

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

NINJA®

Foodi®

MAX XXXL

Dual Zone 9.5L Air Fryer

QUICK START GUIDE



+ COOKING CHARTS
+ IRRESISTIBLE RECIPES

CONTENTS

Using your Ninja® Foodi® Max XXXL Dual Zone Air Fryer	3
Cooking Charts	4
Air Fry	4
Max Crisp	8
Roast	10
Dehydrate	10
Using DualZone™ Technology: SYNC	12
Recipes	14
Chicken	
Chicken Fajitas & Spicy Roast Potatoes	14
Roast Chicken & Root Vegetables	16
Meat	
Beef Kofta & Roasted Vegetables	17
Salami and Ricotta Calzone	18
Fried Pork & Sweet Potato Fries	19
Cheesy Baked Potatoes	20
Mushroom, Ham and Cheese Arancini	21
Lamb Kebabs & Eggplant Wedges	22
Fish	
Fish 'n' Chips	23
Roasted Salmon & Parmesan Asparagus	24
Vegetarian	
Falafels & Roasted Vegetables	26
Stuffed Eggplant with Mozzarella	28
Desserts	
Banana & Toffee Muffins	29
Peanut Butter Chocolate Brownies	30
Roasted Pears & Shortbread	31

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

USING YOUR NINJA® FOODI® MAX DUAL ZONE AIR FRYER

6 COOKING PROGRAMS

MAX CRISP

Best for cooking smaller quantities of frozen food which may need a high temperature

AIR FRY

Best for fresh foods like chicken wings and your favourite frozen snacks

ROAST

Best for roasting vegetables and meats

REHEAT

Best for reviving leftovers

DEHYDRATE

Best for making veggie/fruit crisps and jerky

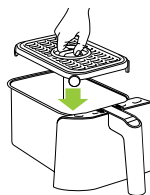
BAKE

Best for making cakes and other baked desserts

FOR BEST RESULTS

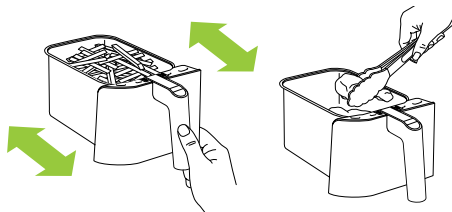
CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry and for all recipes in this guide unless otherwise stated. Ensure crisper plate is inserted into the bottom of the drawer before food is added unless recipe states that the crisper plate is not required.



SHAKE OR TOSS

For best results, frequently shake your food or toss it with silicone-tipped tongs to get it as crispy as you'd like.



TIP: To air fry wet, battered ingredients, use the proper breading technique. It is important to coat foods first with flour, then with egg and then with breadcrumbs. Press the breadcrumbs firmly onto the battered ingredients, so crumbs won't be blown off by the fan.



Vegetarian Food

Air Fry Cooking Chart

INGREDIENT	AMOUNT	PREPARATION
FRESH VEGETABLES		
Asparagus	400g	Whole, stems trimmed
Beetroot	6 small or 4 large (about 1kg)	Whole
Bell Capsicums	4 (600g)	Whole
Broccoli	400g	Cut in 2.5cm florets
Brussels Sprouts	640g	Cut in half, stem removed
Butternut pumpkin	500-750g	Cut in 2.5cm pieces
Carrots	500g	Peeled, cut in 1.5cm pieces
Cauliflower	600g	Cut into 2.5cm florets
Celeriac	600g	Peel and cut into 1.5cm cubes, 2 tbsp oil
Corn on the cob	4 ears	Whole ears, husks removed, ends trimmed
Zucchini	500g	Cut in quarters lengthwise, then cut into 2.5cm pieces
Fine Green Beans	400g	Trimmed
Kale (for chips)	225g	Torn in pieces, stems removed
Mushrooms	300g	Wiped, cut in quarters
Portobello mushrooms	250g	Whole, brush with oil
Parsnips	500g	Peel and cut into 1.5cm lengths, 1 tbsp oil
Potatoes, white e.g. King Edward, Maris Piper or Russet	1kg	Cut in 2.5cm wedges
	500g	Hand-cut chips*, thin
	500g	Hand-cut chips*, thick
	500g	Cut into even sized pieces
	4 whole (185-250g each)	Pierced with fork 3 times
Potatoes, sweet	1kg	Cut in 2.5cm chunks
	4 whole (185-250g each)	Pierced with fork 3 times
Turnip	500g	Peel and cut into 1.5cm cubes, 2 tbsp oil
FRESH POULTRY		
Chicken breasts	4 (600g)	None
Chicken thighs	6 thighs (125-150g each/750-900g)	Bone in/skin on
	6-8 thighs (100g each/600-800g)	Boneless/skinless
Chicken wings	1kg	None
Duck breasts	2 (400g)	Slash skin, cook breast side down, turn over halfway
FRESH FISH & SEAFOOD		
Cod fillets	4 (480g)	None
Fish cakes	2 (145g each)	None
Prawns	16 jumbo (165g)	None
Salmon fillets	4 (520g)	None

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

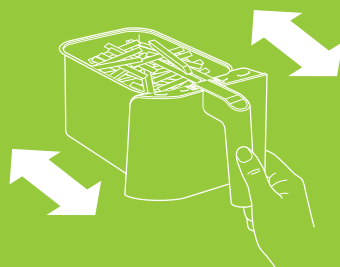
TOSS IN OIL	TEMP	COOK TIME
2 tsp	200°C	6-8 mins
None	200°C	40-60 mins
None	200°C	15-16 mins
1 Tbsp	200°C	11 mins
2 Tbsp	200°C	13-15 mins
1 Tbsp	200°C	16-18 mins
1 Tbsp	200°C	14-16 mins
2 Tbsp	200°C	10-12 mins
1 Tbsp	200°C	14-16 mins
1 Tbsp	200°C	15-18 mins
1 Tbsp	200°C	8-10 mins
1 Tbsp	200°C	7-8 mins
None	150°C	9 mins
1 Tbsp	200°C	10 mins
1 Tbsp	180°C	10-12 mins
1 Tbsp	200°C	12-14 mins
1 Tbsp	200°C	22-26 mins
1/2-3 Tbsp, vegetable oil	200°C	16-18 mins
1/2-3 Tbsp, vegetable oil	200°C	18-20 mins
2 Tbsp, vegetable oil	200°C	15-20 mins
1 Tbsp	200°C	36-40 mins
1 Tbsp	200°C	18-20 mins
1 Tbsp	200°C	32-40 mins
1 Tbsp	200°C	15-17 mins
Brushed with oil	200°C	15-16 mins
Brushed with oil	200°C	19-22 mins
Brushed with oil	200°C	15-16 mins
Brushed with oil	200°C	27-30 mins
Brushed with oil	200°C	18-22 mins
Brushed with oil	200°C	6-8 mins
None	200°C	12 mins
1 Tbsp	200°C	3-4 mins
Brushed with oil	200°C	12-14 mins

For best results, shake or toss often.

