

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



# NINJA<sup>®</sup> Foodi<sup>™</sup>

15+ mouthwatering  
recipes and charts for  
unlimited possibilities



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## Pressure, meet Crisp

What you're about to experience is a way of cooking that's never been done before. 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 chilis 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 caramelize 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 way less time.



**GRILL**

Finish off your meals by sealing in flavour and giving them just the right amount of caramelization or crispiness.

# 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 chili or stew, too. But when you TenderCrisp™, you always finish with a crispy, delicious twist.



TenderCrisp™  
Frozen to Crispy



TenderCrisp™  
Roasts



TenderCrisp™  
360 Meals



TenderCrisp™  
One-Pot Wonders

# TenderCrisp™ 101

## Herb-Roasted Chicken

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 30-41 MINUTES | **MAKES:** 4 SERVINGS

**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE COOK:** 22 MINUTES | **PRESSURE RELEASE:** 5 MINUTES | **AIR CRISP:** 8-18 MINUTES

### INGREDIENTS

1 whole fresh uncooked chicken (2.25kg-2.5kg)	1 tablespoon whole black peppercorns
Juice of 2 lemons (60ml lemon juice)	5 sprigs fresh thyme
60ml hot water	5 cloves garlic, peeled, smashed
60ml honey	1 tablespoon vegetable oil
1 tablespoon plus 1 teaspoon sea salt, divided	2 teaspoons ground black pepper

### DIRECTIONS



Remove packet of giblets, if included in cavity of the chicken. Tie legs together with cooking twine.



In a small bowl, mix together lemon juice, hot water, honey, and 1 tablespoon salt. Pour mixture into the pot. Place whole peppercorns, thyme, and garlic in the pot.



Place chicken into the Cook & Crisp™ Basket and place basket in pot.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to high (HI). Set time to 22 minutes. Select START/STOP to begin.



When pressure cooking is complete, allow pressure to naturally release for 5 minutes. After 5 minutes, quick release any remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



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



Close crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 8 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached, adding up to 10 additional minutes.



Let chicken rest for 5 to 10 minutes. Cooking is complete when internal temperature reaches 75°C. Remove chicken from basket using the Ninja® roast lifters\* (or 2 large serving forks).

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

# TenderCrisp™ 101

## Teriyaki Chicken, Broccoli & Rice

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | TOTAL COOK TIME: 32 MINUTES | MAKES: 2 SERVINGS

APPROX. PRESSURE BUILD: 8 MINUTES | PRESSURE COOK: 2 MINUTES | PRESSURE RELEASE: 10 MINUTES | GRILL: 12 MINUTES

### INGREDIENTS

200g long-grain white rice, rinsed	2 uncooked fresh boneless skinless chicken breasts (250g each)
310ml chicken stock	1 head broccoli, cut in 5cm florets
70g frozen mixed vegetables	1 tablespoon extra virgin olive oil
1 teaspoon sea salt, divided	60ml teriyaki sauce
2 teaspoons ground black pepper, divided	
1 tablespoon garlic powder	

### DIRECTIONS



Place rice, 236ml chicken stock, frozen vegetables, ½ teaspoon salt, 1 teaspoon pepper, and garlic powder into the pot; stir to combine.



Place chicken breasts on reversible rack, making sure rack is in the higher position. Place rack inside pot over rice mixture.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to high (HI). Set time to 2 minutes. Select START/STOP to begin.



While chicken and rice are cooking, toss broccoli in a bowl with the olive oil and remaining salt and pepper.



When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release any remaining pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Remove reversible rack from pot. Stir remaining 74ml chicken stock into rice mixture. Return reversible rack with chicken to pot. Brush tops of chicken breasts liberally with teriyaki sauce. Add broccoli to rack around chicken.



Close crisping lid. Select GRILL and set time to 12 minutes. Select START/STOP to begin.



Check after 10 minutes for desired crispiness. Cooking is complete when internal temperature of chicken reaches 75°C. Serve chicken with rice and broccoli.

TIP Chicken can be replaced by frozen salmon fillets

# Choose Your Own TenderCrisp™ Adventure

Feeling adventurous? Simply choose an ingredient from each column to customize and create your very own TenderCrisp™ meals.

**TIP** If you want to keep meat drippings from falling off the reversible rack and onto your starches and grains below, place a layer of aluminium foil under the meat to keep everything tidy and clean.

## Pick a Grain or Starch and place with liquid in pot

200g white rice  
with 250ml stock

200g quinoa  
with 250ml stock

500g white potatoes,  
cubed, with 125ml water

200g pearly couscous  
with 250ml stock

## Add the Rack

and place with liquid in pot

ADD THE REVERSIBLE RACK IN THE HIGHER POSITION



## Pick a Protein and place on reversible rack

500g fresh boneless skinless chicken thighs

4 fresh boneless chicken breasts (185-250g each)

2 frozen steaks (250-375g each, 2.5cm thick)

## Pressure Cook


HIGH FOR 2 MINS

Pressure Lid



## Pressure Release

QUICK RELEASE PRESSURE; CAREFULLY REMOVE LID



## Pick a vegetable, oil and season to taste, then place on rack around protein

1 large or 2 small courgette,  
cut in 7.5cm x 12mm

4 carrots,  
cut in 7.5cm x 12mm sticks

1/2 head cauliflower,  
cut in small florets

## Finishing touch brush your protein with sauce or rub of your choice

Barbecue

Teriyaki

Sweet & sour

Blackening seasoning


Rosemary garlic spice rub

Your favourite spice blend

## Grill

DROP THE CRISPING LID AND GRILL FOR 10 MINS

Crisping Lid





## TenderCrisp™ Frozen to Crispy

With a Ninja® Foodi™ on your worktop, frozen is the new fresh. Pressure cook frozen meats to quickly defrost and tenderise them at the same time. Then use the crisping lid to crisp your meal the way you want.

