

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.

NINJA®

Foodi®

MAX XXXL

**Smart Dual Zone
Air Fryer**

**QUICK
START
GUIDE**

**+ COOKING CHARTS
+ 15 PLUS IRRESISTIBLE RECIPES**

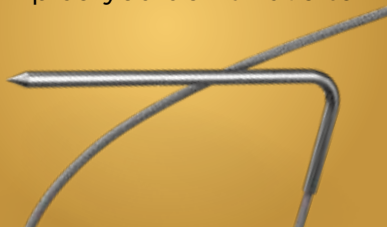


Make more of your air-fried favourites without the guesswork. Now with the Foodi® Smart Probe and the Sync system, you can get the perfect doneness, from rare to well, at the touch of a button. Pair it with the Sync setting to cook two foods, two ways and finish at the same time. Or easily carry over settings with Match to double your cooking capacity.



Foodi® Smart Probe

Continuously monitors
temp so you don't have to



Perfect doneness

From rare to well at the
touch of a button



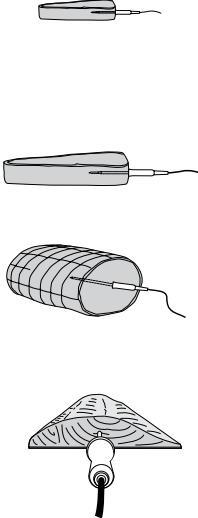
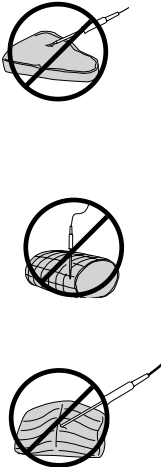
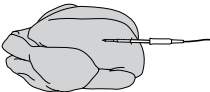

Perfectly done with the Foodi. Smart Probe



The leave-in Foodi Smart Probe continuously monitors the internal temperature of food in two places for more accurate cooking results.

How to place the probe

Before getting started, use below guide to ensure the Foodi® Smart Probe is inserted correctly. Be sure to insert probe into the thickest part of your protein.

FOOD TYPE:	PLACEMENT	CORRECT	INCORRECT
<p>Steaks Pork chops Chicken breasts Burgers Tenderloins Fish fillets</p>	<ul style="list-style-type: none"> • Insert probe horizontally into the center of the thickest part of the meat. • Make sure the probe is close to (but not touching) the bone and away from any fat or gristle. • Make sure the tip of the probe is inserted straight into the center of the meat, not angled toward the bottom or top of it. <p>NOTE: The thickest part of the fillet may not be the center. It is important that the end of the thermometer hits this area so that desired results are achieved.</p> <p>NOTE: Cuts of meat should be at least 1" thick to achieve reliable cooking results using the probe. Using meats thinner than 1" may lead to an incorrect doneness level.</p>		
<p>Whole chicken</p>	<ul style="list-style-type: none"> • Insert probe horizontally into the thickest part of the breast, parallel to, but not touching, the bone. • Make sure the tip reaches the center of the thickest part of the breast and doesn't go all the way through the breast into the cavity. 		

DO NOT use the probe with frozen protein or for cuts of meat thinner than 2 cm.

Ninja® Beef Doneness Guide

Everyone's idea of doneness differs. This guide shows you what you can expect from each of our preset beef doneness settings.



NOTE: Beef Doneness Guide is based on New York Strip Steak. Using different cuts of steak and different sizes can alter the outcome.

FOOD TYPE:	SET DONENESS TO:
Fish	Medium (55°C)
	Medium Well (60°C)
	Well Done (65°C)
Chicken/Turkey	Well Done (74°C)
Pork	Medium (55°C)
	Medium Well (65°C)
	Well Done (70°C)
Beef	Rare (46°C)
	Medium Rare (50°C)
	Medium (55°C)
	Medium Well (60°C)
	Well Done (65°C)

Single-basket cooking with the Foodi® Smart Probe

The Integrated Foodi® Probe continues to monitor doneness throughout the cooking process, unlike a traditional instant-read thermometer.

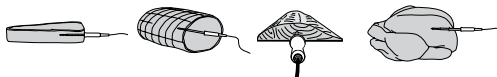
STEP 1 Setup

- Remove the probe storage compartment located on the left-hand side of the unit.
- Remove Zone 1 drawer (before plugging in the probe).

STEP 2 Insert Probe

Insert Probe

- Insert probe in protein using the guide on page 5 to ensure the probe is placed correctly.
- Place protein in drawer and insert into unit.



STEP 3 Function Selection

Function Selection

- Plug probe into jack (located on the left-hand side of the control panel).
- Select Zone 1 and then desired cooking function (e.g. Air Fry)

NOTE: Cooking temperature will automatically default based on function selection. Temperature can be adjusted based on preference or recipe instructions.

STEP 4 Probe Selection

Probe Selection

- **SMALL PRESET**
 - **LARGE PRESET**
 - **MANUAL**
- Use the PROBE button to select either Small or Large preset, depending on size of protein. Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.
- If using the Manual button, use recommended internal cook temperatures on page 6.



STEP 5 Start Cooking

Start Cooking

- There is no preheat needed.
- Once you have made your selections, press the start/pause button to begin cooking.
- The screen will display the current probe temperature as well as the target temperature.

STEP 6 Cooking Complete

Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

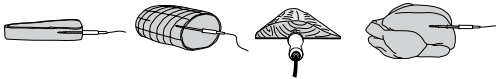
Sync with the Foodi® Smart Probe

Using the probe to make complete meals? Want to cook mains and sides using 2 different functions, probe, or cook times? Program each zone and pair the Foodi® Smart Thermometer with Sync Technology to eliminate the guesswork and have both zones finish at the same time.

STEP 1

Set up Zone 1 with Probe

- Remove the probe storage compartment located on the left-hand side of the unit.
- Remove zone 1 drawer (before plugging in the probe).
- Insert probe in protein using the guide on page 5 to ensure the probe is placed correctly.
- Place protein in basket and insert into unit.



