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









NINJA Speedi

Rapid Cooker









Your guide to cooking with your Speedi

Welcome to the Ninja® Speedi quick start guide & recipe book. From here, you're just a few pages away from recipes and tips & tricks that will help you create quick and easy nutritious complete meals.

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NINJA
NinjaTest Kitchen.com
SCAN FOR MORE RECIPES

What's a SmartSwitch?

The SmartSwitch lets you effortlessly switch between the Rapid Cooker and Air Fry/Hob modes. Select the relevant mode to access the required function. Choosing the right function helps ensure the perfect cooking conditions for your specific dish or meal.



RAPID COOKER

Using a combination of steam and convection cooking, quickly cook foods to retain nutrients and finish off with a crisp.

Speedi Meals
Steam Air Fry
Steam Bake
Steam

AIR FRY / HOB

Choose to use either top heat to cook foods you'd normally cook in an oven or use bottom heat only to cook like you would on the hob.

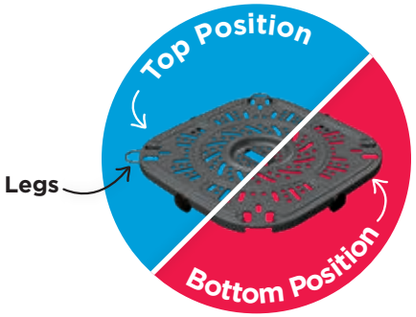
Grill
Air Fry
Bake/Roast
Dehydrate
Sear/Sauté
Slow Cook

Included accessories



Cooking Pot

Always install cooking pot in unit first before adding ingredients or other accessories.



Cook & Crisp tray

Top Position
Pull out the legs before placing above ingredients in the pot.

Bottom Position
Push in the legs before placing in the pot.

Looking for more?

Visit ninjakitchen.co.uk for additional accessories to use with your Speedi.

Using the Control Panel



OPERATING BUTTONS

(A) ⏻ : The power button switches the unit off and stops all cooking functions.

(B) **LEFT ARROWS:** Use the up/down arrows to the left of the display to adjust the cooking temperature.

(C) **RIGHT ARROWS:** Use the up/down arrows to the right of the display to adjust the cooking time.

(D) **START/STOP BUTTON:** Press to start cooking. Pressing the button while the unit is cooking will stop the current cooking function.

(E) **CENTRE ARROWS:** Once you've chosen a mode using the SmartSwitch, use the centre arrows to scroll through the available functions until your desired function is highlighted.

COOKING FUNCTIONS

(F) RAPID COOKER MODE

SPEEDI MEALS: Use to create quick and delicious meals in under 30 minutes.

STEAM AIR FRY: Evenly cook, brown and crisp ingredients such as meat, fish and vegetables without drying them out.

STEAM BAKE: Promote an even rise when baking and a fluffy texture.

STEAM: A healthier way to cook fresh vegetables or fish without a crispy finish.

(G) AIR FRY/HOB MODE

GRILL: Use high heat from above to caramelise and brown the tops of your food.

AIR FRY: Give pre-prepared fresh and frozen foods crispness and crunch with little to no oil.

BAKE/ROAST: Use the unit like an oven for tender meats, baked treats and more.

DEHYDRATE: Dehydrate meats, fruits and vegetables for healthy snacks.

SEAR/SAUTÉ: Use the unit as a hob for browning meats, sautéing vegetables, simmering sauces and more.

SLOW COOK: Cook your food at a lower temperature for a longer period of time.

Setting up a Rapid Cooker Recipe

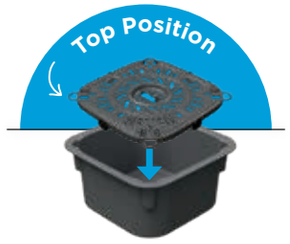
Speedi Meals • Steam Air Fry • Steam Bake • Steam



Add liquid to the bottom of the pot

as per recipe instructions.

Note: If you are cooking a Speedi Meal, add grains, pasta, rice etc to the bottom of the pot too.



Place the Cook & Crisp tray in the top position* in the pot,

then place ingredients on the tray.

To use the Cook & Crisp tray in the top position, pull out the legs, then rest them on the grooves in the corners of the cooking pot.

Refer to recipes and cooking charts for Cook & Crisp tray positioning as this may vary.



Close the lid and flip the SmartSwitch up.

Use the centre arrows to select a function.

Only Rapid Cooker functions will illuminate when switch is in upward position.



Set the temp and time. Press START/STOP to begin cooking.

PRE will show on the display to indicate the unit is building steam. When unit switches to convection cooking, timer will start counting down.

*Exception: Use tray in bottom position when using Steam only.



Keep the lid closed to allow steam and convection heat to work together.

Open the lid only if a recipe calls for it.

Setting up an Air Fry/Hob Recipe

Grill • Air Fry • Bake/Roast • Dehydrate • Sear/Sauté • Slow Cook

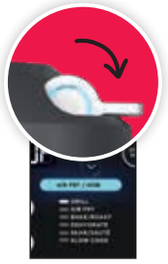


Place the Cook & Crisp tray in the bottom position in the pot,

then place ingredients on the tray*.

To use the Cook & Crisp tray in the bottom position, push in the legs, then place the tray in the pot.

Refer to recipes and cooking charts for Cook & Crisp tray positioning as this may vary.



Close the lid and flip the SmartSwitch down.

Use the centre arrows to select a function.

Only Air Fry/Hob functions will illuminate when switch is in downward position.

When using Air Fry, Bake & Roast functions, be sure to add an additional 5 minutes to your total cook time to allow for preheat. Add ingredients after the first 5 minutes.



Set the temp and time. Press START/STOP to begin cooking.

*Exceptions: Grill function - place tray in top position. Sear/Sauté do not use tray.



Open the lid to sear & sauté or to check on your meal during cooking.

Cooking will automatically pause when lid is open.

Setting up a Speedi Meal

Your guide to easy, complete meals all in one pot in under 30 minutes.

Cook & Crisp tray layer

PROTEIN

The purpose of this layer is for it to sit half way up the pot closer to the heating element so that the proteins or vegetables can be crisped. It then leaves space below for other ingredients to be added. Place the Cook & Crisp tray in the top position to create the perfect air flow.

Bottom layer

GRAINS & PASTA

Choose from a variety of grains or pasta. Place these in the bottom of the pot before adding the Cook & Crisp layer. The tray will shield the ingredients so that they cook but do not turn crispy.





1. Add the grain or pasta

Start by measuring in your grain or pasta and add to the bottom of the pot.



2. Add liquid

Now that your ingredients are in the bottom of the pot, add water, stock or sauce and stir until combined.

Optional: Add vegetables if desired. See next page for ideal quantities for best results.



3. Prep and season protein

Prepare your desired protein, then place protein on the Cook & Crisp tray in the top position and close the lid.



4. Cook

Flip the SmartSwitch to the left for RAPID COOKER mode and select SPEEDI MEALS. Set temp and time based on protein.

Tip: When cooking is complete, remove protein and/or vegetables from the Cook & Crisp tray. Then use silicone tipped tongs to grab the centre handle and remove the tray from the unit.