# BUFFALO CHICKEN WINGS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4-6 SERVINGS | **APPROX. PRESSURE BUILD:** 6 MINUTES  
**PRESSURE RELEASE:** QUICK

## INGREDIENTS

125ml water  
1kg frozen chicken wings, drums and flats separated  
2 tablespoons vegetable oil  
2 tablespoons Buffalo sauce  
1 teaspoon sea salt

## DIRECTIONS

- 1 Pour water into pot. Place wings into the Cook & Crisp™ basket and place basket in pot. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Pat wings dry with paper towels and toss with 2 tablespoons oil in the basket.
- 5 Close crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 15 minutes. Select START/STOP to begin.
- 6 After 7 minutes, open lid, then lift basket and shake wings or toss with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.
- 7 While the wings are cooking, stir together Buffalo sauce and salt in a large mixing bowl.
- 8 When cooking is complete, transfer wings to the bowl with Buffalo sauce and toss to coat.







## TenderCrisp™ Starters & Mains

Pressure + crisp = unlimited flavour combinations.

Want to TenderCrisp your way?  
Jump to page 48 for the TenderCrisp chart.

# STUFFED PEPPERS

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **COOK:** 27 MINUTES | **MAKES:** 4 SERVINGS  
**APPROX. PRESSURE BUILD:** 8 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

## INGREDIENTS

1 tablespoon garlic powder  
1 teaspoon black pepper  
1 tablespoon ground cinnamon  
½ teaspoon ground cloves  
2 ¼ teaspoons sea salt, divided  
3 tablespoons paprika  
1 ½ teaspoons ground cumin  
500g uncooked beef mince  
1 small onion, peeled, finely chopped  
200g long-grain brown rice  
250ml chicken stock  
60ml dry white wine  
4 large bell peppers, seeds and stems removed, tops chopped  
120g whole cashews, chopped  
10g fresh parsley, chopped

**TIP** Save remaining spice blend and use it for roasting vegetables or seasoning fish.

## DIRECTIONS

- 1 In a small mixing bowl, stir together the garlic powder, black pepper, cinnamon, cloves, ¾ teaspoon salt, paprika, and cumin; set aside.
- 2 Add beef, onion, rice, stock, wine, and 2 tablespoons spice mix to the pot, breaking apart meat. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
- 4 When pressure cooking is complete, allow the pressure to naturally release for 10 minutes. After 10 minutes, quick release any remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 5 Stir meat mixture, then add chopped pepper tops, cashews, fresh parsley, and remaining salt. Using a rubber or wooden spoon, stuff mixture into the 4 bell peppers.
- 6 Place stuffed peppers in the pot. Close crisping lid. Select BAKE/ROAST, set temperature to 180°C, and set time to 12 minutes. Select START/STOP to begin.
- 7 When cooking is complete, serve immediately.

# POTATO WEDGES

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **COOK:** 18-33 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 6 MINUTES  
**PRESSURE RELEASE:** QUICK

## INGREDIENTS

125ml water  
4 golden potatoes, cut in 5cm wedges  
2 tablespoons extra virgin olive oil, divided  
1 tablespoon fresh oregano leaves, minced  
4 cloves garlic, peeled, minced  
Juice of 1 lemon  
1 teaspoon sea salt  
2 teaspoons ground black pepper

## DIRECTIONS

- 1 Pour water into the pot. Place potatoes into the Cook & Crisp™ Basket and place basket into pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 3 minutes. Select START/STOP to begin.
- 3 While potatoes are cooking, stir together 1 tablespoon olive oil with oregano, garlic, lemon juice, salt, and pepper in a small bowl. Set aside.
- 4 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.
- 5 Pour remaining olive oil over the potatoes in the basket, shaking to coat evenly.
- 6 Close the crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 30 minutes. Select START/STOP to begin. Check potatoes after 15 minutes. Continue cooking for up to 15 more minutes for desired crispiness.
- 7 When cooking is complete, remove potatoes from basket. Toss with oregano dressing and serve.

**TIP** For crispier results, add another teaspoon of oil in step 5, and when Air Crisping, shake the basket or toss potatoes with silicone-tipped tongs every 6 minutes.





## TenderCrisp™ 360 Meals

Take full advantage of the Foodi's cooking capabilities to create wholesome, delicious home-cooked meals.

Feeling adventurous?

Go to page 10 to choose your own TenderCrisp adventure.

# SOY-GLAZED SALMON & BOK CHOY

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **COOK:** 17 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 5 MINUTES  
**PRESSURE RELEASE:** QUICK

## INGREDIENTS

200g jasmine rice, rinsed  
250ml water, divided  
2 tablespoons soy sauce  
2 tablespoons butter, softened  
4 fresh skinless salmon fillets (125g, 2.5cm thick each)  
2 heads baby bok choy, stems on, rinsed, cut in half  
60ml mirin  
1 teaspoon sesame oil  
½ teaspoon sea salt  
Sesame seeds, for garnish

## DIRECTIONS

- 1 Place rice and 180ml water into the pot. Stir to combine.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin.
- 4 While rice is cooking, stir together soy sauce and butter to form a paste, then gently spread soy butter evenly on top of each salmon fillet. In a bowl, toss bok choy with mirin, sesame oil, and salt.
- 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 Add remaining water to the pot; stir to combine. Place reversible rack in pot over rice, making sure rack is in the higher position. Place salmon fillets and bok choy on rack.
- 7 Close crisping lid. Select GRILL and set time to 15 minutes. Select START/STOP to begin.
- 8 When cooking is complete, remove salmon from rack and serve with bok choy and rice. Garnish with sesame seeds, if desired.