STEP 2

Program Zone 1

- Plug probe into the jack (located on the left-hand side of the control panel).
- Select Zone 1 and the desired cook function (e.g., Air Fry).
- Use the PROBE button to select either the Small or Large preset, depending on the size of the protein. Reference the preset cooking chart on the following page for guidance.
- Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.

1

NOTE: You can't use the manual probe setting when selecting Smart Finish.

STEP 3

Program Zone 2

- Select Zone 2.
- Select function (e.g., Air Fry).
- Set cook temperature and time.

2

STEP 4

Start Cooking

- Select SYNC.
- Press the START/STOP button to begin cooking.

NOTE: During the initial setup, the zone with the shorter cook time will display HOLD. When cooking begins, the display will always show the probe and target temperature in Zone 1 and progress bars in Zone 2 during cook cycle.

SYNC

STEP 5

Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

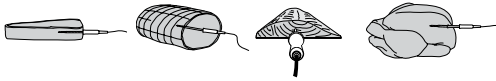
Match with the Foodi® Smart Probe

Cooking the same food in each zone? Set Zone 1 with probe and use Match to automatically match settings to Zone 2.

STEP 1

Set up Zone 1 with Probe

- Remove the probe storage compartment located on the left-hand side of the unit.
- Remove Zone 1 basket (before plugging in the probe).
- Insert the probe in the protein according to the guide on page 5.
- Place protein in basket and insert into unit.
- Plug probe into jack (located on the left-hand side of the control panel).



STEP 2

Program Zone 1

- Select Zone 1 and the desired cook function (e.g., Air Fry).
- Use the PROBE button to select Small Preset or Large Preset, depending on the size of the protein. Reference the preset cooking chart below for guidance.
- If using the Manual button, use the recommended internal cook temperatures included on page 6.
- Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.
- Select MATCH, then press the START/STOP button to begin cooking.



STEP 3

Cooking Complete

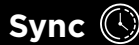
- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

Preset Cooking Chart

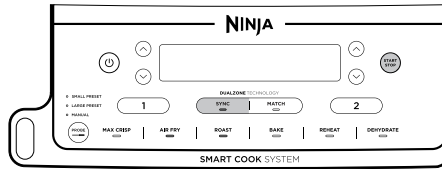
PROTEIN	PRESET	WEIGHT (per basket)	EXAMPLES
Pork	Small	4 each (110-170g each)	Italian Sausages
		2 each (280-340g each)	Bone-In Pork Chops
	Large	1 each (1kg)	Pork Tenderloin
		1 each (2-3kg)	Pork Loin/Roast
Chicken	Small	3-4 each, depending on size (225-340g each)	Boneless Chicken Breast
		3-4 each, depending on size (170-280g)	Bone-In Chicken Thighs
	Large	1 each (140g)	Whole Chicken
Beef	Small	2-4 each, depending on size (170-340g each)	Steak
	Large	1 each (85-110g)	Top Round
Fish	Small	3-4 each, depending on size (110g each)	Salmon Fillets
	Large	1 each (340-450g each)	Side of Salmon

Using DualZone™ Technology

(without the Foodi® Smart Probe)



Cooking 2 foods using 2 different functions, temps, or cook times?
Program each zone and use SYNC to have both zones finish at the same time.



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



STEP 3: Program Zone 2

- Select Zone 2 by pressing 2.
- Select a cooking function (e.g., ROAST), and repeat Step 2.



STEP 4: Begin Cooking

- Select SYNC.
- Press the START/STOP button to begin cooking.
- The zone with the shorter cook time will display HOLD.



NOTE: To ensure a synchronised cook time completion, Press the START/STOP button. Refer to page 6 for further instructions.

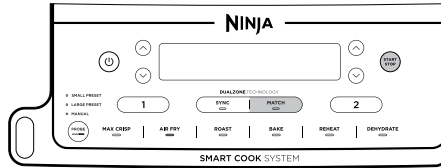
Using DualZone™ Technology

(without the Foodi® Smart Probe)

Match

Cooking the same food in each zone?

Set Zone 1 and use MATCH to automatically match settings to Zone 2.



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



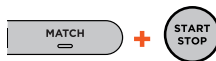
STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



STEP 3: Begin Cooking

- Press MATCH.
- Press the START/STOP button to begin cooking.

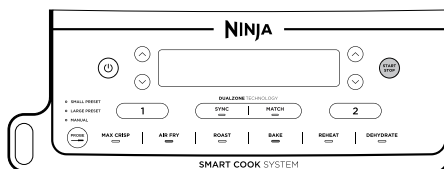


NOTE: To pause a zone or cancel time in a zone, refer to page 6 for further instructions.

Using Two Zones

Want to shorten cook time, but don't need both zones to finish at the same time?

When Sync or Match are not selected, technology is integrated into the design to automatically optimise the distribution of power when manually selecting two zones with different cook times. This means the food in the zone with the longer cook time may finish cooking before the set time ends. Check food frequently to avoid overcooking.



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



STEP 3: Program Zone 2

- Repeat Steps 1 and 2 for Zone 2.



STEP 4: Begin Cooking

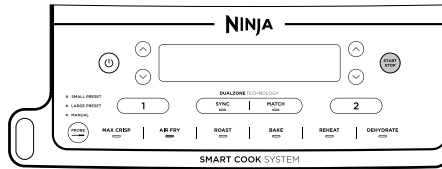
- Press the START/STOP button to begin cooking.
- Check food frequently to avoid overcooking.



NOTE: For best results, start checking food for doneness before cook time ends. Stop cooking at any time if the desired level of crispiness has been achieved, but make sure any raw proteins have reached a food-safe temperature.

Using a Single Zone

**Only cooking one thing?
Fill a single zone and use it like a traditional air fryer.**



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



NOTE: If you would like to cook in Zone 2 only, first select Zone 2, then select a function.

STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



STEP 3: Begin Cooking

- Press the START/STOP button to begin cooking.