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

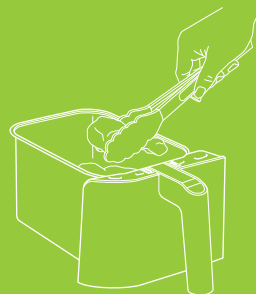
NOTE: unless stated otherwise in the preparation column, shake or toss often.

Shake your food



OR

Toss with silicone-tipped tongs



*After cutting potatoes, allow uncooked 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 Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION
FRESH BEEF		
Burgers	4 (125g each)	2.5cm thick
Steaks*	2 (230g each)	Whole
FRESH PORK		
Bacon	4 rashers	None
Ham Steak	1 (225g)	Cut rind at 2cm, turn over after 5 mins
Pork chops	2 bone-in (250g each)	None
	4 boneless (100g)	None
	2 Pork Tenderloins (350-500g each)	None
Sausages	4 (205g)	None
	8 (410g)	None
FRESH LAMB		
Lamb chops	4 (340g)	None
Lamb steaks	3 (300g)	None
FROZEN FOODS		
Crumbed Fish Fillets	4 (440g)	Turn halfway
Crumbed Garlic Mushrooms	300g	None
Chicken Goujons/Fingers	11 (270g)	None
Chicken Kiev	4 (500g)	None
Chicken nuggets	24 (400g)	None
Fish fillets in batter	4 (440g)	Turn halfway
Fish fingers	10 (280g)	None
Hash browns	7 (390g)	Single layer
Potato croquettes	550g	None
Prawn tempura	8 (140g)	Turn halfway
Roast potatoes	700g	None
Scampi in breadcrumbs	280g	None
Vegan burgers	4 (265g)	Single layer
Vegan nuggets	14 (320g)	Single layer
Vegetarian sausages	6 (270g)	None
Yorkshire pudding	8 (150g)	None

* If you prefer a rarer steak, choose the min time and if you prefer a well done steak, cook to max time

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

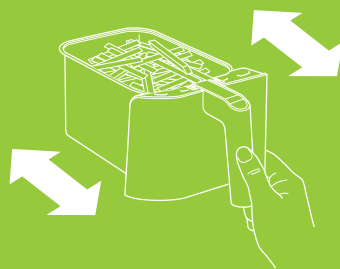
TOSS IN OIL	TEMP	COOK TIME
None	190°C	11-12 mins
Brushed with oil	200°C	8-12 mins
None	220°C	6 mins
Brushed with oil	190°C	10-12 mins
Brushed with oil	200°C	12-13 mins
Brushed with oil	200°C	10-12 mins
Brushed with oil	190°C	22-27 mins
None	200°C	8 mins
None	200°C	10 mins
Brushed with oil	180°C	11-12 mins
Brushed with oil	180°C	12-13 mins
None	200°C	13-15 mins
None	190°C	10-12 mins
None	190°C	8 mins
None	180°C	15 mins
None	200°C	13-15 mins
None	180°C	18 mins
None	200°C	15 mins
None	200°C	15 mins
None	190°C	18-19 mins
None	190°C	8-9 mins
None	190°C	20 mins
None	180°C	12 mins
None	180°C	10 mins
None	180°C	12 mins
None	190°C	9-10 mins
None	180°C	3-4 mins

For best results, shake or toss often.

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

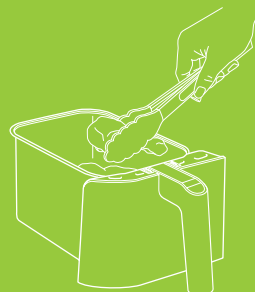
NOTE: unless stated otherwise in the preparation column, shake or toss often.

Shake your food



OR

Toss with silicone-tipped tongs



NOTE Don't see the food you are looking for in the charts? Decrease the cook time on the packaging by 25%. For best results, check food often and increase cook time if necessary.

Air Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION
CHIPS		
Home made chips, 1cm thick	500g	Soak in water for 30 mins, pat dry
Home made chips, 2cm thick	500g	Soak in water for 30 mins, pat dry
Frozen chunky oven chips	500g	None
Frozen crinkle chips	500g	None
Frozen curly fries	700g	None
Frozen French fries	500g	None
Frozen gastro chips	700g	None
Frozen potato wedges	650g	None
Frozen skin on fries	500g	None
Frozen straight cut chips	500g	None
Frozen sweet potato fries	500g	None



Homemade chips



Chunky Chips



Crinkle Chips



French Fries

Max Crisp Cooking Chart, Ideal for frozen foods

INGREDIENT	AMOUNT	PREPARATION
FROZEN FOOD		
Battered onion rings	300g	None
Chicken dippers	400g	None
Chicken nuggets	400g	None
Fish goujons/fingers	275g	None
French Fries	500g	None
Mozzarella sticks	180g	None
Popcorn chicken	500g	None
Potato pops	500g	None
Waffle fries	550g	None

NOTE There is no temperature adjustment available or necessary when using the Max Crisp function.

NOTE Best for cooking smaller quantities of frozen food which may need a high temperature.