## TenderCrisp™ One-Pot Wonders

Elevate your favorite casseroles, stews, chilis, and desserts  
with a crispy topping.

# COTTAGE PIE

INTERMEDIATE RECIPE ●●○

**PREP:** 25 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 6 SERVINGS | **APPROX. PRESSURE BUILD:** 13 MINUTES (TOTAL)  
**PRESSURE RELEASE:** QUICK

## INGREDIENTS

3 white potatoes, peeled, cut in 2.5cm chunks  
125ml water  
62g butter, melted  
125ml double cream  
2 teaspoons sea salt, divided  
1 tablespoon vegetable oil  
1 large onion, peeled, chopped  
1 package (250g) portobellini or button mushrooms, stems removed, chopped  
2 large carrots, peeled, chopped  
2 cloves garlic, peeled, minced  
1 tablespoon tomato paste  
1 tablespoon Worcestershire sauce  
750g beef mince  
130g frozen peas  
250ml beef broth  
5 tablespoons instant thickening granules  
2 tablespoons fresh parsley, chopped  
(or 2 teaspoons dried), 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 HIGH. 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 Mash potatoes with butter, cream, and ½ teaspoon salt; transfer to bowl and cover to keep warm. Wipe out pot and return to unit.
- 5 Select SEAR/SAUTÉ and set to HIGH. Add oil and allow to heat for 3 minutes.
- 6 After 3 minutes, add the onion, mushrooms, carrots, and remaining 1½ teaspoons salt. Sauté until mushrooms have released their liquid and onion is translucent, 5 to 7 minutes. Add garlic, tomato paste, and Worcestershire sauce and sauté for 1 minute. Stir in ground beef, peas, and broth. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 7 Select PRESSURE and set to HIGH. Set time to 3 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 thickening granules into meat mixture, then spread mixture in an even layer in bottom of pot. Spread mashed potatoes evenly over the meat mixture.
- 9 Close the crisping lid; select GRILL. Set time to 5 minutes. Select START/STOP to begin.
- 10 When cooking is complete, allow to rest for 10 minutes. Top with fresh parsley and serve.

# CREAMY TOMATO SOUP WITH GRILLED CHEESE CROUTONS

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 8-10 SERVINGS | **APPROX. PRESSURE BUILD:** 8 MINUTES  
**PRESSURE RELEASE:** QUICK

## INGREDIENTS

2 tablespoons vegetable oil  
2 white onions, peeled, diced  
8 cloves garlic, peeled, minced  
2 cans (400g each) crushed tomatoes  
2 cans (400g each) tomato puree  
250ml double cream  
250ml water  
1 ½ teaspoons sea salt  
2 tablespoons Worcestershire sauce  
1 teaspoon crushed chillies  
½ crusty French baguette, sliced in 16 rounds  
55g shredded mozzarella cheese  
50g shredded Parmesan cheese



## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, add oil, onions, and garlic to pot. Cook, stirring occasionally, for 5 minutes.
- 3 Add crushed tomatoes, tomato puree, cream, water, salt, Worcestershire sauce and crushed chillies to pot. Continue cooking for another 5 minutes. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
- 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. Allow soup to stop boiling before proceeding to next step.
- 6 Lay bread slices evenly across the top of the soup, then place cheeses evenly on top of bread.
- 7 Close the crisping lid. Select GRILL and set time to 5 minutes. Select START/STOP to begin.
- 8 When cooking is complete, serve immediately.

# FRENCH ONION SOUP AU GRATIN

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **COOK:** 42 MINUTES | **MAKES:** 4 SERVINGS  
**APPROX. PRESSURE BUILD:** 4 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

2 tablespoons butter  
2 large white onions, peeled, cut in 6mm slices  
1 tablespoon tomato paste  
1 tablespoon soy sauce  
1 tablespoon Worcestershire sauce  
1L beef stock  
½ teaspoon sea salt  
1 teaspoon ground black pepper  
30cm French baguette, cut in 2.5cm cubes  
220g shredded mozzarella (or Gruyere) cheese



## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 Add butter and onions to pot and cook, stirring occasionally, for 10 minutes.
- 3 Add tomato paste, soy sauce, and Worcestershire sauce to pot. Cook for 5 minutes. Add beef stock, salt, and pepper to pot and cook for an additional 5 minutes. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
- 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 Arrange the French bread cubes over the surface of the soup, then place the cheese evenly on top of the bread.
- 7 Close crisping lid. Select GRILL and set time to 7 minutes. Select START/STOP to begin. Cooking is complete when bread is toasted.
- 8 When cooking is complete, soup is ready to serve.

# PENNE & SAUSAGE RAGU

INTERMEDIATE RECIPE ●●○

**PREP:** 20 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 6 SERVINGS | **APPROX. PRESSURE BUILD:** 6 MINUTES  
**PRESSURE RELEASE:** QUICK

## INGREDIENTS

2 tablespoons vegetable oil  
500g uncooked sausage, casings removed  
500g smoked sausage, diced  
2 carrots, peeled, diced  
4 sticks of celery, diced  
1 large white onion, peeled, diced  
4 cloves garlic, peeled, minced  
3 jars (460g each) roasted red peppers, strained, pureed  
250ml chicken stock  
250ml double cream  
1 ½ teaspoons sea salt  
1 ½ teaspoons fresh rosemary, minced  
500g dry penne pasta  
125g whole milk mozzarella cheese, diced  
110g shredded mozzarella cheese

## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, add vegetable oil and both sausages to the pot. Cook for 5 minutes, stirring occasionally to break up the meat.
- 3 Add carrots, celery, onion, and garlic to pot and cook for an additional 5 minutes, stirring occasionally.
- 4 Add pureed red peppers, chicken stock, cream, salt, rosemary, and pasta. Stir well to combine. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 5 Select PRESSURE and set to LOW. 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 Stir pasta mixture, then spread mozzarella evenly over the top.
- 8 Close the crisping lid. Select GRILL and set time to 5 minutes. Select START/STOP to begin.
- 9 When cooking is complete, serve immediately.

