mins
Gammon Steaks	1 steak (200g)	Cut rind at 2cm intervals, turn over after 5 mins	Brush with oil	180°C	8-10 mins
Pork chops	2 thick-cut, bone-in chops (315-375g each)	Bone in	Brushed with oil	190°C	15-17 mins
	4 boneless chops (185-250g each)	Boneless	Brushed with oil	190°C	15-18 mins
Pork tenderloins	2 tenderloins (350-500g each)	Whole	Brushed with oil	190°C	25-35 mins
Lamb chops	4 chops (340g)	Turn over after 10 mins	Brush with oil	180°C	12-15 mins
Lamb steaks	3 steaks (300g)	Turn over after 10 mins	Brush with oil	180°C	12-15 mins
Sausages	8 sausages	Whole	None	200°C	8-10 mins
<b>FISH &amp; SEAFOOD</b>					
Fish cakes	2 cakes (185-250g each)	None	Brushed with oil	190°C	8-12 mins
Salmon fillets	2 fillets (125g each)	None	Brushed with oil	200°C	10-13 mins
Prawns	16 jumbo	Raw, whole, peel, keep tails on	1 Tbsp	200°C	7-10 mins

**For best results, shake, toss, or flip often.**

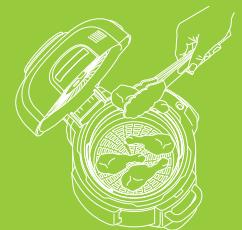
We recommend frequently checking your food and shaking, tossing, or flipping it to ensure desired results.

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



Shake your food

OR



Toss or flip with silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

# Air Crisp Chart for the Cook & Crisp™ Plate, continued

**TIP** Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
<b>FROZEN FOODS</b>					
Breaded garlic mushrooms	300g	None	None	190°C	12-14 mins
Breaded onion rings	400g	None	None	190°C	14-16 mins
Chicken goujons	11 goujons (270g)	None	None	190°C	12 mins
Chicken Kiev	4 kiev's (490g)	Turn over halfway through cooking	None	180°C	15 mins
Chicken nuggets	24 nuggets (379g)	None	None	190°C	11-13 mins
Fish fillets in breadcrumbs	2 fillets (220g)	Turn over after 5 minutes	None	180°C	8-9 mins
Fish fillets in batter	4 fillets (440g)	Turn over after 6 minutes	None	180°C	11-12 mins
Fishfingers	10	single layer	None	200°C	10 mins
French fries	500g	None	None	180°C	18-22 mins
Homestyle oven chips	500g	Single layer	None	180°C	20 mins
Hash browns	8 hash browns (390g)	Single layer, turn over halfway through cooking	None	200°C	15 mins
Potato wedges	500g	Single layer	None	180°C	20-22 mins
Prawn tempura	8 prawns (168g)	Turn over halfway through	None	190°C	8-9 mins
Roast potatoes	700g	None	None	190°C	20 mins
Scampi in breadcrumbs	220g	None	None	180°C	8-9 mins
Sweet potato fries	500g	None	None	180°C	20 mins
Vegan nuggets	14 nuggets (320g)	None	None	180°C	12 mins
Vegan sausages	6 sausages (270g)	None	None	180°C	8 mins
Yorkshire pudding	8 puddings (150g)	None	None	180°C	3-4 mins

**For best results, shake, toss, or flip often.**

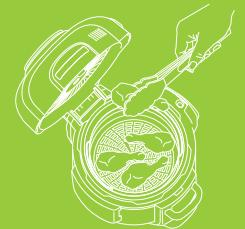
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Use these cook times as a guide, adjusting to your preference.



Shake your food

OR



Toss or flip with silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

**NINJA**  
**Foodi**  
**MINI**  
**4.7L Multi-Cooker**

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