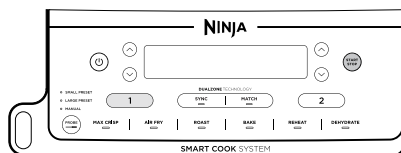


Pausing and Ending Cook Times

Pausing Time in a Single Zone (While Both Zones Are Running)

STEP 1: Pausing a Single Zone

- Select the zone you want to pause (e.g., Zone 1).
- Press the START/STOP button to pause cooking.



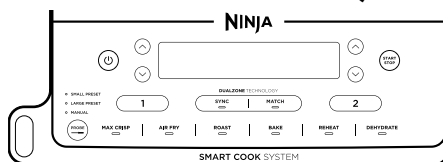
NOTE: In SMART FINISH mode, we recommend pressing the START/PAUSE button to pause both zones. Pausing only one zone will impact a synchronised finish time.

STEP 2: Resume Cooking

- To resume cooking, press the START/PAUSE button.



Ending the Cook Time in One Zone (While Using Both Zones)



STEP 1: Select Zone

- Select the zone you want to stop cooking in (e.g., Zone 1).

1

STEP 2: Adjust Time

- Press the down TIME arrow to bring time down to 0.



STEP 3: Resume Cooking

- After 3 seconds, END will appear on the display.
- Cooking will continue in the other zone.

READY TO START COOKING?

Learn how to make complete meals
that are done at the same time.

FLIP TO FIND:

15 Irresistible Recipes 16

Single Zone & DualZone™
Technology Cooking Charts 36

SYNC Recipe Charts 42

KEY

Foodi® Smart Probe



MEATLOAF WITH MAPLE GLAZED CARROTS



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

INGREDIENTS

450g ground beef
1 large egg
1/2 cup bread crumbs
1/2 cup shredded Parmesan cheese
1/2 cup ketchup, divided
Kosher salt, as desired
Ground black pepper, as desired
450g baby carrots
1 tablespoon canola oil
1/2 tablespoon apple cider vinegar
1/4 cup pure maple syrup

DIRECTIONS

- 1** In a large bowl, add the ground beef, egg, bread crumbs, Parmesan cheese, 1/4 cup ketchup, salt, and pepper and mix until evenly combined. Form the mixture into an 20 X 12 cm loaf.
- 2** In medium bowl, add the carrots, canola oil, apple cider vinegar, maple syrup, salt, and pepper and toss until evenly coated.
- 3** Install crisper plate in Zone 1 drawer. Place the probe into the center of the thickest part of the meatloaf. Place the loaf in the Zone 1 drawer. Feed the probe cord through the cutout on the top left drawer, then place the probe in the jack on the bottom left of the display. Insert the drawer in the unit.
- 4** Place the carrot mixture in the Zone 2 drawer, then insert drawer in unit.
- 5** Select Zone 1, select ROAST, set temperature to 165°C. Use PROBE button to select Large Preset. The preset will default to BEEF, which is the correct setting for this recipe. Use the arrows on the right to select WELL.
- 6** Select Zone 2, select AIR FRY, set temperature to 195°C, and set time to 35 minutes. Select SYNC. Press the START/PAUSE button to begin cooking. Monitor the Zone 2 drawer and shake the carrots about every 15 minutes throughout cooking.
- 7** When internal temperature of meatloaf reaches 55°C, press the START/PAUSE button to pause cooking. Open Zone 1 and add remaining ketchup to the top of the meatloaf. Reinsert the basket, press START/PAUSE to resume cooking.
- 8** When cooking is complete, carefully remove the probe with oven mitts. Serve meatloaf with glazed carrots.

WHOLE LEMON GARLIC CHICKEN WITH PARMESAN-HERB POTATOES



PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 75 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 whole chicken (2kg)
1 lemon, cut in half
1 sprig fresh rosemary
7 cloves garlic, peeled, smashed, divided
1 tablespoon canola oil
1 tablespoon Chicken Spice Blend
Kosher salt, as desired
Ground black pepper, as desired
550g pounds baby white potatoes
1 medium white onion, peeled, diced
3 tablespoons butter, melted
1½ tablespoons fresh herbs, chopped (rosemary, thyme, marjoram)
¼ cup grated Parmesan cheese, set aside

DIRECTIONS

- 1 Remove packet of giblets, if included, from cavity of chicken. Place lemon halves, sprig of rosemary, and 3 cloves garlic in the cavity. Tie legs together with cooking twine. Coat the chicken skin with canola oil, then season with Chicken Spice Blend, salt, and pepper.
- 2 In a large bowl, add the potatoes, onions, remaining garlic cloves, melted butter, and fresh herbs, and toss to fully combine.
- 3 Install crisper plates in both drawers. Place the probe in the center of the thickest part of the chicken. Place the chicken in the Zone 1 drawer. Feed the probe cord through the cutout on the top left drawer, then place the probe in the jack on the bottom left of the display. Insert the drawer in the unit.
- 4 Place the potato mixture in the Zone 2 drawer, then insert drawer in unit.
- 5 Select Zone 1, select ROAST, set temperature to 175°C. Use PROBE button to select Large Preset, then use the arrows on the left to select CHICKEN.
- 6 Select Zone 2, select AIR FRY, set temperature to 200°C, and set time to 35 minutes. Select SYNC. Press the START/PAUSE button to begin cooking. Monitor the Zone 2 drawer and shake the potatoes about every 15 minutes during the cooking process.
- 7 When cooking is complete, add Parmesan cheese to Zone 2 and shake until potatoes are evenly coated. Carefully remove the probe with oven mitts. Allow chicken to rest for 5 minutes before carving. Serve chicken with potatoes.