# CURRIED TOFU

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **COOK:** 38 MINUTES | **MAKES:** 4-6 SERVINGS | **APPROX. PRESSURE BUILD:** 6 MINUTES  
**PRESSURE RELEASE:** QUICK

## INGREDIENTS

2 tablespoons olive oil, divided, plus more as needed  
1kg extra firm tofu, drained, cut in cubes  
¾ teaspoon sea salt, divided, plus more to taste  
2 small onions, peeled, thinly sliced  
400g butternut squash, peeled, cut in small cubes  
6 cloves garlic, peeled, minced  
500ml coconut milk  
2 teaspoons fish sauce  
2 tablespoons smooth peanut butter  
2 teaspoons curry powder  
5g fresh coriander leaves, chopped  
80g roasted peanuts, chopped  
Juice of 1 lime  
400g cooked brown or jasmine rice, for serving

## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, add 1 tablespoon olive oil. Once olive oil begins to shimmer, add tofu in batches (about 0.25kg at a time) and season each batch with ¼ teaspoon salt. Sear about 2 minutes on each side, or until browned. Remove to bowl and cover to keep warm.
- 3 Add remaining 1 tablespoon olive oil to pot with onions, butternut squash, and salt to taste. Sauté for 2 minutes, or until onions are translucent. Add garlic and cook, stirring frequently, for 30 seconds.
- 4 Select START/STOP to turn off SEAR/SAUTÉ, then add coconut milk, fish sauce, peanut butter, and curry powder. Stir until peanut butter has fully dissolved. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 5 Select PRESSURE and set to HIGH. Set time to 3 minutes. Select START/STOP to begin.
- 6 While sauce is cooking, stir together chopped peanuts and lime juice in a small bowl.
- 7 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 Add cooked tofu to pot with sauce. Using a spoon, sprinkle peanut and lime mixture on top of tofu, spreading as evenly as possible.
- 9 Close the crisping lid. Select GRILL and set time to 5 minutes. Select START/STOP to begin.
- 10 When cooking is complete, serve tofu and sauce over rice.



## Everyday Basics

Elevating your weeknight meals is as easy as adding any of these appetizers, sides, or desserts to your menu.

# SAUSAGE-STUFFED MUSHROOM CAPS

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 10-12 STUFFED MUSHROOMS

### INGREDIENTS

4 medium portobello mushrooms, washed, patted dry  
250g uncooked pork sausage, removed from casing  
25g shredded Parmesan cheese  
25g dried garlic & parsley seasoned bread crumbs  
5g fresh parsley, chopped  
2 tablespoons chicken stock  
2 tablespoons pine nuts  
Zest of 1 lemon  
 $\frac{1}{2}$  teaspoon sea salt  
 $\frac{1}{2}$  teaspoon ground fennel seed

### DIRECTIONS

- 1 Carefully remove the stems from the mushroom caps and set aside. Scoop out the black gills inside the mushroom caps with a small spoon and discard.
- 2 Roughly chop the mushroom stems and place into a large mixing bowl. Add the sausage, cheese, bread crumbs, parsley, pine nuts, lemon zest, stock, and spices to the bowl. Mix thoroughly with your hands.
- 3 Preheat unit by selecting AIR CRISP, setting temperature to 160°C, and setting time to 5 minutes. Select START/STOP to begin.
- 4 While unit is preheating, mound filling into each mushroom cap so that it is double to the height of the mushroom, creating an evenly rounded mound above the edge of the mushroom. Place stuffed caps into the Cook & Crisp™ Basket.
- 5 Once unit is preheated, place the Cook & Crisp Basket with mushrooms into the pot. Select AIR CRISP, set temperature to 160°C, and set time to 20 minutes. Select START/STOP to begin.
- 6 Check for crispiness after 15 minutes. Cooking is complete when internal temperature reaches 70°C and the sausage is evenly browned.
- 7 When cooking is complete, let cool for 5 minutes before serving.

**TIP** Mushrooms may need to be cooked in 2 batches, due to varying size of mushrooms.

# TERIYAKI CHICKEN WINGS

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **MARINATE:** 1 HOUR | **COOK:** 22 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

500g uncooked fresh chicken wings  
60ml teriyaki sauce

## DIRECTIONS

- 1 In a large bowl, toss chicken wings with teriyaki sauce. Cover and refrigerate for 1 hour.
- 2 Place Cook & Crisp™ Basket in pot. Close crisping lid. Preheat the unit by selecting AIR CRISP, setting temperature to 180°C, and setting time to 5 minutes. Select START/STOP to begin.
- 3 After 5 minutes, open lid and add chicken wings to basket. Close crisping lid. Select AIR CRISP, set temperature to 180°C, and set time to 22 minutes. Select START/STOP to begin.
- 4 After 11 minutes, open lid, then lift basket and shake wings or toss them with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.
- 5 When cooking is complete, remove wings from basket and enjoy.