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

TOSS IN OIL	TEMP	COOK TIME
1-3 Tbsp oil	200°C	16-18 mins
1-3 Tbsp oil	200°C	18-20 mins
None	200°C	20 mins
None	210°C	18-20 mins
None	210°C	18-20 mins
None	180°C	20 mins
None	220°C	22 mins
None	190°C	20 mins
None	200°C	18-20 mins
None	200°C	18 mins
None	180°C	22-24mins



Potato Wedges



Sweet Potato Fries

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

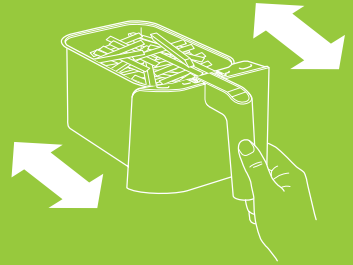
TOSS IN OIL	COOK TIME
None	9-10 mins
None	9-10 mins
None	10 mins
None	10 mins
None	14 mins
None	7-8 mins
None	12 mins
None	12 mins
None	14-16 mins

For best results, shake or toss often.

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

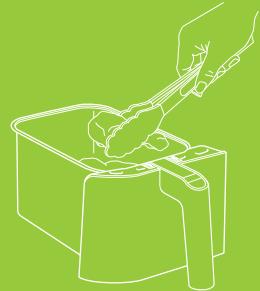
NOTE: unless stated otherwise in the preparation column, shake or toss often.

Shake your food



OR

Toss with silicone-tipped tongs



NOTE If cooking smaller amounts of food, use the recommended temperature, but reduce the time. For best results, check food and shake or toss it often until it reaches the desired outcome.

Roast Chart

INGREDIENT	AMOUNT	PREPARATION
FRESH MEAT		
Chicken, whole	1.38kg	Truss legs
Beef, top rump joint	750g	None
Pork, loin, boneless	800g	None

Dehydrate Chart

INGREDIENTS	PREPARATION
FRESH FRUITS & VEGETABLES	
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry
Asparagus	Cut in 2.5cm pieces, blanched
Bananas	Peeled, cut in 3mm slices
Beetroot	Peeled, cut in 3mm slices
Eggplant	Peeled, cut in 3mm slices, blanched
Fresh herbs	Rinsed, patted dry, stems removed
Ginger root	Cut in 3mm slices
Mangoes	Peeled, cut in 3mm slices, stone removed
Mushrooms	Cleaned with soft brush (do not wash)
Pineapple	Peeled, cored, cut in 3mm - 1.25cm slices
Strawberries	Cut in half or in 1.25cm slices
Tomatoes	Cut in 3mm slices or grated; steam if planning to rehydrate
FRESH MEAT, POULTRY, FISH	
Beef, Chicken, Turkey Jerky	Cut in 6mm slices, marinated overnight
Salmon jerky	Cut in 6mm slices, marinated overnight

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

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

NOTE: unless stated otherwise in the preparation column, shake or toss often.

TOSS IN OIL	TEMP	COOK TIME
Brush with oil	170°C	50 mins
Brush with oil	160°C	45-50 mins (medium)
Score fat	180°C	60 mins

TEMP	DEHYDRATE TIME
60°C	7-8 hours
60°C	6-8 hours
60°C	8-10 hours
60°C	6-8 hours
60°C	6-8 hours
60°C	4 hours
60°C	6 hours
60°C	6-8 hours
60°C	6-8 hours
60°C	6-8 hours
60°C	6-8 hours
60°C	6-8 hours
60°C	6-8 hours
70°C	5-7 hours
70°C	3-5 hours

Using DualZone™ Technology: SYNC

Now you can cook two different foods with two different cook times, and watch as they finish at the same time. Simply program each Zone and let the **SYNC** feature do the rest.

CHOOSE ANY TWO

ADD ONE RECIPE PER ZONE

RECIPE	AMOUNT
Fish Cakes	2 fish cakes
Balsamic Roasted Tomatoes	500g cherry tomatoes
Honey Sage Pork Chops	2-3 boneless pork chops (120g each)
Cajun Potatoes	4 medium potatoes, diced
Green Beans with Almonds	500g green beans, ends trimmed
Miso Glazed Salmon	3 salmon fillets (170g each)
Honey Hazelnut Brussels Sprouts	500g Brussels sprouts, cut in half
Buffalo Chicken Thighs	4 boneless skin-on chicken thighs (110-140g each)
Plant Based "Meat" Burger	4 burgers (125g each) plant-based ground "meat"
Mediterranean Cauliflower	1 head cauliflower, cut in 1.5cm florets
Frozen French Fries	500g
Corn on the cob	4

NOTE: For best results, start checking food 2 minutes before cook time is complete. Stop cooking at any time if the desired level of crispiness has been achieved, but make sure any foods have reached a food-safe temperature.

NOTE: For all recipes in this chart, season with salt and pepper as desired.

		SET BOTH ZONES AND USE SYNC
MIX OR COMBINE THESE INGREDIENTS	FUNCTION	TEMP/TIME
Brush with melted butter	Air Fry	200°C 12-15 minutes
60ml balsamic vinegar 1 Tbsp vegetable oil	Roast	200°C 15 minutes
1 Tbsp vegetable oil 1 Tbsp honey, 1/2 teaspoon dried sage	Roast	200°C 17-20 minutes
2 Tbsp vegetable oil 2 Tbsp Cajun seasoning	Air Fry	200°C 30 minutes
2 Tbsp vegetable oil 60g sliced almonds	Air Fry	200°C 8-10 minutes
2 Tbsp miso paste, 1 teaspoon vegetable oil Rub on to salmon	Air Fry	200°C 12-14 minutes
2 Tbsp vegetable oil, 60ml honey, 60g chopped hazelnuts	Air Fry	200°C 13-15 minutes
240ml buffalo sauce, toss with chicken	Air Fry	200°C 15-20 minutes
1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	190°C 12 minutes
120ml tahini, 2 Tbsp vegetable oil	Air Fry	200°C 17-20 minutes
Season as desired	Air Fry	180°C 20 minutes
Brush with melted butter	Roast	180°C 15 minutes

CHICKEN FAJITAS & SPICY ROAST POTATOES

PREP: 10 MINUTES | **ROAST:** 25 MINUTES | **AIR FRY:** 20 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