BUILD YOUR OWN ***Speedi Meal***

Makes 3-4 servings:

To reduce servings for 1-2 people, halve the base, veggies and protein quantities and follow temperature and time recommendations as listed. Then cover Cook & Crisp tray with aluminium foil to protect base from additional heat.
For more information on building your meal and unit interaction, see page 6.

Tip: If base needs more time, switch to SEAR/SAUTÉ and cook with the lid open until liquid is absorbed.
Ensure pasta is covered by water or sauce. If not, add 60ml additional cold water or sauce.
When using frozen veggies, remove 125ml liquid from base for fluffier rice.

1. Choose Your Base

Start by adding your grain or pasta to the bottom of the pot. Add water, hot stock or sauce and stir until combined.

EASY COOK, WHITE OR BASMATI RICE
200g rice, rinsed and drained, not neccesary for easy cook
500ml cold water or hot stock

RISOTTO
200g Arborio rice
750ml cold water or hot stock

225g WHITE, WHOLE WHEAT OR GLUTEN FREE PASTA
For Plain Pasta: 750ml cold water or hot stock
2 tablespoons oil
For Tomato Sauce:
1 jar (500ml) pasta sauce &
500ml stock or cold water

QUINOA
200g quinoa, rinsed and drained
375ml cold water or hot stock

LENTILS
200g green lentils
435ml cold water or hot stock

POTATOES
500g potatoes, cut into 4cm chunks
250ml cold water

Note: For tender results, add veggies to the base. For crispier results, add hearty veggies (carrots, sweet potato, Brussels sprouts) to the tray at the start of cooking and delicate veggies (broccoli, cauliflower, green beans) to the tray during the last 5-7 mins of cooking.

2. Add Your Vegetables

Season to taste. Mix in veggies (per recommended quantities) with base or place on Cook & Crisp tray with protein.

FROZEN VEGETABLES OF CHOICE
125g

FROZEN OR FRESH MUSHROOMS
125g

CHERRY TOMATOES
200g

FRESH BROCCOLI OR CAULIFLOWER
350g, cut into 5cm florets

FRESH SPINACH
200g

CANNED BEANS OF CHOICE
400g, drained

Tip: For best results follow recommended heights and weights
Tip: Portobello mushrooms, thick cauliflower, celariac, kohlrabi slices, can be substituted instead of protein.
180°C for 8-15 minutes.

3. Pick A Protein

Prepare your desired protein, brush non breaded proteins with oil.

CHICKEN
4 breaded boneless skinless chicken breasts
3-5cm thick, 150-175g each
4 chicken breasts
3-5cm thick, 150-175g each
8 skin-on boneless chicken thighs
1kg.

PORK
4 boneless pork chops
2.5cm thick, 150-175g each
6 pork sausages

BEEF
12 meatballs (330g)
4 beef burgers (125g each)
3 steaks (230g each)

FISH
4 salmon fillets (130g each)
4 frozen breaded fish fillets (110g each)

PLANT-BASED
12 falafel, or plant based meatballs 330g
4 patties (450g)
6 sausages (280g)
400g tofu or tempeh, cut in 2.5-5cm cubes or sticks

Tip: Marinate proteins up to 6 hours ahead of time with favourite marinade or buy pre-marinated meats to save time.

4. Elevate Flavour

Season protein to taste with suggested or favourite seasoning. Place on the Cook & Crisp tray in the top position and close the lid.

BBQ SEASONING

TACO OR FAJITA SEASONING

FRESH CITRUS JUICE AND/OR ZEST

ITALIAN SEASONING

GREEK SEASONING

CHINESE 5 SPICE SEASONING

Tip: For thicker cuts of meat, add 3–5 minutes to cook time. Note that this may overcook grains. We recommend sticking to suggested height and weight of proteins.
NOTE: These temps and times are for WELL DONE outputs. Check food.

5. Get Cooking

Flip the SmartSwitch up to Rapid Cooker mode and select Speedi Meals. Set temp and time based on protein.

CHICKEN
Breasts breaded
190°C for 10–15 minutes
Breasts plain/thighs
200°C for 10–15 minutes

PORK
Chops, sausages
190°C for 10–15 minutes

BEEF
Meatballs, burgers or steak
180°C for 10–15 minutes

FISH
Salmon or breaded fillets
180°C for 10–15 minutes

PLANT-BASED
Falafel, tofu or tempeh
180°C for 10–15 minutes
Plant based sausages
190°C for 10–15 minutes

6. Finishing Touches

Finish meal with suggested or favourite toppings

SALSA

TOASTED NUTS OR SEEDS

PICKLED VEGETABLES

GUACAMOLE OR AVOCADO

TZATZIKI

SOUR CREAM

DRESSING, VINAIGRETTE OR HOT SAUCE

HOUMOUS

CHEESE OF CHOICE

GREEK YOGURT

Our favourite Speedi Meals

5 easy meal combinations using the Speedi Meals function to help you get started.

Please use the timings in these charts as a guide. Temperature and size of food can affect cooking times.

	Burrito Bowl	Mediterranean Bowl	Buddha Bowl	Italian Pasta Bowl	Asian Inspired Bowl
					
1. Choose Your Base Start by adding your grain or pasta to the bottom of the pot. Add cold water, hot stock or sauce and stir until combined. Season to taste with salt and pepper.	**White Rice** 200g easy cook white long grain rice 500ml cold water or hot stock	**Quinoa** 200g quinoa, rinsed 375ml cold water or hot stock	**Lentils** 200g green lentils 435ml cold water or hot stock	**Pasta** 225g white, whole wheat or gluten free **For Plain Pasta:** 750ml cold water or hot stock and 2 tablespoons oil, stir in.	**Rice** 200g basmati rice 500ml water or hot stock
2. Add Your Vegetables Mix in veggies (per recommended quantities) with base or place on Cook & Crisp tray with protein.	400g canned black beans, drained (add to white rice)	200g fresh spinach (add to quinoa)	125g frozen or fresh mushrooms (add to lentils)	125g frozen sweetcorn or peas	125g frozen mixed vegetables (add to basmati rice)
3. Pick A Protein Prepare your desired protein, then place on the Cook & Crisp tray in the top position. **Tip:** For best results follow recommended heights and weights	8 chicken thighs (125-150g each)	12 meatballs or plant based meatballs (330g)	400g firm tofu or tempeh cut in cubes or sticks	4 chicken breasts (150-175g each)	4 salmon fillets (130g each)
4. Elevate Flavour Season protein to taste with suggested or favourite seasoning. Place on the Cook & Crisp tray in the top position and close the lid.	Taco or fajita seasoning	Mixed dried herbs	Fresh citrus juice and/or zest	Italian seasoning	Chinese 5 spice or teriyaki sauce
5. Get Cooking Close the lid, flip the SmartSwitch up to Rapid Cooker mode and select Speedi Meals. Set temp and time based on protein.	Cook at 200°C for 10-15 minutes	Cook at 180°C for 10-15 minutes	Cook at 180°C for 10-15 minutes	Cook at 190°C for 10-15 minutes	Cook at 180°C for 10-15 minutes
6. Finishing Touches Finish meal with suggested or favourite toppings.	Top with salsa, sour cream, guacamole, fresh herbs, cheese of choice, freshly sliced vegetables and tortilla or pitta chips (as per your preference)	Top with houmous, tzatziki, freshly sliced vegetables, fresh herbs and pickled vegetables (as per your preference)	Top with guacamole, dressing/ vinaigrette, fresh herbs, pickled vegetables, toasted nuts or seeds and freshly sliced vegetables (as per your preference)	Top with fresh herbs and cheese of choice (as per your preference)	Top with fresh herbs, pickled vegetables, toasted nuts or seeds and freshly sliced vegetables (as per your preference)