# CHEESY CHICKEN CRUNCHADILLA

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 flour tortilla (30cm)  
125g cooked chicken meat, shredded, divided  
100g cream cheese, cut in pieces, divided  
1 salad tomato, diced, divided  
2 scallions, thinly sliced, divided  
2 corn tostadas, divided  
30g shredded cheddar cheese

## DIRECTIONS

- 1 Lay flour tortilla onto a clean surface. Place 50g shredded chicken onto center of tortilla. Add 30g Gournay cheese evenly on top of shredded chicken, then sprinkle with half of the tomatoes and half of the scallions.
- 2 Place one tostada on top. Repeat step 1 with layers of remaining chicken, cream cheese, tomatoes, and scallions. Top with second tostada and remaining cream and shredded cheeses.
- 3 Gently fold flour tortilla over cheese and tostada mixture in a concentric pattern, about 4 folds, until the crunchadilla is securely wrapped.
- 4 Using a broken piece of tostada or a torn piece of tortilla, cover the center opening of cheese so all contents remain secure during cooking.
- 5 Gently flip crunchadilla over, seam-side down, and coat the top with cooking spray.
- 6 Place crunchadilla in the Cook & Crisp™ Basket. Select AIR CRISP, set temperature to 180°C, and set time to 8 minutes. Select START/STOP to begin.
- 7 When cooking is complete, crunchadilla is ready to serve.



**TIP** If you can't find tostadas in the supermarket, use round tortilla chips instead (the triangular ones poke through the outer flour tortilla).



# MUSTARDY BEEF STEW

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **COOK:** 1 HOUR 8 MINUTES | **MAKES:** 4 SERVINGS  
**APPROX. PRESSURE BUILD:** 5 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

- 1kg diced beef
- 1 teaspoon sea salt
- 2 teaspoons ground black pepper
- 1 package (240g) uncooked streaky bacon, diced
- 1 large white onion, peeled, diced
- 3 tablespoons butter
- 250ml red wine
- 250ml beef stock
- 100g Dijon mustard
- 4 carrots, peeled, cut in 2.5cm pieces
- 500g parsnips, peeled, cut in 2.5cm pieces
- 250g white button mushrooms, cut in quarters
- 3 tablespoons instant thickening granules
- 1 crusty French baguette, cut in rounds

## DIRECTIONS

- 1 Toss stew meat with salt and pepper until evenly coated; set aside.
- 2 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 3 After 5 minutes, add bacon and cook for 5 minutes, stirring occasionally. Add onion and continue cooking for another 5 minutes, stirring occasionally.
- 4 Carefully remove pot from unit and use a slotted spoon to remove bacon and onion to a bowl; set aside.
- 5 Return pot to unit. Select SEAR/SAUTÉ and set to HIGH. Add butter and melt. Add beef to pot, spreading out evenly. Cook for 10 minutes, stirring occasionally, until all sides of beef are browned.
- 6 Add remaining ingredients, except bread slices, to pot. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
- 7 Select PRESSURE and set to HIGH. Set time to 30 minutes. Select START/STOP to begin.
- 8 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.
- 9 Place reversible rack in pot over stew, making sure rack is in the higher position. Place bread slices on rack.
- 10 Close the crisping lid. Select GRILL and set time to 5 minutes. Select START/STOP to begin.
- 11 When cooking is complete, serve beef stew with toasted bread.



# FISH & CHIPS

BEGINNER ●○○

**PREP:** 20 MINUTES | **CHILL:** 30 MINUTES | **COOK:** 47 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

450g floury potatoes, sliced very thin  
35g cornflour  
75g cup all-purpose flour  
2 teaspoons sea salt, divided  
½ teaspoon baking powder  
½ teaspoon onion powder  
⅛ teaspoon cayenne pepper  
120ml cup dark beer (such as brown ale, porter, or stout)  
1 large egg yolk  
2 tablespoons vegetable oil, divided  
4 centre-cut cod fillets, 4–5 ounces each  
½ teaspoon ground black pepper  
Tartare sauce, for serving

## DIRECTIONS

- 1 Soak sliced potatoes in cold water for 15 minutes.
- 2 Meanwhile, place the reversible rack (in the lower position) on a plate, then cover the rack with a piece of aluminum foil. Spray the foil generously with nonstick cooking spray.
- 3 Place cornstarch in a shallow bowl. In a separate shallow bowl, whisk together flour, 1 teaspoon salt, baking powder, onion powder, and cayenne pepper, then whisk in beer, egg yolk, and 1 tablespoon oil until batter is smooth and thick. Coat the cod fillets in cornstarch, shaking off excess, then dip

in batter until thoroughly coated. Transfer battered fillets to prepared rack and place in freezer for 30 minutes.

- 4 Meanwhile, drain potatoes and pat dry with paper towels. Toss with remaining 1 tablespoon oil, remaining 1 teaspoon salt, and pepper. Place potatoes in Cook & Crisp™ Basket and place basket in pot. Close hinged lid, select AIR CRISP, set TEMP to 200° C, and set TIME to 30 minutes. Select START/STOP to begin. Using tongs, gently toss potatoes every 5 minutes until edges are crisp (centers should be tender). Remove basket from pot and set aside; do not remove chips from basket.
- 5 Remove fillets from freezer and spray with a light coating of cooking spray. Place rack in pot and close hinged lid. Select ROAST, set TEMP to 190°C, and set TIME to 15 minutes; select START/STOP to begin. Cook until coating is crisp and fillets are cooked through, checking for doneness after 10 minutes.
- 6 Carefully remove rack from pot and place basket of potatoes back into pot. Close hinged lid, select AIR CRISP, set TEMP to 200° C, and set TIME to 2 minutes; select START/STOP to begin. Serve immediately with fish and tartar sauce.

**TIP** Use a mandolin or the slicing blade of a food processor to ensure potatoes are sliced evenly and very thin. Be sure to buy center cut cod fillets so they will fit on the round rack. If the fillets are too long and thin, you can fold them to create square fillets. Total cooking time for the fish will depend on the thickness of the fillets.