FAJITAS

3 chicken breasts
1 tablespoon smoked paprika
1 tablespoon ground coriander
1 teaspoon ground cumin
1 teaspoon garlic powder
½ teaspoon dried chilli flakes
1 teaspoon dried oregano
4 tablespoons olive oil
Juice of 1 lime
Salt and freshly ground black pepper
1 onion, sliced
1 red pepper, sliced
1 yellow pepper, sliced
8 medium tortillas

SPICY POTATOES

1kg baby potatoes, cut in quarters
3 tablespoons olive oil
2 teaspoons hot paprika
1 tablespoon garlic powder
1 tablespoon smoked paprika
1 teaspoon sea salt

DIRECTIONS

- 1 Slice chicken breasts into thin strips.
- 2 Add spices, herbs, oil and lime juice into a large bowl, season to taste and mix together.
- 3 Stir in chicken pieces, onion and peppers, mix all together until everything is coated in the marinade.
- 4 In another bowl, toss potatoes in oil and spices.
- 5 Insert a crisper plate in both drawers. Add chicken and vegetables to Zone 1 drawer and potatoes to Zone 2 drawer and insert into unit.
- 6 Select Zone 1, turn the dial to select AIR FRY, set temperature to 200°C and set time to 20 minutes. Select Zone 2 and turn the dial to select ROAST, set temperature to 180°C and set time to 25 minutes. Select SYNC. Press the dial to begin cooking.
- 7 After 10 minutes, give both drawers a shake or stir. Repeat again after 15 minutes.
- 8 When Zone 1 time reaches 0, check chicken is cooked. Cooking is complete when the internal temperature reaches at least 75°C on an instant read thermometer.
- 9 Serve chicken and vegetables wrapped in the tortillas with the potatoes on the side.



ROAST CHICKEN & ROOT VEGETABLES

PREP: 15 MINUTES | **ROAST:** 50 MINUTES | **AIR FRY:** 35 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1.35kg whole chicken
1½ tablespoon olive oil
Few sprigs thyme
½ lemon, cut into quarters
4 garlic cloves, unpeeled and bashed with back of a knife
Salt and pepper, to taste

FOR VEGETABLES

450g charlotte potatoes (approx. 8), cut in half lengthways
250g small carrots (approx. 4), peeled and cut in half lengthways
250g medium parsnips (approx. 2), peeled and cut into 4 lengthways
2 medium red onions, peeled and each cut into 4 wedges
3 tablespoon light olive oil
Few sprigs rosemary, roughly torn

DIRECTIONS

- 1 Season the cavity of the chicken with salt and pepper. Stuff the lemon, thyme and garlic into the cavity. Brush oil over the chicken and season the outside.
- 2 Place the prepared vegetables into a bowl with oil, toss and season to taste.
- 3 Insert the crisper plate into the Zone 1 drawer and place the chicken inside. Insert the crisper plate into the Zone 2 drawer and place the vegetables inside.
- 4 Select Zone 1, turn the dial to select ROAST, set temperature to 190°C and set time to 50 minutes. Select Zone 2, turn the dial to select AIR FRY, set temperature to 190°C and set time to 35 minutes. Select SYNC. Press the dial to begin cooking.
- 5 After 25 minutes select Zone 1 and set temperature to 160°C. Press the dial to continue cooking.
- 6 Add the rosemary to the vegetables in Zone 2 and give them a turn.
- 7 Check and turn the vegetables again a couple of times before the cooking time is up so they cook and brown more evenly. Cooking is complete when chicken reaches 75°C.
- 8 Carve and serve the chicken with the vegetables.



TIP: Use the juices that have collected in the bottom of the drawer to make a delicious gravy.

BEEF KOFTA & ROASTED VEGETABLES

PREP: 20 MINUTES | **ROAST:** 25 MINUTES | **MAX CRISP:** 10 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

FOR THE VEGETABLES

500g carrots, sliced
1 red onion, diced
2 garlic clove, minced
250g chickpeas (drained)
1 teaspoon ground cumin
½ teaspoon ground coriander
1 teaspoon salt
2 tablespoons olive oil
2 tablespoons chopped flat leaf parsley

FOR THE KOFTA

500g minced beef
50g flat leaf parsley (leaves & stems)
2 sprigs of mint, leaves removed
1 red onion
3 garlic cloves
3 tablespoons olive oil
½ teaspoon all spice
1 teaspoon ground cumin
½ teaspoon ground coriander
1 teaspoon salt

DIRECTIONS

- 1** In Zone 1 drawer, without the crisper plate, mix all vegetable ingredients except for parsley. Insert into unit.
- 2** In a bowl, break down the beef. Finely chop parsley, mint, onions and garlic together and add to beef. Add the spices, salt and oil and knead with clean hands until well combined. Form 8 sausages of equivalent size and place them on the crisper plate in the drawer in Zone 2. Insert into the unit.
- 3** Select Zone 1, turn the dial to select ROAST, set the temperature to 190°C and the cooking time to 25 minutes. Select Zone 2, turn the dial to select MAX CRISP, set the cooking time to 10 minutes. Select SYNC. Press dial to start cooking.
- 4** After 10 minutes, shake the vegetables. Repeat after 20 minutes and flip the kofta.
- 5** When cooking is finished, add the chopped parsley to the vegetables and serve with the kofta.

TIP: Serve with 250g of Greek yoghurt mixed with 1 tablespoon of harissa.

SALAMI & RICOTTA CALZONE

PREP: 15 MINUTES | **AIR FRY:** 8-9 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

350g shop bought or homemade raw pizza dough
150g ricotta
125g mozzarella, diced into 1½ cm cubes and drained
6 tablespoons pizza sauce
40g sliced salami, cut into 1 cm strips
Handful of basil leaves, roughly torn
Salt and pepper, to taste
Plain flour, for rolling
Oil cooking spray
Extra virgin olive oil, to serve (optional)

DIRECTIONS

- 1** Begin by dividing the dough into two equal balls. Roll out each into a 26cm circle on a floured surface.
- 2** Spread half of the ricotta onto each circle leaving a 2.5cm border around the edges. Season each with salt and pepper. Spread 2 tablespoons of pizza sauce onto each circle over the ricotta. Sprinkle over half the mozzarella, half the basil leaves and half the salami onto each circle.
- 3** Dampen the edges of the dough lightly with water and flip one half over the other to make a half moon. Press the edges together to close then go around the edge pinching and folding the dough over onto itself to ensure it is sealed.
- 4** Insert the crisper plates into both drawers. Spray the plates with oil and place a calzone into each drawer. Spread a tablespoon of pizza sauce over the top of each calzone, avoiding the crimped edges. Spray the calzone with oil and insert both drawers into the unit.
- 5** Select Zone 1, turn the dial to select AIR FRY, set temperature to 220°C, and set time to 9 minutes. Select MATCH. Press the dial to begin cooking.
- 6** Begin checking after 8 minutes. The last minute is crucial. They will be done at 8 minutes but to get the calzone a little crisper and coloured, cook for another 20-30 seconds. Watch carefully as the top of the calzone may burn if you cook them for the whole 9 minutes.
- 7** Serve hot drizzled with extra virgin olive oil, if desired.