LEMON CAJUN-SPICED SALMON WITH ASPARAGUS & MUSHROOM

PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 20 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 bunch (450g) asparagus, trimmed
1 medium red onion, peeled, diced
220g button mushrooms, thinly sliced
3 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
4 fresh salmon fillets, 170g each
1 tablespoon Cajun seasoning
1 small lemon, sliced thin

DIRECTIONS

- 1** In a large bowl, add asparagus, red onion, mushrooms, 1½ tablespoons canola oil, salt, and pepper and toss until evenly coated.
- 2** Rub top of each salmon fillet with remaining oil, then cover fillets generously with Cajun seasoning and top with 2 slices of lemon. Place probe in the center of the thicket part of the largest salmon fillet.
- 3** Install a crisper plate in both drawers. Place the fillets in Zone 1 drawer. Feed the probe cord through the cutout on the top left of the probe, then place the probe in the jack on the bottom left of the display. Place the asparagus mixture in the Zone 2 drawer, then insert the drawer in unit.
- 4** Select Zone 1, select AIRFRY, and set temperature to 200°C. Use PROBE button to select Small Preset then use the arrows on the left to select FISH, and the arrows on the right to select desired doneness.
- 5** Select Zone 2, select AIR FRY, set temperature to 195°C, and set time to 20 minutes. Select SYNC. Press the START/PAUSE button to begin cooking.
- 6** When Zone 2 time reaches 10 minutes, select START/PAUSE to pause cooking. Remove drawer from unit and shake. Reinsert drawer and select START/PAUSE to resume cooking.
- 7** When cooking is complete, use oven mitts to remove the probe. Transfer fillets and asparagus mixture to a serving plate and serve.

BONELESS BARBECUE PORK CHOPS WITH PUMPKIN & GREEN BEAN MELODY



PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 45 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 package (340g) green beans, trimmed, cut in half
1 package (565g pre-cut butternut pumpkin
1 1/2 tablespoons olive oil
Kosher salt, as desired
Ground black pepper, as desired
140g boneless pork chops (about 5 ounces each)
2 tablespoon canola oil
1/2 cup pre-made barbecue sauce

DIRECTIONS

- 1** In a medium bowl, add the green beans, butternut pumpkin, olive oil, salt, and pepper and toss until combined.
- 2** Install a crisper plate in both drawers. Place the green bean medley in the Zone 2 basket and place basket in the unit.
- 3** Coat each pork chop with 1/2 tablespoon canola oil and season with salt and pepper.
- 4** Place the probe into the center of the thickest part of the largest pork chop. Place the pork with the probe and the remaining 3 chops in the Zone 1 drawer. Feed the probe cord through the cutout on the top left of the basket, then place the probe in the jack on the bottom left of the display. Evenly coat each chop with barbecue sauce. Insert drawer in unit.
- 5** Select Zone 1, select AIRFRY, set temperature to 195°C. Use PROBE button to select Small Preset, then use the arrows on the LEFT to select PORK and the arrows on the RIGHT to select desired doneness.
- 6** Select Zone 2, select AIR FRY, set temperature to 200°C, and set time to 45 minutes. Select SYNC. Press the START/PAUSE button to begin cooking. Monitor the Zone 2 drawer and shake every 15 minutes during cooking.
- 7** When cooking is complete, use tongs to carefully remove the chops from the Zone 1 drawer and place on a cutting board to rest for 5 minutes.
- 8** Use oven mitts to remove the probe before slicing the chops. Serve with green bean medley.

TURKEY BREAST WITH BACON BRUSSELS SPROUTS



PREP: 20 MINUTES | **TOTAL COOK TIME:** APPROX. 1 HOUR 35 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 medium yellow onion, peeled, diced
450g Brussels sprouts, cut in half, ends trimmed
1 strip uncooked bacon, cut in cut in 1/2cm pieces
2 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
900g uncooked boneless turkey breast, skin on, trussed
1 tablespoon roast chicken seasoning

DIRECTIONS

- 1** In a large bowl, add the onion, Brussels sprouts, chopped bacon, 1 tablespoon canola oil, salt, and pepper and toss until evenly combined.
- 2** Install a crisper plate in both drawers. Place the Brussels sprouts mixture into the Zone 2 basket and place the drawer in the unit.
- 3** Rub the remaining 1 tablespoon canola oil on the turkey breast and season with rotisserie seasoning blend.
- 4** Place the probe in the center of the thickest part of the turkey breast. Place the turkey in the Zone 1 drawer. Feed the probe cord through the cutout on the top left of the drawer, then place the probe in the jack on the bottom left of the display. Insert drawer in unit.
- 5** Select Zone 1, select ROAST, set temperature to 180°C. Use PROBE button to select Large Preset, then use the arrows on the left to select CHICKEN.
- 6** Select Zone 2, select AIR FRY, set temperature to 200°C, and set time to 35 minutes. Select SYNC. Press the START/PAUSE button to begin cooking. Monitor the Zone 2 probe and shake Brussels sprouts every 10 minutes throughout cooking.
- 7** When cooking is complete, use tongs to carefully remove the turkey breast from the basket and place on a cutting board to rest for 5 minutes.
- 8** Use oven mitts to remove the thermometer before slicing. Serve with Brussels sprouts.

TORTELLINI ALFREDO BAKE & ROASTED GARLIC BROCCOLI

PREP: 10 MINUTES | **TOTAL COOK TIME:** 45 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

1 1/2 heads (approx. 6 cups)
broccoli, cut in 1.25cm florets
1 1/2 tablespoons olive oil
6 garlic cloves, peeled, minced
2 teaspoons kosher salt, divided
1 1/2 jars (425g each)
alfredo sauce
1/4 cup water
1 teaspoon ground black pepper
200g shredded whole milk
mozzarella cheese, divided
700g frozen plain tortellini
3/4 cup panko bread crumbs
3 sprigs fresh basil, torn