Chicken, Broccoli & Baby Potatoes

Speedi Meal

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES*
ACCESSORIES: COOK & CRISP TRAY (TOP POSITION) | **MAKES:** 4 SERVINGS
**Includes steam time*

INGREDIENTS

Bottom of pot

500g baby new potatoes, halved (or quartered if large)

250ml water

1 teaspoon salt

300g broccoli florets, cut into 5cm pieces

Tray

4 x 175g chicken breasts

2 tablespoons sunflower oil

1 teaspoon mixed dried herbs

Salt and pepper, to taste



DIRECTIONS



Place potatoes, water and salt in the bottom of the pot. Stir together.



Stir together. Add the broccoli florets in a layer on top. Pull out the legs on the Cook & Crisp tray, then place tray in the top position in the pot, above the broccoli.



Brush chicken with oil on all sides and sprinkle over mixed dried herbs, salt and pepper to taste. Place the chicken on top of the tray.



Close the lid and flip the SmartSwitch to RAPID COOKER.



Select SPEEDI MEALS, set temperature to 190˚C and set time to 15 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 10 minutes before countdown timer begins).



When cooking is complete, transfer chicken to a plate. Then use silicone-tipped tongs to grab the centre handle and remove the tray from the unit. Serve chicken with potatoes and broccoli.

Don't forget to add water to create steam and cook food.

TIP Like it spicy; sprinkle chicken with Cajun seasoning or mix in a teaspoon of harrisa paste with oil.

Kickstarters

Chicken with Creamy Pasta

Speedi Meal

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 23 MINUTES*
ACCESSORIES: COOK & CRISP TRAY (TOP POSITION) | **MAKES:** 4 SERVINGS
**Includes steam time*

INGREDIENTS

Bottom of pot

225g penne or fusilli dried pasta
300g crème fraîche
1 tablespoon Dijon mustard
600ml chicken stock
1 teaspoon garlic salt
300g broccoli florets, cut into 5cm pieces

Tray

4 x 175g chicken breasts
2 tablespoons olive oil
1 teaspoon dried mixed herbs
Salt and pepper, to taste
Parmesan cheese, grated to serve

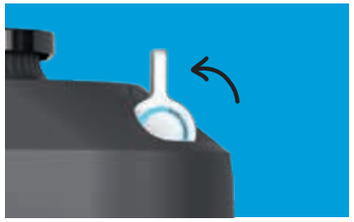
DIRECTIONS



Place pasta, crème fraîche, mustard, stock, garlic salt and broccoli in the bottom of the pot. Stir to combine.



Pull out the legs on the Cook & Crisp tray, then place tray in the top position in the pot. Brush chicken with oil on all sides and sprinkle over dried herbs, salt and pepper. Then place on top of tray.



Close the lid and flip the SmartSwitch to RAPID COOKER.

Don't forget to add stock to create steam and cook food.





Select SPEEDI MEALS, set temperature to 190˚C and set time to 15 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 8 minutes before countdown timer begins).



When cooking is complete, transfer chicken to a chopping board and slice. Then use silicone-tipped tongs to grab the centre handle and remove the tray from the unit. Stir pasta and serve with chicken and grated Parmesan to taste.

TANDOORI-STYLE BUTTER CHICKEN CURRY WITH SPINACH

Speedi Meal

BEGINNER RECIPE ●○○

PREP: 15 MINUTES PLUS 20 MINUTES MARINATING | **TOTAL COOK TIME:** 24 MINUTES *
ACCESSORIES: COOK & CRISP TRAY (TOP POSITION) | **MAKES:** 4 SERVINGS

**Includes steam time*

INGREDIENTS

Bottom of pot

3 tablespoons tomato purée

100ml double cream

50g unsalted butter, cubed

2 teaspoons clear honey

200g spinach, washed

Tray

800g chicken thighs, cut into 3cm chunks

Salt, to taste

6 tablespoons mild tandoori (or tikka masala) paste

150ml natural yogurt

Juice of ½ lemon, divided

8 chapatis

TOPPING (optional)

Small handful coriander leaves, roughly chopped



DIRECTIONS

1. In an large bowl, add chicken, salt, tandoori paste, yogurt, and 1 teaspoon lemon juice and mix until evenly combined. Cover and place in refrigerator to marinate for 20 minutes or up to 2 hours.
2. In the pot, mix the tomato purée with double cream, butter, honey and remaining lemon juice.
3. Pull out the legs on the Cook & Crisp tray, then place tray in the top position in the pot, above the sauce. Place the chicken on top of the tray.
4. Close the lid and flip the SmartSwitch to RAPID COOKER. Select SPEEDI MEALS, set temperature to 210˚C and set time to 10 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 10 minutes before countdown timer begins).
5. When cooking is complete, open lid and transfer chicken to a plate. Then use silicone-tipped tongs to grab the centre handle and remove the tray from the unit. Add chicken and spinach to the sauce in the pot and stir to combine. Rinse the tray, returning it to the top position.
6. Wrap the chapatis in foil and place on tray. Close the lid, setting the timer for another 4 minutes. Select START/STOP to resume cooking.
7. When cooking is complete, carefully remove the warm chapatis and then use silicone-tipped tongs to grab the centre handle and remove the tray from the unit.
8. Stir the curry to combine. Serve garnished with fresh coriander with the warm chapatis alongside for dipping.

BBQ PULLED CHICKEN SLIDERS WITH SWEET POTATO WEDGES

Speedi Meal

BEGINNER RECIPE ●○○

PREP: 25 MINUTES | **TOTAL COOK TIME:** 34 MINUTES * | **ACCESSORIES:** COOK & CRISP TRAY (TOP POSITION)
MAKES: 4 SERVINGS

**Includes steam time*

INGREDIENTS

Bottom of pot

4 x 100-125g chicken thigh fillets

Salt, to taste

100g BBQ sauce

75ml water

Tray

800g sweet potatoes, cut into thick wedges

1 tablespoon sunflower oil

4 brioche (or soft white) buns, split open

Salt and pepper, to taste

TOPPINGS (optional)

Coleslaw

Small handful parsley, leaves roughly chopped



DIRECTIONS

1. Season the chicken on all sides with salt, then place in the bottom of the pot. Add the BBQ sauce and water and stir to combine.
2. In a large bowl, add the sweet potatoes, oil, salt and pepper and toss until evenly coated. Pull out the legs on the Cook & Crisp tray, then place tray in the top position in the pot, above the chicken. Spread potatoes on the tray.
3. Close the lid and flip the SmartSwitch to RAPID COOKER. Select SPEEDI MEALS, set the temperature to 200˚C and time to 24 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 10 minutes before countdown timer begins).
4. When the time reaches 4 minutes, open the lid and transfer the sweet potato wedges to a serving bowl. Add two buns, cut-side up, on the tray and close the lid to toast the buns for up to 2 minutes. Set aside and repeat with the other two buns.
5. When cooking is complete, transfer buns to a plate. Then use silicone-tipped tongs to grab the centre handle and remove the tray from the unit. Let chicken rest for 3 to 4 minutes, then shred with two forks.
6. Divide the shredded BBQ chicken between the toasted buns. Serve immediately with sweet potato wedges, coleslaw and parsley to taste.