TIP: To make the calzone vegetarian, simply leave out the salami.

FRIED PORK & SWEET POTATO FRIES

PREP: 20 MINUTES | **ROAST:** 15 MINUTES | **AIR FRY:** 24 MINUTES
MAKES: 2-4 SERVINGS

INGREDIENTS

240g plain flour
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon sea salt
1 teaspoon ground black pepper
1/2 teaspoon chilli powder
2 large eggs
2-4 boneless pork chops, cut in half lengthwise, pounded 1cm thick
500g frozen sweet potato fries

DIRECTIONS

- 1 Place flour, paprika, garlic powder, salt, pepper and chilli powder in a shallow bowl and mix well.
- 2 Place eggs in a shallow bowl and whisk thoroughly.
- 3 Working one at a time, dip the pork chops in egg, then in seasoned flour, then again in egg, then again in flour. Set aside.
- 4 Insert crisper plates in both drawers. Add pork chops to Zone 1 drawer and fries to Zone 2 drawer. Insert both drawers into unit.
- 5 Select Zone 1, turn the dial to select ROAST, set temperature to 200°C and set time to 15 minutes. Select Zone 2, turn the dial to select AIR FRY, set temperature to 180°C and set time to 24 minutes. Select SYNC. Press the dial to begin cooking.
- 6 After 10 minutes, remove Zone 2 drawer and shake drawer for 10 seconds. Reinsert drawer to continue cooking. Repeat after 15 and 20 minutes.
- 7 After 8 minutes, remove Zone 2 drawer and flip pork chops using silicone-tipped tongs.
- 8 When cooking is complete, serve pork chops with fries.



CHEESY BAKED POTATOES

PREP: 15 MINUTES | **ROAST:** 40 MINUTES | **AIR FRY:** 23 MINUTES

MAKES: 4 SERVINGS

INGREDIENTS

4 large baking potatoes
(250g to 300g each)

1 onion, diced

200g smoked bacon, cut
into little pieces

100g Cheddar cheese,
grated

100g Cheddar cheese,
cut in slices

2 tablespoons crème
fraîche

Salt

Pepper

DIRECTIONS

- 1 Wash potatoes, with a fork, prick skin several times. Insert crisper plate in the Zone 1 drawer and place the potatoes inside. Without the crisper plate inserted, put the onions and bacon in the drawer in Zone 2, mix and insert into the unit.
- 2 Select Zone 1, then turn the dial to select ROAST, set the temperature to 200°C and the cooking time to 40 minutes. Select Zone 2, turn the dial to select AIR FRY, set the temperature to 200°C and the cooking time to 15 minutes. Select SYNC. Press the dial to start cooking.
- 3 After 20 minutes, turn the potatoes. After another 15 minutes, stir the contents of drawer 2.
- 4 When cooking is complete, check that the potatoes are tender by sticking the tip of a knife into them. Let the potatoes cool, then cut them in half and scoop potato with a spoon.
- 5 In a bowl, mash the potato filling, crème fraîche, bacon, onion, grated cheddar, add with salt and pepper. Stuff the potato skins with mixture. Use the sliced Cheddar to top each stuffed potato.
- 6 Insert a crisper plate in the drawer in Zone 2, divide the potatoes between the two drawers and insert into the unit. Turn the dial to select AIR FRY, set the temperature to 200°C and the cooking time to 8 minutes and select MATCH. Press the dial to start cooking.
- 7 Once cooking is complete, use silicone tongs to place the potatoes on a plate and serve immediately with a salad.



MUSHROOM, HAM & CHEESE ARANCINI

PREP: 45 MINUTES (PLUS 30 MINUTES CHILLING TIME) | **AIR FRY:** 20 MINUTES
MAKES: 12 BALLS

INGREDIENTS

250g Arborio rice
50g unsalted butter
50g Parmesan, grated
2 teaspoons olive oil
250g chestnut mushrooms, roughly chopped
2 cloves garlic, minced
90g thick sliced ham, chopped into 1cm squares
25g bunch parsley
2 medium eggs, beaten
Approx. 50g Gruyère cheese, cut into 12 x 2cm cubes
Salt and pepper, to taste
Oil cooking spray

CRUMBING MIXTURE

75-100g panko breadcrumbs

DIRECTIONS

- 1** Begin by boiling the rice in salted water until tender (approx. 15 minutes) and draining it well. Mix in butter and Parmesan. Spread the mixture out onto a shallow tray and allow to cool.
- 2** Heat olive oil in a non-stick frying pan and saute mushrooms until liquid has evaporated. Add garlic and cook for 2 minutes. Set aside to cool.
- 3** When the rice has cooled down, mix in the mushrooms, ham, parsley and eggs and season to taste. Spread mixture in a thin layer and allow to cool.
- 4** Divide the mixture into 12 even amounts. Place some cold water into a bowl and dampen your hands with water as you shape each amount into a ball. Make a small indent into each ball and place a cube of cheese inside. Close rice mixture nearly over the cheese. Place each ball onto a parchment lined tray as you go.
- 5** Insert crisper plates into both drawers. Spray the plates with oil and set aside.
- 6** Roll each ball directly into panko breadcrumbs and place into the drawers. Spray the rice balls with oil and insert both drawers into unit.
- 7** Select Zone 1, turn the dial to select AIR FRY, set temperature to 190°C and set time to 20 minutes. Select MATCH. Press the dial to begin cooking.
- 8** When the rice balls are cooked, serve them hot.