DIRECTIONS

- 1** In a medium bowl, toss broccoli with olive oil, minced garlic, and 3/4 teaspoon of salt.
- 2** In a separate medium bowl, whisk together alfredo sauce, water, 3/4 teaspoon salt, pepper, and half the mozzarella cheese.
- 3** Place tortellini and sauce in the Zone 1 drawer (without crisper plate installed). Evenly sprinkle with the remaining mozzarella and panko breadcrumbs, then insert drawer in unit. Install a crisper plate in the Zone 2 drawer, then place broccoli in the basket and insert drawer into unit.
- 4** Select Zone 1, select BAKE, set temperature to 180°C, and set time to 45 minutes. Select Zone 2, select ROAST, set temperature to 200°C, and set time to 20 minutes. Press the START/PAUSE button to begin cooking.
- 5** When Zone 2 time reaches 10 minutes, press the START/PAUSE button to pause cooking. Remove drawer from unit and gently toss broccoli. Reinsert drawer and press START/PAUSE to resume cooking.
- 6** When Zone 1 time reaches 0, check tortellini for doneness; they should be cooked al dente. Gently transfer to a serving dish, keeping most of the breadcrumbs and cheese on top. Garnish with torn basil leaves.
- 7** When Zone 2 times reaches 0, transfer broccoli to a bowl and serve with tortellini.

GREEK-STYLE POTATOES

PREP: 10 MINUTES | **TOTAL COOK TIME:** 18 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

450g red potatoes,
cut in quarters
2 tablespoons olive oil
1 teaspoon kosher salt
2 teaspoons dried oregano
1 teaspoon black pepper
1 teaspoon paprika
¼ cup red onion, diced
½ cup crumbled feta cheese
1 tomato, diced
¼ cup sliced black olives
2 teaspoons lemon juice
Fresh dill, for serving

DIRECTIONS

- 1** Insert crisper plate in drawer and drawer in unit. Preheat unit by selecting AIR FRY, setting temperature to 200°C, and setting time to 3 minutes. Select START/PAUSE to begin.
- 2** In a large bowl, toss the potatoes with olive oil, salt, oregano, pepper, and paprika.
- 3** Once unit is preheated, place potatoes in the drawer; reinsert drawer.
- 4** Select AIR FRY, set temperature to 200°C, and set time to 18 minutes. Select START/PAUSE to begin. Shake drawer halfway through cooking.
- 5** After 13 minutes, add onion to drawer, shaking to incorporate; reinsert basket.
- 6** When cooking is complete, transfer potatoes to a bowl. Add feta, tomato, olives, and lemon juice and toss to combine. Top with fresh dill and serve.

SWEET POTATO SAUSAGE HASH

PREP: 10 MINUTES | **TOTAL COOK TIME:** 50 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

1kg sweet potatoes, peeled, diced in 1.3cm

1/4 cup minced garlic

1 small onion, peeled, diced

2 teaspoons kosher salt

1 teaspoon ground black pepper

3 tablespoons of canola oil

1/2 cup water

1kg mild sausage mince

1/2 teaspoon ground cinnamon

1 tablespoon dried sage

1 1/4 teaspoon chili powder

8 large eggs, poached or fried (optional)

2 tablespoons fresh parsley, chopped for garnish (optional)

Favorite hot sauce, for serving (optional)

DIRECTIONS

- 1** In a medium bowl, toss sweet potatoes with garlic, onion, pepper, salt, pepper, and canola oil.
- 2** Install a crisper plate in the Zone 1 drawer, add 1/2 cup water and sweet potatoes, and insert drawer in unit. Spread out the ground sausage in the Zone 2 drawer (without a crisper plate installed), then insert drawer in unit.
- 3** Select Zone 1, select AIRFRY, set temperature to 200°C, and set time to 50 minutes. Select Zone 2, select ROAST, set temperature to 180°C, and set time to 30 minutes. Select SYNC. Press the START/PAUSE button to begin cooking.
- 4** When Zone 2 time reaches 10 minutes, press START/PAUSE to pause cooking, remove drawer from unit, and shake for 10 seconds. If needed, use a wooden spoon to break up the sausage. Reinsert basket and press START/PAUSE to resume cooking.
- 5** When Zone 1 time reaches 10 minutes, press START/PAUSE and remove drawer from unit. Shake for 10 seconds, then reinsert drawer in unit and press START/PAUSE to resume cooking.
- 6** When cooking is complete, remove both drawers from unit and combine the potatoes and sausage. Add the cinnamon, sage, and chili powder and mix thoroughly to form the hash.
- 7** Serve hash with poached or fried eggs on top and garnish with parsley and hot sauce if desired.

CUSTOMISABLE CRONUTS

PREP: 30 MINUTES | **TOTAL COOK TIME:** 11 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1/4 cup all-purpose flour,
for work surface

CRONUTS

1 package (480g) frozen puff
pastry sheets, defrosted
1/4 cup unsalted butter, melted
1 package (145g) instant
vanilla pudding
3 cups cold milk

RASPBERRY LEMON GLAZE

1 tablespoon fresh lemon juice
(about 1/2 lemon)
1 tablespoon whole milk
1/4 cup seedless raspberry jelly
1 cup icing sugar, plus more
as needed
1/2 cup freeze-dried raspberries,
for topping

CHOCOLATE GLAZE WITH SPRINKLES

3 tablespoons dark cocoa powder
3 1/2 tablespoons whole milk
1 tablespoon vanilla extract
1 cup icing sugar, plus more
as needed
1/2 cup rainbow sprinkles, for
topping

MAPLE GLAZE WITH CANDIED WALNUTS

1/4 cup maple sugar
1 tablespoon vanilla extract
1 cup icing sugar, plus more
as needed
1/2 cup candied walnuts, crushed,
for topping