NOTE If sauce needs to be thicker, switch to SEAR/SAUTÉ and continue to cook with the lid open until sauce is thicker.

HONEY-MUSTARD GLAZED PORK CHOPS WITH COLCANNON-STYLE MASH

Speedi Meal

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES * | **ACCESSORIES:** COOK & CRISP TRAY (TOP POSITION)
MAKES: 4 SERVINGS

**Includes steam time*

INGREDIENTS

Bottom of pot

800g Maris Piper potatoes, cut into 2cm cubes, rinsed

200ml water

Salt, to taste

400g savoy cabbage, cored and roughly shredded (about 1-2cm thick)

6 spring onions, trimmed, finely sliced

100g unsalted butter, cubed

3 tablespoons milk

Tray

4 x 150-200g pork loin chops, skin removed

Salt, to taste

2 tablespoons Dijon mustard, plus extra to serve

2 teaspoons wholegrain mustard

2 tablespoons clear runny honey



DIRECTIONS

1. Season the pork chops on both sides with salt. In a large bowl, add the mustards and honey and whisk until combined. Add the pork chops to the bowl and evenly cover in marinade.
2. Place the potatoes, water and salt in the pot.
3. Pull out the legs on the Cook & Crisp tray, then place tray in the top position in the pot, above the potatoes. Place the pork chops on the tray.
4. Close the lid and flip the SmartSwitch to RAPID COOKER. Select SPEEDI MEALS and set the temperature to 190˚C and time to 12 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 10 minutes before countdown timer begins).
5. When cooking is complete, transfer the pork chops to a plate and loosely cover with foil. Then use silicone-tipped tongs to grab the centre handle and remove the tray from the unit.
6. Place the cabbage in to the pot on top of the potatoes. Close the lid, set time to 3 minutes, then select START/STOP to begin cooking.
7. When cooking is complete, open the lid and roughly mash the potatoes using the back of a wooden spoon or spatula. Then add spring onions, butter, milk and salt and mix until evenly combined.
8. Serve the colcannon-style mash with pork chops and extra Dijon mustard to taste.

Don't forget to add water to create steam and cook food.

THAI-STYLE SALMON WITH MIXED VEGETABLES WITH COCONUT RICE

Speedi Meal

BEGINNER RECIPE ●○○

PREP: 15 MINUTES PLUS 10 MINUTES MARINATING | **TOTAL COOK TIME:** 20 MINUTES *
ACCESSORIES: COOK & CRISP TRAY (TOP POSITION) | **MAKES:** 4 SERVINGS

**Includes steam time*

INGREDIENTS

Bottom of pot

200g Jasmine rice, rinsed and drained

1 can (400ml) light coconut milk

50ml water

1 teaspoon salt

300g mixed baby corn, sugar snap peas, fine green beans

1 tablespoon freshly chopped coriander leaves

Juice of 1 lime

Tray

Zest and juice of 1 lime

1 tablespoon sunflower oil

1 tablespoon soy sauce

1 teaspoon honey

2 tablespoons red or green curry paste

4 x 120g salmon fillets

Oil for brushing

Coriander leaves for garnish



DIRECTIONS

1. In a shallow dish, place lime zest and juice, sunflower oil, soy sauce, honey and curry paste. Stir well to combine. Add the salmon and evenly coat on all sides with marinade. Allow salmon to marinade for at least 10 minutes or up to one hour.
2. Place rice, coconut milk, water and salt in bottom of pot, then mix to combine. Add a layer of vegetables on top of rice.
3. Pull out the legs on the Cook & Crisp tray, then place tray in the top position in the pot, above the rice, brush tray with oil, place salmon on top, skin side down.
4. Close the lid and flip the SmartSwitch to RAPID COOKER. Select SPEEDI MEALS and set the temperature to 180˚C and time to 10 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 10 minutes before countdown timer begins).
5. When cooking is complete, transfer salmon to a plate. Then use silicone-tipped tongs to grab the centre handle and remove the tray from the unit. Fluff the rice. Serve with salmon, mixed vegetables and garnish with coriander leaves and lime juice.

TIP If rice needs more time, switch to SEAR/SAUTÉ and continue to cook with the lid open until liquid is absorbed.

Don't forget to add coconut milk & water to create steam and cook food.

COD FILLETS WITH SPICED QUINOA

Speedi Meal

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 18 MINUTES*
ACCESSORIES: COOK & CRISP TRAY (TOP POSITION) | **MAKES:** 4 SERVINGS

**Includes steam time*

INGREDIENTS

Bottom of pot

200g quinoa, rinsed and drained
375ml chicken or vegetable stock
150g frozen mixed vegetables
1 tablespoon chopped parsley
½ teaspoon ground cumin
½ teaspoon ground turmeric
Salt, to taste

Tray

4 x 120g frozen cod fillets, even sized pieces
1 lemon, thinly sliced
1 tablespoon oil
Salt and pepper, to taste

DIRECTIONS

1. Place all bottom of pot ingredients in the pot and stir together.
2. Pull out the legs on the Cook & Crisp tray, then place tray in the top position in the pot, above the quinoa, arrange lemon slices on tray and place cod on top of lemon slices. Brush with oil and season with salt and pepper.
3. Close the lid and flip the SmartSwitch to RAPID COOKER. Select SPEEDI MEALS and set the temperature to 200˚C and time to 10 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 8 minutes, before countdown timer begins).
4. When cooking is complete, transfer cod to a plate. Then use silicone-tipped tongs to grab the centre handle and remove the tray from the unit. Fluff the quinoa and serve with cod.

TIP If quinoa is too moist, flip the SmartSwitch to AIR FRY/HOB. Select SEAR/SAUTÉ and cook for a few minutes.

TIP Cod can be topped with Cajun seasoning for additional flavour.

Don't forget to add stock to create steam and cook food.