LAMB KEBABS & EGGPLANT WEDGES

PREP: 20 MINUTES | **AIR FRY:** 15-17 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

400g minced lamb, fridge cold
20g fresh breadcrumbs, soaked briefly in cold water and squeezed out
1 spring onion, chopped finely
1 clove garlic, minced
2 teaspoons Baharat spice mix
1½ tablespoon finely chopped coriander
1½ tablespoon finely chopped parsley
2 tablespoon olive oil
2 eggplants (approx. 600g in total), each cut into 6 wedges
1 teaspoon salt
1 teaspoon pepper
Extra roughly chopped parsley and coriander, to garnish
Aleppo chilli flakes, to sprinkle (optional)
Oil cooking spray
Warm pitta bread, to serve
You will need four soaked 20cm wooden skewers for this recipe.



DIRECTIONS

- 1 Mix the minced lamb, breadcrumbs, spring onion, garlic, Baharat spice and finely chopped coriander and parsley in a bowl. Add salt and pepper. Divide the mixture into four and shape evenly onto each skewer leaving 4cm at the end of the stick.
- 2 Mix the eggplants with the 2 tablespoons of oil and season to taste.
- 3 Insert the crisper plate into the Zone 1 drawer, spray the crisper plate with oil and place the kebabs onto the plate with each one facing in opposite directions as you go so they fit. Insert the drawer in unit.
- 4 Insert the crisper plate into the Zone 2 drawer and place the eggplants inside. Insert the drawer in unit.
- 5 Select Zone 1, turn the dial to select AIR FRY, set temperature to 200°C and set time to 9 minutes. Select Zone 2, turn the dial to select AIR FRY, set temperature to 200°C and set time to 15 minutes. Select SYNC. Press the dial to begin cooking.
- 6 Carefully give the eggplants a turn at least twice whilst cooking so they brown evenly. Check towards the end. They may need a couple more minutes.
- 7 When cooking is complete, serve hot, with warm pitta. Garnish with roughly chopped parsley and coriander and sprinkled with Aleppo pepper, if desired.

TIP: Serve with mint yoghurt sauce by combining 150ml Greek or whole milk yoghurt with a handful of chopped mint and salt to taste.

FISH 'N' CHIPS

PREP: 10 MINUTES | **AIR FRY:** 24-26 MINUTES | **ROAST:** 14 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

FOR THE CHIPS

700g King Edward or Maris Piper potatoes
2 tablespoons sunflower oil
Sea salt
2 teaspoons semolina (optional)
Lemon wedges and parsley to garnish

FOR THE FISH

2 slices stale bread, crusts removed and torn into pieces
1 garlic clove
Zest of 1 lemon
5g fresh parsley, leaves and stalks
Sea salt and pepper to taste
4 120g chunky thick skinless cod fillets, pat dry
2 tablespoons oil

Serve with tartar sauce and mushy peas



DIRECTIONS

- 1 Peel potatoes and cut into 1.5cm thick chips. Place in a 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, add chips, oil, salt and semolina. Toss together to make sure the chips are coated. Insert crisper plates into both drawers and add the chips to Zone 1 drawer.
- 3 Place bread, garlic, lemon, parsley and seasoning into a food processor. Whizz until you have fine breadcrumbs. Add oil and pulse until mixed. Spoon breadcrumb topping onto cod. Press topping on with the back of spoon. Spray Zone 2 drawer and carefully place topped cod into drawer.
- 4 Select Zone 1, turn the dial to select AIR FRY, set temperature to 200°C, and set time to 26 minutes. Select Zone 2 and turn the dial to select ROAST, set temperature to 170°C and set time to 14 minutes. Select SYNC. Press the dial to begin cooking.
- 5 After 10 minutes, shake Zone 1 drawer, shake again after 15 and 20 minutes. Check at 24 minutes if cooked enough.
- 6 When cooking time is complete, remove fish and chips and serve with tartar sauce and mushy peas.

ROASTED SALMON & PARMESAN ASPARAGUS

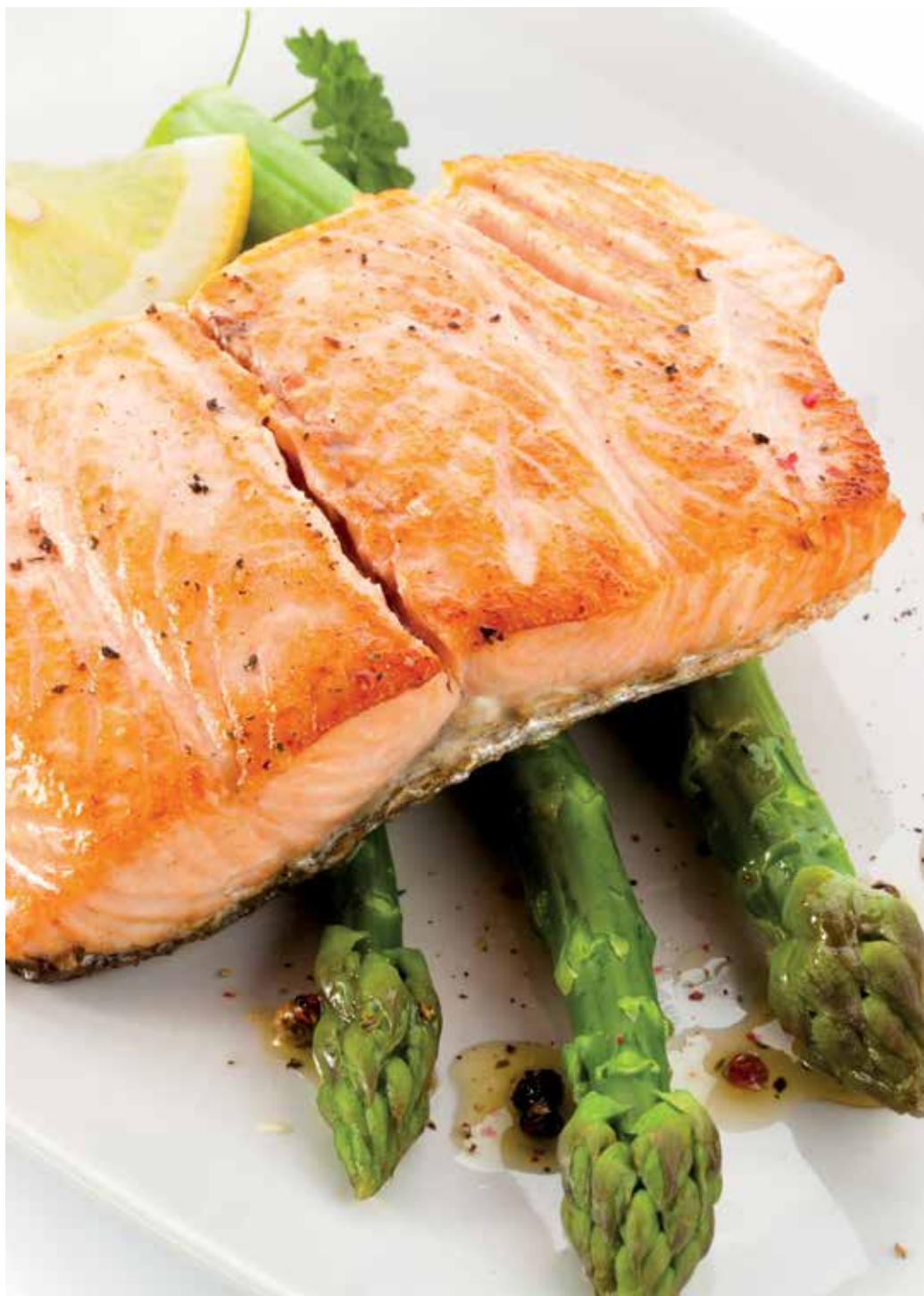
PREP: 15 MINUTES | **ROAST:** 15 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