DIRECTIONS

- 1 On a clean, floured work surface, use a rolling pin to gently roll defrosted puff pastry sheets out into two 245cm rectangles.
- 2 To prepare the cronuts, use a biscuit cutter or 7cm-wide cup to cut 18 circles in the puff pastry. You should have 9 cronuts per sheet. Layer 3 circles on top of each other and pinch the edges together to seal. Use a rolling pin to lightly flatten each stack of cronuts into 12cm circles, then cut a 2.5cm circle from the middle of each cronut.
- 3 Install a crisper plate in both drawers. Place 2 cronuts in each drawer. Insert drawers in unit.
- 4 Select Zone 1, select BAKE, set temperature to 180°C, and set time to 11 minutes. Select MATCH to match Zone 2 settings with Zone 1. Press START/PAUSE to begin cooking.
- 5 While cronuts are baking, prepare the filling. In a large bowl, add instant pudding and milk and whisk until thick. Transfer to a piping bag with a frosting tip and place in the refrigerator until the cronuts are done.
- 6 Prepare your desired glaze by whisking together all glaze ingredients, except the topping. The glaze should be thick enough to coat a whisk. If necessary, add icing sugar 1 tablespoon at a time until thick.
- 7 When cooking is complete, transfer cronuts to a plate and allow to cool completely.
- 8 Remove the pudding filling from the refrigerator. Carefully insert the tip of the piping bag into the middle layer of each cronut and squeeze gently to fill. Dip the tops into the prepared glaze, coating generously, then sprinkle with desired toppings.

CHICKEN TENDERS & CURLY FRIES

PREP: 1 MINUTE | **TOTAL COOK TIME:** 38 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

450g frozen breaded chicken tenders
450g frozen curly French fries

OPTIONAL CONDIMENTS

Ketchup, as desired
Yellow mustard, as desired

DIRECTIONS

- 1** Install a crisper plate in both drawer. Place chicken tenders in the Zone 1 drawer, then insert drawer in unit. Place curly fries in the Zone 2 drawer, then insert drawer in unit.
- 2** Select Zone 1, select AIRFRY, set temperature to 195°C, and set time to 28 minutes. Select Zone 2, select AIRFRY, set temperature to 200°C, and set time to 38 minutes. Select SYNC. Press the START/PAUSE button to begin cooking.
- 3** When the Zone 2 time reaches 24 minutes, press START/PAUSE, remove drawer from unit and shake curly fries. Reinsert drawer and press START/PAUSE to resume cooking.
- 4** When the Zone 1 and Zone 2 times reach 14 minutes, press START/PAUSE, remove drawer from unit and shake. Reinsert drawers and press START/PAUSE to resume cooking.
- 5** When cooking is complete, transfer chicken tenders and curly French fries to a serving plate. Serve with optional condiments as desired.

BUFFALO TOFU WITH RANCH DIPPING SAUCE

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 containers (395-450g each) extra firm tofu, cut in 1.5cm cubes, divided

$\frac{2}{3}$ cup cornstarch, divided

Nonstick cooking spray

$\frac{1}{2}$ cup prepared Buffalo sauce

$\frac{1}{4}$ cup prepared ranch dipping sauce

DIRECTIONS

- 1** In a medium bowl, add half the tofu and toss with $\frac{1}{3}$ cup cornstarch until the tofu is evenly coated. For best results, place coated tofu in a mesh strainer and sift away any excess cornstarch. Generously spray the tofu with nonstick cooking spray.
- 2** Install a crisper plate in both drawer. Place the prepared tofu in the Zone 1 drawer, then insert drawer in unit.
- 3** Repeat Step 1 with the remaining tofu and cornstarch. Place the tofu in the Zone 2 drawer, then insert drawer in unit.
- 4** Select Zone 1, select AIRFRY, set temperature to 195°C, and set time to 25 minutes. Select MATCH to match Zone 2 settings with Zone 1. Press the START/PAUSE button to begin cooking.
- 5** When the time reaches 15 minutes, press START/PAUSE and remove drawers from unit and shake tofu. Reinsert drawers and press START/PAUSE to resume cooking.
- 6** When the time reaches 5 minutes, press START/PAUSE and remove drawers from unit and shake tofu. Reinsert drawers and press START/PAUSE to resume cooking.
- 7** When cooking is complete, transfer the tofu to a large bowl and toss with Buffalo sauce until evenly coated.
- 8** Serve tofu with ranch dipping sauce.

TIP: For crispier, crunchier results, wrap tofu in paper towels before Step 1. Press the wrapped tofu under a 2kg weight for 30 minutes, rewrapping the tofu with fresh paper towels every 10 minutes.

CUSTOMISABLE WAFFLE FRIES

PREP: 10 MINUTES | **TOTAL COOK TIME:** 45 MINUTES | **MAKES:** 8-10 SERVINGS

INGREDIENTS

2 bags (565g each)
frozen waffle fries
1 can (425g) prepared chilli
of choice
1 1/2 bags (340g total) shredded
cheddar cheese, divided
1/2 white onion, diced
1 Roma tomato, diced
1 cup sour cream, divided
1 cup cooked bacon pieces
1/4 cup green onion, thinly sliced

DIRECTIONS

- 1** Install a crisper plate in both drawers. Empty one bag of waffle fries into each drawer, then insert drawers in unit.
- 2** Select Zone 1, select AIR FRY, set temperature to 200°C, and set time to 45 minutes. Select MATCH to match Zone 2 settings with Zone 1. Press START/PAUSE to begin cooking.
- 3** When time reaches 30 minutes, select START/PAUSE to pause cooking, remove drawers from the unit and shake. Reinsert drawers and select START/PAUSE to resume cooking.
- 4** When time reaches 15 minutes, select START/PAUSE to pause cooking, remove Zone 1 drawer from the unit, shake, and add chilli. Reinsert basket and select START/PAUSE to resume cooking.
- 5** When time reaches 5 minutes, select START/PAUSE to pause cooking, remove Zone 2 drawer from the unit and shake, then remove Zone 1. Equally distribute the cheese between both drawers. Reinsert drawers and select START/PAUSE to resume cooking.
- 6** When cooking is complete, transfer the fries from each zone to separate plates. Top fries from Zone 1 with diced onions and tomatoes. Then top fries from Zone 2 with bacon and green onions. Top both with sour cream and serve warm.