SPICED CAULIFLOWER & CHICKPEA CURRY

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES* | **ACCESSORIES:** COOK & CRISP TRAY (TOP POSITION)
MAKES: 3-4 SERVINGS

**Includes steam time*

INGREDIENTS

Bottom of pot

2 tablespoons oil

1 large onion peeled, thinly sliced

2 garlic cloves peeled, thinly sliced

2.5cm piece of fresh root ginger, peeled, finely grated

1 teaspoon chilli powder (or 1 chilli, deseeded, finely chopped)

1 cinnamon stick

2 cardamom pods, crushed

1 teaspoon ground turmeric

1 teaspoon cumin

½ teaspoon ground coriander

½ teaspoon salt

Small handful of fresh coriander, leaves and stalks, roughly chopped (reserve some leaves for garnish)

1 can (400ml) chopped tomatoes

100ml water

1 teaspoon garam masala

1 can (400ml) chickpeas, liquid reserved

Tray

800g cauliflower, trimmed and cut into 8 wedges

½ teaspoon salt

1 tablespoon oil

TO SERVE

Naan bread

DIRECTIONS

1. Flip the SmartSwitch to AIR FRY/HOB. Select SEAR/SAUTÉ, set to 3 and select START/STOP to begin cooking. Add oil and preheat for a few minutes with lid open. Then add onions, cook for 5 minutes until soft. Add garlic, ginger, spices, salt and half the fresh coriander to pot. Cook for 3 to 4 minutes to release flavour of spices, if necessary, add a few tablespoons of warm water to prevent sticking.
2. Stir in tomatoes, 100ml water, garam masala, chickpeas and chickpea liquid. Bring curry to a simmer. Select START/STOP to finish cooking.
3. Pull out the legs on the Cook & Crisp tray, then place tray in the top position in the pot, above the sauce. Spread the cauliflower wedges on the tray. Season with the salt and drizzle over 1 tablespoon oil.
4. Close the lid and flip the SmartSwitch to RAPID COOKER. Select SPEEDI MEALS, set the temperature to 200˚C and set time to 10 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 10 minutes, before countdown timer begins). Turn cauliflower wedges over halfway through cooking.
5. When cooking is complete, transfer cauliflower to a plate. Then use silicone-tipped tongs to grab the centre handle and remove the tray from the unit. Remove cinnamon stick and stir cauliflower into curry and sprinkle with the remaining coriander. Serve hot with naan bread.

TIP In a hurry? Swap spices for 2 tablespoons curry paste and add in step 1.



SPINACH & RICOTTA CANNELLONI

ADVANCED RECIPE ●●●

PREP: 25 MINUTES | **COOK TIME:** 34 MINUTES* | **MAKES:** 4-6 SERVINGS

**Includes steam time*

INGREDIENTS

400g spinach

2 tablespoons olive oil

1 onion peeled, finely chopped

2 garlic cloves peeled, crushed

Salt and pepper, to taste

2 cans (400g each) chopped tomatoes

500g ricotta

40g finely grated Parmesan or vegetarian equivalent

15g basil leaves, chopped

¼ teaspoon freshly grated nutmeg

250g dried cannelloni tubes

2 balls mozzarella (125g each), drained, roughly torn

TIP Prefer more veggies? Try adding 1 can (198g) of sweetcorn at the end of step 3.

DIRECTIONS

1. Place spinach in pot. Close the lid and flip the SmartSwitch to RAPID COOKER. Select STEAM and set time to 1 minute. Select START/STOP to begin (the unit will steam for approx. 4 minutes, before countdown time begins).
2. When cooking is finished, open the lid and remove spinach from cooking pot and place in a colander or sieve. Allow to cool, then press or squeeze to extract as much liquid from the spinach as possible. Then roughly chop and set aside.
3. Wipe out the pot and dry with a kitchen towel. Add oil to pot. Flip SmartSwitch to AIR FRY/HOB. Select SEAR/SAUTÉ and set to 4. Allow oil to preheat for 2 minutes with lid open. Add onion, garlic, a pinch of salt and cook, stirring regularly, until soft, for about 4 minutes. Stir in chopped tomatoes and cook for 5 minutes stirring regularly. Select START/STOP to stop cooking.
4. In a large bowl, stir together the ricotta, Parmesan, basil, nutmeg, salt, pepper and spinach. Spoon mixture into a large piping bag and pipe into the cannelloni tubes.
5. Place filled cannelloni tubes in pot, arranging them in a layer in the tomato sauce, ensure they are coated in sauce. Scatter the mozzarella on top.
6. Close the lid and flip the SmartSwitch to RAPID COOKER. Select STEAM AIR FRY, set temperature to 200˚C and set time to 12 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 6 minutes, before countdown time begins).
7. When cooking is complete, leave to stand with the lid closed for 5 minutes. Open lid, carefully remove the pot and serve cannelloni hot.



HERB & GARLIC ROASTED CHICKEN

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 48 MINUTES * | **ACCESSORIES:** COOK & CRISP TRAY (BOTTOM POSITION)
MAKES: 4 SERVINGS

**Includes steam time*

INGREDIENTS

Juice of 1 unwaxed lemon, spent halves reserved
3 sprigs fresh thyme, divided
3 sprigs tarragon, divided
4 garlic cloves peeled, crushed
1.6kg whole chicken
Salt and pepper, to taste
200ml dry white wine
1 tablespoon olive oil

NOTE Rosemary can be substituted for tarragon.

DIRECTIONS

1. Place lemon peel, a sprig of thyme, tarragon and 2 garlic cloves into chicken cavity. Season with salt and pepper to taste. Tie legs of chicken together with cooking twine.
2. Add wine, lemon juice, remaining garlic, a sprig of thyme and tarragon to the pot. Push in the legs on the Cook & Crisp tray, then place the tray in the bottom position in the pot.
3. Brush oil evenly over chicken skin. Finely chop the remaining herbs and sprinkle over chicken. Season well with salt and pepper.
4. Close the lid and flip the SmartSwitch to RAPID COOKER. Select STEAM AIR FRY, set temperature to 180˚C and set time to 40 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 8 minutes, before countdown timer begins).
5. Cooking is complete when the internal temperature of chicken reads 75˚C on an instant read thermometer, remove chicken from pot, cover loosely with foil and allow to rest for 10 to 15 minutes.

TIP A delicious gravy or sauce can be made from juices collected in pot.



SLOW COOKED VEGGIE CHILLI

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | **TOTAL COOK TIME:** 3 HOURS 45 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons olive oil
1 medium onion peeled, finely chopped
1 red pepper, deseeded, diced
1 green pepper, deseeded, diced
2 garlic cloves, peeled, crushed
1 teaspoon chilli powder
1 teaspoon cumin powder
1 teaspoon ground coriander
1 teaspoon smoked paprika
1 teaspoon oregano
500g sweet potato, cut into 2cm chunks
1 tablespoon tomato purée
1 can (400g) chopped tomatoes
1 can (400g) red kidney beans, drained, rinsed
1 can (400g) black beans, drained, rinsed
300ml vegetable stock
Salt and pepper, to taste

TO SERVE

Guacamole
Fresh coriander leaves
Crusty bread, to serve

DIRECTIONS

1. Flip the SmartSwitch to AIR FRY/HOB. Select SEAR/SAUTÉ and set to HI-5 and press START/STOP to begin cooking. Add olive oil and heat for 2 minutes.
2. Stir in onions and peppers, close lid and cook for 10 minutes until the onion and pepper is soft. Stir once.
3. Open lid, stir in garlic, spices, sweet potato, tomato purée, chopped tomatoes, beans, salt and pepper. Select START/STOP to stop cooking.
4. Close the lid, select SLOW COOK, set temperature to HIGH and time to 3 hours 30 minutes. Select START/STOP to begin cooking.
5. After 3 hours, check if potato is tender. If more time is needed, continue to cook for 30 minutes.
6. When cooking is complete, carefully remove the pot. Serve chilli hot with guacamole, crusty bread and sprinkle with coriander leaves.