3 tablespoons steak seasoning
3 tablespoons brown sugar
3 salmon fillets (170g each)
4 tablespoons olive oil
450g asparagus, ends trimmed
30g grated Parmesan cheese
Salt and pepper to taste

DIRECTIONS

- 1** In a small bowl, mix together steak seasoning and brown sugar.
- 2** Rub the top of each salmon fillet with 1 tablespoon oil, then cover fillets generously with sugar mixture. Set aside.
- 3** In a bowl, toss asparagus with remaining 1 tablespoon oil, salt and pepper.
- 4** Insert crisper plates in both drawers. Place the fillets in Zone 1 drawer, skin side down, then insert drawer in unit. Place the asparagus in Zone 2 drawer, then insert drawer in unit.
- 5** Turn the dial to select ROAST, set temperature to 200°C and set time to 15 minutes. Select MATCH. Press the dial to begin cooking.
- 6** After 8 minutes, remove Zone 2 drawer from unit and flip asparagus using silicone-tipped tongs. Reinsert drawer to continue cooking.
- 7** After 13 minutes, remove Zone 2 drawer from unit and sprinkle half the Parmesan cheese over the asparagus and give the drawer a light toss. Reinsert drawer to continue cooking.
- 8** When cooking is complete, transfer fillets and asparagus to a serving plate. Sprinkle the remaining Parmesan cheese over the asparagus and serve.





FALAFELS & ROASTED VEGETABLES

PREP: 10 MINUTES | **AIR FRY:** 17 MINUTES | **ROAST:** 22 MINUTES | **MAKES:** 3 SERVINGS

INGREDIENTS

FOR THE FALAFEL

400g can chickpeas, drained and rinsed
2 tablespoons sunflower oil
1 small red onion, peeled and quartered
1 garlic clove, peeled
5g fresh flat leaf parsley leaves
5g fresh coriander
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon harissa paste
20g plain flour
½ teaspoon salt
Cooking spray

FOR THE ROASTED VEGETABLES

300g butternut pumpkin, 1.5 cm diced
150g Zucchini, cut into 2.5cm chunks
4 baby sweet capsicum, cut in half or quarters
1 small red onion, peeled and sliced
2 tablespoons olive oil
1 tablespoon lemon juice
1 garlic clove, peeled and crushed
1 tablespoon fresh thyme leaves
1 teaspoon cumin
Salt and pepper to taste

TO SERVE

Pitta bread, salad leaves and mayonnaise swirled with a little smoked paprika

DIRECTIONS

- 1 Place all falafel ingredients into a food processor and pulse until fairly smooth. (The texture should be a little coarse.)
- 2 Using wet hands form mixture into 6 balls and place on a piece of baking parchment just larger than crisper plate. Place in fridge for 20 minutes to firm up.
- 3 Meanwhile, toss all the vegetables in oil, lemon juice, garlic, thyme, cumin and season to taste. Make sure they are well coated. Place crisper plates in both drawers. Remove vegetables from marinade (and reserve any marinade that is left), place vegetables in Zone 1 drawer. Insert drawer into unit.
- 4 Using the baking parchment as a sling, carefully place falafels onto crisper plate in Zone 2 drawer. Spray with oil. Insert drawer into unit. Select Zone 1, turn the dial to select ROAST set temperature to 180°C and time for 22 minutes. Select Zone 2, turn the dial to select AIR FRY set temperature to 200°C and time to 17 minutes. Select SYNC. Press the dial to begin cooking.
- 5 After 10 minutes, shake or stir roasted vegetables. Brush with any remaining marinade. Repeat again after 18 mins.
- 6 Serve falafels, cut in half in salad filled pitta bread topped with mayonnaise sprinkled with smoked paprika and roasted vegetables on side.