GARLIC PRAWNS & BLISTERED ROSEMARY TOMATOES

PREP: 10 MINUTES | **TOTAL COOK TIME:** 11 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

450g uncooked large prawns, peeled, deveined
10 cloves garlic, peeled, finely chopped
2 teaspoons dried thyme
½ tablespoon chilli powder
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired
55g cherry tomatoes
1 tablespoon dried rosemary

DIRECTIONS

- 1** In a bowl, toss prawn with garlic, thyme, chilli powder, 1 tablespoon canola oil, salt, and pepper.
- 2** In a separate bowl, toss tomatoes with remaining oil, rosemary, salt, and pepper.
- 3** Install a crisper plate in both drawers. Place prawn in the Zone 1 drawer, then insert drawer in unit. Place tomatoes in the Zone 2 drawer, then insert drawer in unit.
- 4** Select Zone 1, select AIR FRY, set temperature to 200°C, and set time to 11 minutes. Select MATCH to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 5** When the Zone 1 and Zone 2 times reach 5 minutes, press START/PAUSE to pause the unit. Remove the drawers from unit and shake for 10 seconds. Reinsert drawers in unit and press START/PAUSE to resume cooking.
- 6** When cooking is complete, serve immediately over salad greens or toasted bread.

HONEY GARLIC TOFU WITH SESAME GREEN BEANS

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

INGREDIENTS

1 package (450g) extra-firm tofu, packed in water, drained, patted dry, cut in 205cm cubes
3 tablespoons cornstarch
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
Nonstick cooking spray
450g green beans, trimmed, cleaned
1 small white onion, peeled, diced
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired
1/4 cup soy sauce
1/3 cup honey
2 teaspoons ginger, freshly ground
1 teaspoon chopped garlic
1/4 teaspoon sesame oil, for garnish
1 tablespoon sesame seeds, for garnish

DIRECTIONS

- 1** In a large bowl, add tofu, cornstarch, paprika, garlic powder, and onion powder and toss until evenly coated. Then generously spray all sides of the tofu with nonstick cooking spray.
- 2** In a separate large bowl, add green beans, onions, canola oil, salt, and pepper and toss until evenly combined.
- 3** Install a crisper plate in both drawers. Place the tofu in a single layer in the Zone 1 drawer and the green bean mixture in the Zone 2 drawer. Insert both drawers in the unit.
- 4** Select Zone 1, select AIR FRY, set temperature to 195°C, and set time to 25 minutes.
- 5** Select Zone 2, select AIR FRY, set temperature to 200°C, and set time to 30 minutes. Select SYNC. Press the START/PAUSE button to begin cooking.
- 6** In a large bowl, add the soy sauce, honey, ginger, and garlic and whisk until evenly combined.
- 7** When time reaches 15 minutes, select START/PAUSE to pause cooking. Remove each drawer from the unit and shake. Reinsert drawers and select START/PAUSE to resume cooking.
- 8** When cooking is complete, toss tofu in prepared sauce. Sprinkle green beans with sesame oil and sesame seeds, then serve with honey garlic tofu.

CRISPY FRIED FISH

PREP: 10 MINUTES | **TOTAL COOK TIME:** 8 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons olive oil
1/2 cup Dijon mustard
1 teaspoon kosher salt
2 cups butter crackers, crushed
1 cup plain bread crumbs
4 uncooked cod or flathead fillets (170g each)
Cooking spray

DIRECTIONS

- 1** Place olive oil, mustard, and salt into a bowl; whisk to combine. Add crushed butter crackers and bread crumbs to another bowl, stirring to combine.
- 2** Working in small batches, coat fish fillets in mustard mixture. Transfer fish to bread crumb mixture, tossing well to evenly coat. Set aside.
- 3** Insert crisper plate in drawer and drawer in unit. Preheat unit by selecting AIR FRY, setting temperature to 200°C, and setting time to 3 minutes. Select START/PAUSE to begin.
- 4** Spray each breaded fillet liberally with cooking spray. Once unit is preheated, place fillets onto the crisper plate.
- 5** Select AIR FRY, set temperature to 200°C, and set time to 8 minutes. Select START/PAUSE to begin.
- 6** After 4 minutes, remove basket and flip fillets. Reinsert drawer to resume cooking.
- 7** When cooking is complete, serve fish immediately.

HONEY GARLIC MEATBALLS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 36 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

1.4 kg frozen prepared Italian meatballs, divided
8 cloves garlic, peeled, minced
1/2 cup honey
1/3 cup ketchup
2 tablespoons soy sauce
2 tablespoons fresh parsley, chopped

DIRECTIONS

- 1** Install a crisper plate in both drawers. Place half the meatballs in the Zone 1 drawer, then insert drawer in unit. Place the other half in the Zone 2 drawer, then insert drawer in unit.
- 2** Select Zone 1, select AIRFRY, set temperature to 200°C, and set time to 36 minutes. Select MATCH to match Zone 2 settings with Zone 1. Press the START/PAUSE button to begin cooking.
- 3** In a medium bowl, combine remaining ingredients and mix well.
- 4** When the time reaches 20 minutes, press START/PAUSE to pause cooking. Remove drawers from unit and shake the meatballs. Reinsert drawers and press START/PAUSE to resume cooking.
- 5** When the time reaches 6 minutes, press the START/PAUSE button to pause cooking. Remove Zone 1 drawer from unit, and pour meatballs into a large bowl. Pour half the honey garlic sauce into the large bowl with the meatballs and toss to evenly coat. Place meatballs back into Zone 1 drawer and reinsert drawer. Repeat this step with the Zone 2 drawer. Press the START/PAUSE button to resume cooking.
- 6** When cooking is complete, transfer meatballs to a bowl. Top with chopped parsley and serve.