# CHOCOLATE CHIP COOKIE

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **COOK:** 28 MINUTES | **MAKES:** 4–6 SERVINGS

## INGREDIENTS

180g all-purpose flour  
½ teaspoon baking soda  
¼ teaspoon sea salt  
230g unsalted butter, softened, plus more for greasing  
80g granulated sugar  
85g packed brown sugar  
½ teaspoon vanilla extract  
1 large egg  
185g semi-sweet chocolate chips  
60g chopped walnuts, pecans, or almonds, if desired

## INGREDIENTS

Vanilla ice cream  
Chocolate syrup  
Caramel sauce  
Whipped cream



## DIRECTIONS

- 1 Close crisping lid. Preheat the unit by selecting BAKE/ROAST, setting the temperature to 160°C, and setting the time to 5 minutes. Select START/STOP to begin.
- 2 While unit is preheating, whisk together flour, baking soda, and salt in a mixing bowl.
- 3 In a separate mixing bowl, beat together the butter, sugars, and vanilla until creamy. Add egg and beat until smooth and fully incorporated.
- 4 Slowly add the dry ingredients to the egg mixture, about ⅓ at a time. Use a rubber spatula to scrape down the sides so all dry ingredients get incorporated. Make sure not to over-mix, or the cookie will become dense when baked.
- 5 Fold the chocolate chips and nuts into the cookie dough until they are evenly distributed.
- 6 Generously grease the bottom of the Ninja® multi-purpose pan\* (or a 20cm baking pan). Add the cookie dough to the pan, making sure it is evenly distributed.
- 7 Once unit has preheated, place the pan onto the reversible rack, making sure rack is in the lower position. Place rack with pan in pot. Close crisping lid. Select BAKE/ROAST, set temperature to 160°C, and set time to 28 minutes. Select START/STOP to begin.
- 8 When cooking is complete, allow cookie to cool for 5 minutes. Then serve warm with toppings of your choice.

\*The Ninja multi-purpose pan is sold separately on [ninjaaccessories.com](http://ninjaaccessories.com).

# Pressure Cooking Chart

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

INGREDIENT	WEIGHT	PREPARATION	WATER	ACCESSORY	PRESSURE	TIME	RELEASE
<b>POULTRY</b>							
Chicken breasts	1kg	Bone in	250ml	N/A	High	15 mins	Quick
	6 small or 4 large (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 (2kg)	Bone in/skin on	250ml	N/A	High	20 mins	Quick
	8 thighs (1kg)	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	Mince (not in patties)	125ml	N/A	High	5 mins	Quick
Minced beef, pork, or turkey (frozen)	500g-1kg	Frozen, mince (not in patties)	125ml	N/A	High	20-25 mins	Quick
<b>RIBS</b>							
Pork baby back	1.25kg-1.75kg	Cut in thirds	250ml	N/A	High	20 mins	Quick
<b>ROASTS</b>							
Beef brisket	1.5kg-2kg	Whole	250ml	N/A	High	1 ½ hrs	Quick
Boneless beef chuck-eye roast	1.5kg-2kg	Whole	250ml	N/A	High	1 hrs	Quick
Boneless pork shoulder	2kg	Seasoned	250ml	N/A	High	1 ½ hrs	Quick
Pork tenderloin	2 tenderloins (500g-750g each)	Seasoned	250ml	N/A	High	3-4 mins	Quick
<b>STEW MEAT</b>							
Boneless beef short ribs	Boneless beef short ribs	Boneless beef short ribs	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
Boneless pork butt	1.5kg	Cut in 2.5cm pieces	250ml	N/A	High	30 mins	Quick
Chuck steak, for stew	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

<sup>†</sup>Remove immediately when complete and place in ice bath.

# Pressure Cooking Chart, continued

INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
<b>VEGETABLES</b>							
Beetroot	8 small or 4 large	Rinsed well, tops & ends trimmed; cool & peel after cooking	125ml	N/A	High	15-20 mins	Quick
Broccoli	1 head	Cut in 2.5-5cm florets, stem removed	125ml	Reversible rack in lower position	Low	1 min	Quick
Brussels sprouts	500g	Cut in half	125ml	Reversible rack in lower position	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	630g	Peeled, cut in 2.5cm pieces, seeds removed	125ml	N/A	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	630g	Peeled, cut in 2.5cm pieces, seeds removed	125ml	Reversible rack in lower position	High	5 mins	Quick
Cabbage (braised)	1 head	Cut in half, core removed, sliced in 1.25cm strips	125ml	N/A	Low	3 mins	Quick
Cabbage (crisp)	1 head	Cut in half, core removed, sliced in 1.25cm strips	125ml	Reversible rack in lower position	Low	2 mins	Quick
Carrots	500g	Peeled, cut in 1.25cm pieces	125ml	N/A	High	2-3 mins	Quick
Cauliflower	1 head	Cut in 2.5-5cm florets, stem removed	125ml	N/A	Low	1 min	Quick
Green Beans	1 bag (375g)	Whole	125ml	Reversible rack in lower position	Low	0 min*	Quick
Kale leaves/greens	2 bunches or 1 bag (500g)	Stems removed, leaves chopped	125ml	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	1kg	Scrubbed, cut in 2.5cm cubes	125ml	N/A	High	1-2 mins	Quick
Potatoes, red (for mashed)	1kg	Scrubbed, whole, large potatoes cut in half	125ml	N/A	High	15-20 mins	Quick
Potatoes, white (cubed for side dish or salad)	1kg	Peeled, cut in 2.5cm cubes	125ml	N/A	High	1-2 mins	Quick
Potatoes, white or Yukon (for mashed)	1kg	Peeled, cut in 2.5cm thick slices	125ml	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	500g	Peeled, cut in 2.5cm cubes	125ml	N/A	High	1-2 mins	Quick
Potatoes, sweet (for mashed)	500g	Peeled, cut in 2.5cm thick slices	125ml	N/A	High	6 mins	Quick