VEGETABLE BAKE

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 28 MINUTES * | **MAKES:** 4-6 SERVINGS

**Includes steam time*

INGREDIENTS

2 tablespoons oil
1 onion, peeled, diced
1 red pepper, deseeded, sliced
1 garlic clove, peeled, crushed
1 tablespoon marmite
200g sweet potatoes, diced small
200g courgettes, 1cm sliced
400g cauliflower, cut into 3cm florets
1 can (200g) sweetcorn, drained
1 can (400g) chopped tomatoes
1 tablespoon tomato purée
100ml water
1 teaspoon mixed herbs
Salt and pepper, to taste
200g grated Cheddar cheese
25g dried breadcrumbs



DIRECTIONS

1. Flip the SmartSwitch to AIR FRY/HOB. Add oil to cooking pot. Select SEAR/SAUTÉ and set to 3. Press START/STOP to begin. Leave lid open and allow oil to preheat for 2 minutes. Add onion and peppers, cook until soft for about 5 minutes. Set to 4. Stir in garlic, marmite, potatoes, courgettes, cauliflower, sweetcorn, tomatoes, water, herbs and salt and pepper. Close lid and cook for 5 minutes. Select START/STOP to end cooking.
2. Top mixture with Cheddar cheese and breadcrumbs.
3. Close the lid and flip the SmartSwitch to RAPID COOKER. Select STEAM AIR FRY and set the temperature to 190˚C and time to 13 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 5 minutes, before countdown timer begins).
4. When cooking is complete, serve immediately.

TIP To add more fibre and protein, a can of chickpeas or lentils can be added at end of step 1.

ROSEMARY & GARLIC POTATO WEDGES

BEGINNER RECIPE ●○○

PREP: 10 MINUTES PLUS 30 MINUTES SOAKING | **TOTAL COOK TIME:** 26 MINUTES *
ACCESSORIES: COOK & CRISP TRAY (BOTTOM POSITION) | **MAKES:** 4 SERVINGS **Includes steam time*

INGREDIENTS

600g Maris Piper or King Edward potatoes unpeeled, scrubbed and cut into 2.5cm thick wedges

Water, as necessary

1-2 tablespoons sunflower oil

125ml water

1 teaspoon sea salt

2 teaspoons rosemary, finely chopped

2 garlic cloves peeled, crushed

TOPPINGS (optional)

Sour cream

Chopped chives



DIRECTIONS

1. Place potatoes in a large bowl, cover with water and allow to soak for 30 minutes to remove excess starch. Rinse and pat potatoes dry.
2. In a clean bowl, toss the potatoes, oil and salt together.
3. Pour water into the pot. Push in the legs on the Cook & Crisp tray, then place the tray in the bottom position in the pot. Add potatoes.
4. Close the lid and flip the SmartSwitch to RAPID COOKER. Select STEAM AIR FRY, set temperature to 210˚C and set time to 20 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 6 minutes, before countdown timer begins).
5. When the time reaches 10 minutes, open lid, sprinkle over rosemary and garlic, toss potato wedges to coat and close lid to continue cooking. With 5 minutes remaining, open lid, rearrange wedges. Close lid to finish cooking.
6. When cooking is complete, use tongs to remove wedges from the tray. Serve with sour cream and chives.

NOTE If you prefer your wedges crispier, select AIR FRY and set temperature to 210˚C, set time to 5-10 minutes. Press START/STOP to begin cooking. Check towards end cook time if they are brown enough. The unit will automatically pause when the lid is opened.

ROASTED MEDITERRANEAN VEGETABLES

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES * | **ACCESSORIES:** COOK & CRISP TRAY (BOTTOM POSITION)
MAKES: 4 SERVINGS **Includes steam time*

INGREDIENTS

650g mixed vegetables, (peppers, onions, courgettes, sweet potatoes), cut into 4cm pieces

2 tablespoons olive oil

Zest and juice of 1 orange, divided

1 tablespoon fresh thyme leaves

Salt and pepper, to taste

250ml water

2 tablespoons honey (orange blossom if desired)

200g feta cheese, crumbled



DIRECTIONS

1. In a large bowl, add vegetables, oil, orange zest, thyme leaves and salt and pepper. Toss together to make sure all the vegetables are coated.
2. Pour water into the pot. Push in the legs on the Cook & Crisp tray, then place the tray in the bottom position in the pot. Add vegetables.
3. Close the lid and flip the SmartSwitch to RAPID COOKER. Select STEAM AIR FRY, set temperature to 200˚C and set time to 20 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 10 minutes, before countdown timer begins).
4. Meanwhile in a small bowl, whisk together orange juice and honey.
5. When cooking is complete, remove vegetables from tray. Place vegetables into a serving dish and drizzle over the glaze and sprinkle with feta cheese. Serve with fish or chicken or with jacket potatoes.

TIP For a faster prep time, purchase ready cut vegetables.

NOTE If you prefer your veggies crispier, select AIR FRY and set temperature to 200˚C, set time to 5-10 minutes. Press START/STOP to begin cooking. Check towards end cook time if they are crisp enough. The unit will automatically pause when the lid is opened.

ROSEMARY & SEA SALT FOCACCIA

BEGINNER RECIPE ●○○

PREP: 15 MINUTES PLUS 60 MINUTES PROVING | **TOTAL COOK TIME:** 32 MINUTES*
ACCESSORIES: COOK & CRISP TRAY (BOTTOM POSITION), NINJA MULTI-PURPOSE TIN OR OTHER 20CM CAKE TIN
MAKES: 4-6 SERVINGS **Includes steam time*

INGREDIENTS

4 tablespoons extra virgin olive oil, divided, plus extra for greasing

400g strong plain flour, plus extra for kneading

1 sachet fast action/easy bake yeast

1¼ teaspoons salt

250–300ml tepid water

Rosemary sprigs

Flaked sea salt, for sprinkling



DIRECTIONS

1. Grease Multi-Purpose Tin or 20cm cake tin with oil, then set aside.
2. In a large bowl, place the flour, yeast, salt and 2 tablespoons olive oil. Gradually mix in water with spoon or hands until the dough starts to form a ball. It may be a bit sticky.
3. Turn out onto a floured surface and knead for ten minutes or until the dough is smooth.
4. Spread dough to roughly fit tin. Cover with a clean tea towel and leave to prove at room temperature for 1 hour or until doubled in size.
5. Make indentations in bread dough with finger or end of wooden spoon, push in sprigs of rosemary. Drizzle over remaining oil and sprinkle over sea salt.
6. Add 250ml water to pot. Push in the legs on the Cook & Crisp tray, then place the tray in the bottom position in the pot. Place dough in tin on tray.
8. Close the lid and flip the SmartSwitch to RAPID COOKER. Select STEAM BAKE and set time to 12 minutes and temperature to 180˚C. Select START/STOP to begin cooking (the unit will steam for approx. 20 minutes, before countdown timer begins).
9. Cooking is complete when the bread is golden brown in colour.

Don't forget to add water to create steam and cook food.