STUFFED EGGPLANT WITH MOZZARELLA

PREP: 10 MINUTES | **ROAST:** 20 MINUTES | **AIR FRY:** 10 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

2 large or 3 medium eggplant (about 800g)

2 tablespoons olive oil

150g tomato and basil sauce

200g cherry tomatoes, cut in quarters

15 large basil leaves, chopped

200g mozzarella, cut in cubes

Salt & pepper

DIRECTIONS

- 1** Cut the eggplants in half lengthwise, removing the stalk. Brush the flesh with olive oil, season with salt and pepper.
- 2** Insert a crisper plate in each drawer, place eggplants cut side down in the drawers and insert drawers into the unit.
- 3** Turn the dial to select ROAST, set the temperature to 190°C and the cooking time to 20 minutes and select MATCH. Press the dial to start cooking.
- 4** When cooking is complete, remove the eggplants using silicone tongs and lightly hollow out the flesh with a spoon. In a bowl, mix the flesh from the eggplants with the tomato and basil sauce, cherry tomatoes, mozzarella and the chopped basil leaves. Season with salt and pepper. Use this mixture to stuff the eggplants. Place the stuffed eggplant halves into the drawers with filling uppermost.
- 5** Insert the drawers into the unit. Turn the dial to select AIR FRY, set the temperature to 200°C and the cooking time to 10 minutes and select MATCH. Press the dial to start cooking.
- 6** Once cooking is complete, use a silicone spatula to serve hot the eggplants with a salad or pasta.





BANANA & TOFFEE MUFFINS

PREP: 15 MINUTES | **BAKE:** 15-20 MINUTES | **MAKES:** 12 SERVINGS

INGREDIENTS

200g self-raising flour
1 teaspoon mixed spice
½ teaspoon salt
2 ripe bananas, approx. 320g with skins on
200g light brown sugar
100g vegetable oil
2 large eggs, beaten
1 teaspoon vanilla essence
50g chocolate chips
100g thick caramel or dulce de leche
12 dried banana chips to decorate

DIRECTIONS

- 1** Sift the flour, mixed spice and salt into bowl.
- 2** In a large mixing bowl, peel and mash the bananas until smooth. Mix in sugar, oil, eggs, vanilla essence and whisk together until the oil is incorporated.
- 3** Slowly add the dry ingredients to bananas and whisk continually to combine, stir in chocolate chips.
- 4** Insert crisper plates in both drawers. Place 6 double thickness muffin cases in each drawer, spoon mixture between the muffin cases filling ¾ full. Select Zone 1, turn the dial to select BAKE, set temperature to 160°C and set time to 15 minutes. Select MATCH. Press the dial to begin cooking.
- 5** After 12 minutes, remove Zone 1 drawer, check whether muffins are cooked through. Cooking is complete when a wooden skewer inserted in the centre comes out clean. Remove muffins from drawer and let cool on a wire rack for 5 minutes before serving. Top each muffin with a spoonful of caramel and a banana chip.



TIP: Individual silicone cake moulds are perfect to use for these muffins.



PEANUT BUTTER CHOCOLATE BROWNIES

PREP: 15 MINUTES | **BAKE:** 35-40 MINUTES | **MAKES:** 8-10 SERVINGS

INGREDIENTS

80g peanut butter, divided
40g butter
120g dark chocolate, divided
175g golden caster sugar
2 large eggs, beaten
60g self-raising flour
30g cocoa powder

DIRECTIONS

- 1** Spray Zone 1 drawer (without a crisper plate inserted) with cooking spray or oil, and line base with a piece of baking parchment.
- 2** Reserve 40g peanut butter and 30g chocolate. Break up the dark chocolate into pieces, add into a saucepan with peanut butter and butter. Gently melt and leave to cool. Meanwhile in a large bowl, whisk together the sugar and eggs until thick and creamy like salad cream. Add in chocolate mixture and whisk together.
- 3** Sieve flour and cocoa powder together into bowl and fold in with a large metal spoon. Spoon brownie mixture into prepared lined drawer. Melt peanut butter in a microwave for 40 seconds. Drizzle over the top of brownie.
- 4** Insert Zone 1 drawer in unit. Select Zone 1, turn the dial to select BAKE, set temperature to 160°C and set time to 35-40 minutes. Press the dial to begin cooking.
- 5** After 30 minutes, remove Zone 1 drawer, check whether brownie is cooked through. Cooking is complete when the brownie is soft to touch in centre.
- 6** Melt remaining chocolate in microwave for 20 seconds, stir then 20 seconds and stir. Drizzle melted chocolate over the top of brownie. Leave to cool in drawer.
- 7** Leave to cool before lifting out, using the lining paper as a sling. Cut into squares.



ROASTED PEARS & SHORTBREAD

PREP: 20 MINUTES (PLUS 20-30 MINUTES CHILLING TIME) | **ROAST:** 40 MINUTES
BAKE: 35 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

FOR THE SHORTBREAD

65g unsalted butter,
room temperature
30g light brown soft or
light muscovado sugar
75g plain flour
15g cornflour
Pinch fine sea salt

FOR THE ROASTED PEARS

6 Conference pears
(approx. 150g each)
2 small lemons
1 small orange
80ml honey
15g unsalted butter
2 tablespoon water
Crème fraîche, to serve

DIRECTIONS

- 1 Cream the butter, sugar and salt together in a bowl for about one minute. Combine the plain flour and cornflour together well before adding to the creamed mixture and mixing to bring together. Chill before using.
- 2 Pat the mixture out onto a piece of baking parchment to a rectangle shape 16cm by 12cm. Place on a tray and chill for for 20-30 minutes, or until firm.
- 3 In a bowl, squeeze 1 lemon and add enough cold water to eventually cover the pears. Peel the pears and place into the bowl as you go. With a peeler, peel 3-4 strips on both the remaining lemon and orange. Squeeze both and add the juice to a small saucepan along with the peel, honey, butter and 2 tablespoons of water. Heat to just dissolve the butter.
- 4 When the shortbread dough is firm, prick all over with a fork and cut into 6 rough squares.
- 5 Remove the crisper plates from both drawers. Arrange the pears lying down in the Zone 1 drawer. Pour all the juice and honey mixture over them then insert drawer in unit. Place shortbread biscuits in Zone 2 drawer, making sure to leave space around them then insert drawer in unit.
- 6 Select Zone 1, turn the dial to select ROAST, set temperature to 190°C and set time to 40 minutes. Select Zone 2, turn the dial to select BAKE, set temperature to 150°C and set time to 35 minutes. Press the dial to begin cooking.
- 7 Carefully give the pears a turn and baste 2 to 3 times whilst they are cooking. Check with point of knife if soft, if necessary roast them for longer.
- 8 Remove the shortbread from the drawer with silicone spatula and place them on a rack to cool. The cooking juices can be reduced in a saucepan to desired consistency if necessary. Serve the pears and shortbread with crème fraîche.



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