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

# Pressure Cooking 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	15 mins	Natural (10 mins) then Quick
Coarse/polenta*	200g	875ml	HIGH	4 mins	Natural (10 mins) then Quick
Farro	200g	500ml	HIGH	10 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
Steel-cut oats*	200g	750ml	HIGH	11 mins	Natural (10 mins) then Quick
Sushi rice	200g	310ml	HIGH	3 mins	Natural (10 mins) then Quick
Rice, brown**	200g	310ml	HIGH	5 mins	Natural (10 mins) then Quick
Texmati® rice, light brown**	200g	310ml	HIGH	2 mins	Natural (10 mins) then Quick
Texmati® rice, white**	200g	250ml	HIGH	2 mins	Natural (10 mins) then Quick
Wheat berries	200g	750ml	HIGH	15 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

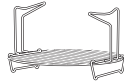
\*After releasing pressure, stir for 30 seconds to 1 minute, then let sit for 5 minutes.

\*\*TEXMATI is a registered trademark of Riviana Foods, Inc. Use of the TEXMATI trademark does not imply any affiliation with or endorsement by Riviana Foods, Inc.

## Pressure Cooking 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	1.5 litre	LOW	5 mins	Natural (10 mins) then Quick
Black-eyed peas	500g, soaked 8-24 hrs	1.5 litre	LOW	5 mins	Natural (10 mins) then Quick
Cannellini beans	500g, soaked 8-24 hrs	1.5 litre	LOW	3 mins	Natural (10 mins) then Quick
Borlotti beans	500g, soaked 8-24 hrs	1.5 litre	LOW	3 mins	Natural (10 mins) then Quick
Chickpeas	500g	1.5 litre	LOW	3 mins	Natural (10 mins) then Quick
White Beans	500g	1.5 litre	LOW	1 min	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	1.5 litre	LOW	1 min	Natural (10 mins) then Quick
Red kidney beans	500g, soaked 8-24 hrs	1.5 litre	LOW	3 mins	Natural (10 mins) then Quick

# Steam Chart for the Reversible Rack



INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
<b>VEGETABLES</b>				
Asparagus	1 bunch	Whole spears	500ml	7-15 mins
Broccoli	1 head	Cut in 2.5-5cm florets	500ml	5-9 mins
Brussels sprouts	500g	Whole, trimmed	500ml	8-17 mins
Butternut squash	750g	Peeled, cut in 2.5cm cubes	500ml	10-17 mins
Cabbage	1 head	Cut in half, sliced in 1.25cm strips, core removed	500ml	6-12 mins
Carrots	500g	Peeled, cut in 2.5cm pieces	500ml	7-12 mins
Cauliflower	1 head	Cut in 2.5-5cm florets	500ml	5-10 mins
Corn on the cob	4 ears	Whole, husks removed	500ml	4-9 mins
Green beans	1 bag (375g)	Whole	500ml	6-12 mins
Kale	1 bag (500g)	Trimmed	500ml	7-10 mins
Potatoes	500g	Peeled, cut in 2.5cm pieces	500ml	12-17 mins
Potatoes, sweet	500g	Cut in 1.25cm cubes	500ml	8-14 mins
Spinach	1 bag (500g)	Whole leaves	500ml	3-7 mins
Sugar snap peas	500g	Whole pods, trimmed	500ml	5-8 mins
Summer Squash	500g	Cut in 2.5cm slices	500ml	5-10 mins
Courgette	500g	Cut in 2.5cm slices	500ml	5-10 mins
<b>EGGS</b>				
Poached eggs	4	In ramekins or silicone cups	250ml	3-6 mins

# Air Crisp Cooking Chart for the Cook & Crisp™ Basket



**TIP** For best results, check progress throughout cooking, and shake basket or toss ingredients with silicone-tipped tongs frequently. Remove food immediately after cook time is complete and your desired level of crispiness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME	TOSS/FLIP CONTENTS IN BASKET
<b>VEGETABLES</b>						
Asparagus	1 bunch	Halved, stems trimmed	2 tsp	200°C	8-10 mins	Halfway through cooking
Beetroot	6 small or 4 large (about 1kg)	Whole	None	200°C	45-60 mins	N/A
Bell peppers (for roasting)	4 peppers	Whole	None	200°C	25-30 mins	N/A
Broccoli	1 head	Cut in 2.5-5cm florets	1 Tbsp	200°C	10-13 mins	Halfway through cooking
Brussels sprouts	500g	Cut in half, stem removed	1 Tbsp	200°C	15-18 mins	Halfway through cooking
Butternut squash	500g-750g	Cut in 2.5-5cm pieces	1 Tbsp	200°C	20-25 mins	Halfway through cooking
Carrots	500g	Peeled, cut in 1.25cm pieces	1 Tbsp	200°C	14-16 mins	Halfway through cooking
Cauliflower	1 head	Cut in 2.5-5cm florets	2 Tbsp	200°C	15-20 mins	Halfway through cooking
Corn on the cob	4 ears, cut in half	Whole ears, husks removed	1 Tbsp	200°C	12-15 mins	Halfway through cooking
Green beans	1 bag (340g)	Trimmed	1 Tbsp	200°C	7-10 mins	Halfway through cooking
Kale (for chips)	375g	Torn in pieces, stems removed	None	150°C	9-12 mins	Halfway through cooking
Mushrooms	250g	Rinsed, cut in quarters	1 Tbsp	200°C	7-8 mins	Halfway through cooking
	750g	Cut in 2.5cm wedges	1 Tbsp	200°C	20-25 mins	Halfway through cooking
	500g	Hand-cut chips*, thin	½-3 Tbsp vegetable	200°C	20-25 mins	Frequently
	500g	Hand-cut chips*, thick	½-3 Tbsp vegetable	200°C	24-27 mins	Frequently
Potatoes, white	4 whole (185g-250g)	Pierced with fork 3 times	None	200°C	35-40 mins	N/A
	1kg	Cut in 2.5cm chunks	1 Tbsp	200°C	15-20 mins	Halfway through cooking
Potatoes, sweet	4 whole (185g-250g)	Pierced with fork 3 times	None	200°C	35-40 mins	N/A
	Courgette	500g	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	15-20 mins
<b>POULTRY</b>						
Chicken breasts	2 breasts (375-750g each)	Bone in	Brushed with oil	190°C	25-35 mins	N/A
	2 breasts (250-375g each)	Boneless	Brushed with oil	190°C	22-25 mins	N/A
Chicken thighs	4 thighs (185-315g each)	Bone in	Brushed with oil	200°C	22-28 mins	N/A
	4 thighs (125-250g each)	Boneless	Brushed with oil	200°C	18-22 mins	N/A
Chicken wings	1kg	Drumettes & flats	1 Tbsp	200°C	24-28 mins	Halfway through cooking