CHOCOLATE FUDGE CAKE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 33 MINUTES*
ACCESSORIES: COOK & CRISP TRAY (BOTTOM POSITION), NINJA MULTI-PURPOSE TIN OR 20CM SPRINGFORM CAKE TIN
MAKES: 8-10 SERVINGS **Includes steam time*

INGREDIENTS

CAKE

115ml sunflower oil, plus a little for greasing

500ml water

150g plain flour

50g cocoa powder

1½ teaspoons baking powder

½ teaspoon bicarbonate of soda

Pinch of salt

175g light soft brown sugar

1 teaspoon vanilla extract or essence

2 medium eggs

115ml milk

75ml boiled water

ICING

400g ready-made chocolate fudge icing



DIRECTIONS

1. Grease Multi-Purpose Tin or 20cm cake tin with oil, line with parchment paper, then set aside.
2. Add 500ml water to pot. Push in the legs on the Cook & Crisp tray, then place the tray in the bottom position in the pot.
3. In a large bowl, sift together flour, cocoa, baking powder, bicarbonate of soda and a pinch of salt. Stir in sugar. In another large bowl, whisk together the oil, vanilla extract and eggs. Then whisk in the milk.
4. Pour the wet ingredients into the dry and whisk until smooth. Carefully pour over just boiled water and mix in. Pour cake batter into cake tin and place on tray.
5. Close the lid and flip the SmartSwitch to RAPID COOKER. Select STEAM BAKE and set time to 13 minutes and temperature to 160˚C. Select START/STOP to begin cooking (the unit will steam for approx. 20 minutes, before countdown timer begins).
6. The cake should be cooked when a cocktail stick is inserted in the centre and comes out clean. Allow to cool in tin, before turning out onto a serving tray.
7. Spread ready made icing over top of cake before serving.

Steam Air Fry Chart

Steam Air Frying is a great way to give food a crispy exterior while staying juicy inside. Before placing the food and Cook & Crisp tray into the unit, ensure that you've added water to the bottom of the cooking pot. This is important to ensure that steam will be produced and get you those delicious results you desire.

NOTE: For larger cuts of meat, allow the protein to rest for at least 10 minutes after cooking.

NOTE: Please use these charts as guides and adjust cook times as needed if your ingredient quantity varies.

NOTE: Steam will take approximately 4–10 minutes to build.

INGREDIENT	AMOUNT	PREPARATION	OIL *optional*	WATER	ACCESSORY / ORIENTATION	TEMP	COOK TIME
POULTRY							
Chicken breasts	2 (175g each)	None	Brushed with oil	125ml	Cook & Crisp tray, Top Position	190°C	15–20 mins
Chicken breasts, breaded	4 (175g each)	None	None	125ml	Cook & Crisp tray, Top Position	190°C	18–20 mins
Chicken drumsticks	1kg	None	2 tbsp	125ml	Cook & Crisp tray, Top Position	210°C	25-30 mins
Chicken thighs (bone in)	1kg	None	Brushed with oil	125ml	Cook & Crisp tray, Top Position	190°C	15–18 mins
Chicken thighs (boneless)	4 (100-125g each)	None	2 tbsp	125ml	Cook & Crisp tray, Top Position	190°C	20–25 mins
Chicken wings	500g	None	2 tbsp	125ml	Cook & Crisp tray, Bottom Position	220°C	15 mins
Whole chicken	2-2.5kg	Trussed	Brushed with oil	250ml	Cook & Crisp tray, Bottom Position	180°C	60-80 mins
Turkey breast	1.4-2.4kg	None	Brushed with oil	250ml	Cook & Crisp tray, Bottom Position	180°C	45-55 mins
BEEF							
Topside	1.5kg	None	2 tbsp	250ml	Cook & Crisp tray, Bottom Position	180°C	45 mins for Medium Rare
Rolled rib	1.5kg	None	2 tbsp	250ml	Cook & Crisp tray, Bottom Position	180°C	30-32 mins for Medium Rare
PORK							
Pork chops	4 thick-cut, bone-in (250g each)	Bone in	Brushed with oil	125ml	Cook & Crisp tray, Top Position	190°C	20-25 mins
	4 boneless (100–125g each)	Boneless	Brushed with oil	125ml	Cook & Crisp tray, Top Position	190°C	20-25 mins
Pork loin	1kg	None	2 tbsp	250ml	Cook & Crisp tray, Bottom Position	180°C	35-40 mins
LAMB							
Leg of lamb	1.5kg	None	2 tbsp	250ml	Cook & Crisp tray, Bottom Position	180°C	37-40 mins
FISH							
Cod	4 (150g each)	None	1 tbsp	125ml	Cook & Crisp tray, Top Position	220°C	9–12 mins
Salmon	4 (150g each)	None	1 tbsp	65ml	Cook & Crisp tray, Top Position	220°C	7–10 mins



Don't forget to add liquid to create steam and cook your food.

Steam Air Fry Chart, continued

Steam Air Frying is a great way to give food a crispy exterior while staying juicy inside. Before placing the food and Cook & Crisp tray into the unit, ensure that you've added water to the bottom of the cooking pot. This is important to ensure that steam will be produced and get you those delicious results you desire.

NOTE: Please use these charts as guides and adjust cook times as needed if your food load quantity varies.

NOTE: Steam will take approximately 4–10 minutes to build.

INGREDIENT	AMOUNT	PREPARATION	OIL *optional*	WATER	ACCESSORY / ORIENTATION	TEMP	COOK TIME
FROZEN POULTRY							
Chicken breasts	4 (175g each)	None	Brushed with oil	250ml	Cook & Crisp tray, Top Position	200°C	15-20 mins
Chicken drumsticks	1kg	None	Brushed with oil	125ml	Cook & Crisp tray, Top Position	180°C	20-25 mins
Chicken thighs with bone	1kg	None	Brushed with oil	125ml	Cook & Crisp tray, Top Position	200°C	20-22 mins
Chicken wings	500g	None	2 tbsp	125ml	Cook & Crisp tray, Bottom Position	220°C	15 mins
FROZEN BEEF							
Steak, sirloin	2 (225g each)	None	2 tbsp	250ml	Cook & Crisp tray, Top Position	180°C	12-18 mins
FROZEN FISH							
Salmon	4 (120g each)	None	1 tbsp	65ml	Cook & Crisp tray, Top Position	220°C	7-10 mins
Cod	4 (140g each)	None	1 tbsp	125ml	Cook & Crisp tray, Top Position	220°C	10–15 mins
FROZEN PORK							
Pork chops with bone	2 (250g each)	None	2 tbsp	125ml	Cook & Crisp tray, Top Position	190°C	23-28 mins
Sausages	450g	None	2 tbsp	125ml	Cook & Crisp tray, Top Position	190°C	10-12 mins
VEGETABLES							
Beetroot	1kg	Peel, cut into 1.25cm cubes	1 tbsp	125ml	Cook & Crisp tray, Bottom Position	200°C	30-35 mins
Broccoli	400g	Whole, remove stem	125ml	125ml	Cook & Crisp tray, Bottom Position	210°C	15–20 mins
Brussels sprouts	1kg	Cut in half, trim ends	1 tbsp	125ml	Cook & Crisp tray, Bottom Position	220°C	10-12 mins
Butternut squash	1kg	Cut in half, deseed	1 tbsp	125ml	Cook & Crisp tray, Bottom Position	190°C	22-25 mins
Carrots	1kg	Peel, cut into 1.25cm rounds	1 tbsp	125ml	Cook & Crisp tray, Bottom Position	200°C	22–28 mins
Parsnip	500g	Cut into 2.5cm pieces	1 tbsp	125ml	Cook & Crisp tray, Bottom Position	200°C	30–35 mins
Potatoes, King Edward/ Maris Piper/Russet	1kg	Cut into 2.5cm wedges	1 tbsp	125ml	Cook & Crisp tray, Bottom Position	220°C	25–30 mins
	4, 800g	Whole	Brush with oil	125ml	Cook & Crisp tray, Bottom Position	200°C	30–35 mins
Sweet potatoes	1kg	Cut into 2.5cm cubes	1 tbsp	125ml	Cook & Crisp tray, Bottom Position	200°C	20 mins



Don't forget to add liquid to create steam and cook your food.