\* 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.



# Air Crisp Cooking Chart for the Cook & Crisp™ Basket, 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	TOSS/FLIP CONTENTS IN BASKET
<b>BEEF</b>						
Burgers	4 patties (125g each), 80% lean	2.5cm thick	None	190°C	10-12 mins	Halfway through cooking
Steaks	2 steaks (250g each)	Whole	None	200°C	10-20 mins	N/A
<b>PORK &amp; LAMB</b>						
Bacon	1 strip to 1 (500g) package	Lay strips evenly over edge of basket	None	170°C	13-16 mins (no preheat)	N/A
Pork chops	2 thick-cut, bone-in chops (315-375g each)	Bone in	Brushed with oil	190°C	15-17 mins	Halfway through cooking
	4 boneless chops (185-250g each)	Boneless	Brushed with oil	190°C	15-18 mins	Halfway through cooking
Pork tenderloins	2 tenderloins (500-750g each)	Whole	Brushed with oil	190°C	25-35 mins	Halfway through cooking
Sausages	4 sausages	Whole	None	200°C	8-10 mins	Halfway through cooking
<b>FISH &amp; SEAFOOD</b>						
Crab cakes	2 cakes (185-250g each)	None	Brushed with oil	180°C	8-12 mins	N/A
Lobster tails	4 tails (90-125g each)	Whole	None	190°C	7-10 mins	N/A
Salmon fillets	2 fillets (125g each)	None	Brushed with oil	200°C	10-13 mins	N/A
Prawns	16 jumbo	Raw, whole, peeled, tails on	1 Tbsp	200°C	7-10 mins	N/A
<b>FROZEN FOODS</b>						
Chicken nuggets	1 box (375g)	None	None	200°C	12 mins	Halfway through cooking
Fish fillets	1 box (6 fillets)	None	None	200°C	14 mins	Halfway through cooking
Fish sticks	18 fish sticks (345g)	None	None	200°C	10 mins	Halfway through cooking
French fries	500g	None	None	180°C	19 mins	Halfway through cooking
	1kg	None	None	180°C	30 mins	Frequently (at least twice)
Mozzarella sticks	345g	None	None	190°C	8 mins	Halfway through cooking
Pizza rolls	1 bag (630g, 40 count)	None	None	200°C	12-15 mins	Halfway through cooking

# TenderCrisp™ Chart

PROTEIN	AMOUNT	ACCESSORY	WATER	PRESSURE COOK	PRESSURE RELEASE	CRISPING LID
Whole chicken	1 chicken (2-2.3kg)	Cook & Crisp™ Basket	125ml	High for 15 mins	Quick release pressure. Carefully remove lid. Pat protein dry with paper towel and brush with oil or sauce.	Air Crisp @ 200°C for 15-20 mins
St. Louis ribs	1 rack, cut in quarters	Cook & Crisp™ Basket	125ml	High for 19 mins		Air Crisp @ 200°C for 10-15 mins
Frozen chicken breasts	2 frozen breasts (185-250g each)	Reversible rack in higher position	125ml	High for 10 mins		Grill for 10 mins
Frozen New York strip steaks	2 frozen New York strip steaks (315g each)	Reversible rack in higher position	125ml	High for 1 min		Grill for 11-15 mins or until desired crispiness
	2 frozen New York strip steaks (375g each)	Reversible rack in higher position	125ml	High for 2 mins		Grill for 13-16 mins or until desired crispiness
	2 frozen New York strip steaks (500g each)	Reversible rack in higher position	125ml	High for 3 mins		Grill for 13-16 mins or until desired crispiness
Frozen chicken wings	500g frozen chicken wings	Cook & Crisp Basket	125ml	High for 5 mins		Air Crisp @ 200°C for 15-20 mins
Bone-in skin-on chicken thighs	4 bone-in skin-on chicken thighs (185-250g)	Cook & Crisp Basket	125ml	High for 2 mins		Air Crisp @ 200°C for 10 mins
Frozen pork chops	4 boneless pork chops (185-250g)	Reversible rack in higher position	125ml	High for 2 mins		Air Crisp @ 200°C for 10-15 mins
Frozen jumbo shrimp	16 raw, peeled and de-veined	Reversible rack in higher position	125ml	High for 0 mins	Air Crisp @ 200°C for 5 mins	

**NINJA**

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