Air Fry Cooking Chart using Cook & Crisp tray at **bottom** of cooking pot

Please use these charts as guides and adjust cook times as needed if your food load quantity varies

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	250g	Trim stems	2 tsp	200°C	7-8 mins
Bell peppers	4 (750g)	Whole	None	200°C	18-20 mins
Cauliflower	400g	Cut in 2.5-5cm florets	1 tbsp	200°C	12-14 mins
Corn on the cob	4 ears (1kg)	Whole ears, husk removed	1 tbsp	200°C	12-15 mins
Courgette	500g	Cut in quarters lengthwise, then into 2.5cm pieces	1 tbsp	200°C	11-12 mins
Green beans	350g	Trimmed	1 tbsp	200°C	7-10 mins
Kale for chips	400g	Torn in pieces, stems removed	None	150°C	8-12 mins
Mushrooms	300g	Wipe, quarter	1 tbsp	200°C	7-8 mins
Potatoes, King Edward/Maris Piper/Russets	500g	Hand cut chips, *thin	1/2-3 tbsp	200°C	18-22 mins
	500g	Hand cut chips, *thick	1/2-3 tbsp	200°C	20-22 mins
Potatoes, sweet	1kg	Cut into 2.5cm cubes	1 tbsp	200°C	14-16 mins
BEEF					
Burgers	4 (125g each)	1.5-1.75cm thick	None	190°C	10 mins
Steak	2 (225g each)	None	Brushed with oil	200°C	8-12 mins
PORK					
Bacon	6 rashers, (200g)	Lay rashers evenly over tray	None	170°C	10 mins
Gammon steak	1 (225g)	Whole	None	200°C	10-12 mins
Sausages	8 (450g)	None	None	200°C	7-8 mins

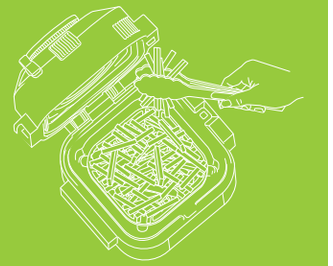
* After cutting potatoes, allow raw chips to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat chips dry. The drier the chips the better the results.

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/toss food or flip with silicone-tipped tongs



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

Air Fry Cooking Chart using Cook & Crisp tray at **bottom** of cooking pot, cont.

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

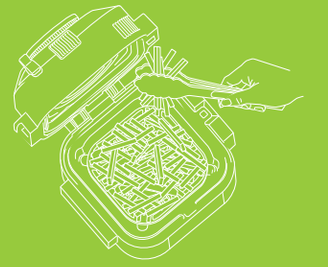
INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
FROZEN FOODS					
Chicken nuggets	380g	None	None	200°C	10 mins
Fish fillets (battered)	440g	None	None	200°C	14 mins
Fish fingers	10 (280g)	None	None	200°C	9-10 mins
Hash browns	8 (360g)	None	None	200°C	14 mins
Roast potatoes	700g	None	None	200°C	25-30 mins
Mozzarella sticks	360g	None	None	200°C	6-7 mins
Onion rings	300g	None	None	200°C	10-12 mins
Scampi	9 jumbo pieces (230g)	None	None	200°C	7 mins
Sweet potato fries	500g	None	None	200°C	15 mins
Veggie burgers	4 (350g)	None	None	190°C	14 mins
Veggie sausages	6 (270g)	None	None	200°C	7-8 mins
FROZEN CHIPS					
Light straight chips	500g	None	None	200°C	14 mins
Chunky chips	500g	None	None	200°C	17 mins
Crinkle cut chips	500g	None	None	200°C	16 mins
French fries	500g	None	None	180°C	14 mins
Gastro chips	700g	None	None	200°C	18-20 mins
Potato wedges	650g	None	None	200°C	15 mins
Skin-on chips	500g	None	None	200°C	16-17 mins
FISH & SEAFOOD					
Fishcakes	2 (150g each)	None	None	200°C	8-10 mins
Prawns	16 jumbo	Raw, whole, 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/toss food or flip with silicone-tipped tongs



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

Steam Chart using Cook & Crisp tray at **bottom** of cooking pot

Please use these charts as guides and adjust cook times as needed if your food load quantity varies.

INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
VEGETABLES				
Asparagus	250g	Whole spears	250ml	5-7 mins
Broccoli	300g	Cut into 2.5–5cm florets	250ml	5-9 mins
Brussels sprouts	400g	Whole, trimmed	250ml	10–15 mins
Butternut squash	500g	Peeled, cut into 2.5cm cubes	250ml	10–15 mins
Carrots	500g	Peeled, cut into 2.5cm pieces	250ml	10–15 mins
Cauliflower	400g	Peeled, cut into 2.5-5cm florets	250ml	5-10 mins
Corn on the cob	4 ears	Whole, husks removed	250ml	8-10 mins
Green beans	200g	Whole, trimmed	250ml	8–12 mins
Potatoes	500g	Peeled, cut into 2.5cm pieces	325ml	12–17 mins
Potatoes, baby new	500g	Whole pieces	325ml	15–20 mins
Sweet potatoes	500g	Cut into 1.25cm cubes	250ml	8–14 mins

Dehydrate Chart using Cook & Crisp tray at **bottom** of cooking pot

TIP Most fruits and vegetables take between 6 and 8 hours (at 60°C) to dehydrate; meats take between 5 and 7 hours (at 70°C). The longer you dehydrate your ingredients, the crispier they will be.

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apple chips	Cut into 3mm slices, remove core, rinse in lemon water, pat dry	60°C	7–8 hrs
Bananas	Peel, cut into 3mm slices	60°C	8-10 hrs
Fresh herbs	Rinse, pat dry, remove stems	60°C	4-6 hrs
Ginger root	Cut into 3mm slices	60°C	6 hrs
Mangoes	Peel, cut into 3mm slices, remove stone	60°C	6-8 hrs
Mushrooms	Clean with soft brush or wipe with damp kitchen paper	60°C	6-8 hrs
Pineapple	Peel, cut into 3mm - 1.25cm slices, core removed	60°C	6-8 hrs
Strawberries	Cut in half or into 1.25cm slices	60°C	6-8 hrs
Tomatoes	Cut into 3mm slices; steam if planning to rehydrate	60°C	6-8 hrs
MEAT, POULTRY, FISH			
Beef, chicken, salmon jerky	Cut into 6mm slices, marinate overnight	70°C	5-7 hrs

NOTES

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