SPICY ITALIAN SAUSAGE, CAPSICUM, MUSHROOM & ONION SUBS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

1 medium onion, peeled, thinly sliced
1 small capsicum, thinly sliced, seeds removed
1 large Capsicum, thinly sliced, seeds removed
225g baby portabello mushrooms, sliced
2 tablespoons canola oil
1 teaspoon kosher salt
1/2 teaspoon ground black pepper
8 Italian sausage links
8 bread rolls
Yellow mustard, optional

DIRECTIONS

- 1** In a medium bowl, toss together onion slices, capsicum slices, mushrooms, canola oil, salt, and pepper. Place vegetables in Zone 1 drawer (without crisper plate), then insert drawer in unit.
- 2** Insert a crisper plate in Zone 2 drawer and add sausages, then insert drawer in unit.
- 3** Select Zone 1, select AIRFRY, set temperature to 195°C, and set time to 30 minutes. Select Zone 2, select AIRFRY, set temperature to 195°C, and set time to 20 minutes. Press the START/PAUSE button to begin cooking.
- 4** When the Zone 1 time reaches 10 minutes, press START/PAUSE, remove drawer from unit and toss vegetables. Reinsert drawer and press START/PAUSE to resume cooking.
- 5** When Zone 1 time reaches 10 minutes, press START/PAUSE to pause cooking. Remove drawer from unit and toss vegetables again. Reinsert drawer and press START/PAUSE to resume cooking.
- 6** When Zone 2 time reaches 0, remove sausages from drawer and allow them to rest on a serving dish.
- 7** When vegetables are complete, remove drawer from unit. Divide the onion, peppers, and mushrooms between the buns, then top with sausages and mustard, if desired. Serve warm.

TIP: To soften the bread rolls, place them on top of the unit to warm while the other ingredients are cooking.

EGGPLANT PARMIGIANA & GARLIC BREAD

PREP: 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **MAKES:** 2-3 SERVINGS

INGREDIENTS

1 cup all-purpose flour
3 eggs, beaten
1 cup panko bread crumbs
3 teaspoons kosher salt, divided
2 teaspoons ground black pepper, divided
1 small eggplant, peeled, cut in 12cm slices
4 tablespoons unsalted butter, softened
2 teaspoons minced garlic
1 teaspoon garlic powder
1/3 loaf of Italian bread, sliced in half
1/2 cup tomato pasta sauce
4 slices fresh mozzarella cheese

DIRECTIONS

- 1** Install a crisper plate in both the Zone 1 and 2 drawers. Install the broil rack in the Zone 1 drawer.
- 2** Set out three plates or shallow bowls. Place the flour in one, beaten eggs in the second, and bread crumbs in the third. Stir 1 teaspoon salt and 1 teaspoon pepper into the flour. Stir 1 teaspoon salt and remaining 1 teaspoon pepper into the bread crumbs.
- 3** Dip each slice of eggplant into the flour, then the eggs, then the bread crumbs. Place the breaded slices on the Zone 1 broil rack.
- 4** In a small bowl, thoroughly combine the butter, minced garlic, garlic powder, and 1 teaspoon salt. Spread the garlic butter onto both slices of bread, then place the bread, butter side up, in the Zone 2 drawer.
- 5** Select ZONE 1, select AIR FRY, set temperature to 195°C, and set time to 15 minutes. Select MATCH to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 6** When cooking is complete, remove the Zone 1 drawer from unit, top each slice of eggplant with 2 tablespoons marinara sauce and 1 slice mozzarella. Reinsert drawer in unit. Select ZONE 1, select MAX CRISP, set temperature to 230°C, and set time to 5 minutes. Press START/PAUSE to begin cooking.
- 7** When cooking is complete, remove drawers from unit. Cut the garlic bread in strips and serve with eggplant.

BAKED GNOCCHI WITH ITALIAN SAUSAGE & BROCCOLI

PREP: 10 MINUTES | **TOTAL COOK TIME:** 27 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 packages (340g each)
frozen potato gnocchi
4 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
1 tablespoon water
1 head broccoli (approx. 280g),
cut in 5cm florets
4 uncooked hot Italian sausages
(approx. 85g each), sliced in
2.5cm pieces
1/2 cup seasoned panko bread
crumbs
1/2 cup grated Parmesan cheese
3 tablespoons salted butter,
melted
1 jar (425g) alfredo sauce

DIRECTIONS



- 1** In a large bowl, add gnocchi, 2 tablespoons canola oil, salt, and pepper and toss to evenly combine.
- 2** Remove the crisper plate from the Zone 1 drawer, add 1 tablespoon water to the bottom of the drawer, followed by the seasoned gnocchi. Insert drawer in unit.
- 3** Add, broccoli, remaining canola oil, salt, and pepper to the large bowl and toss to evenly combine.
- 4** Install a crisper plate in the Zone 2 drawer, add the broccoli mixture, then evenly top with sausage. Insert drawer in unit.
- 5** Select Zone 1, select BAKE, set temperature to 195°C and set time to 27 minutes.
- 6** Select Zone 2, select AIR FRY, set temperature to 200°C, and set time to 25 minutes. Select SYNC. Press the START/PAUSE button to begin cooking.
- 7** In a medium bowl, add the bread crumbs, Parmesan cheese, and butter and mix until evenly combined.
- 8** When Zone 1 time reaches 18 minutes, select START/PAUSE to pause cooking. Remove Zone 1 basket from unit and shake. Add the alfredo sauce and stir to evenly coat. Reinsert drawer and select START/PAUSE to resume cooking.
- 9** When Zone 1 time reaches 10 minutes, select START/PAUSE button to pause cooking. Remove Zone 1 drawer from the unit, stir, and top with the bread crumb mixture. Reinsert drawer in unit.
- 10** Remove Zone 2 drawer from the unit and shake. Reinsert drawer and press START/PAUSE to resume cooking.
- 11** When cooking is complete, transfer the gnocchi and sausage mixture to a plate and serve warm.

Using DualZone™ Technology: SMART FINISH

SYNC eliminates the need for back-to-back cooking. 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
Crab Cakes	4 crab cakes
Balsamic Roasted Tomatoes	2 pints cherry tomatoes
Maple Sage Pork Chops	3-4 boneless pork chops (110g each)
Cajun Russet Potatoes	6 medium potatoes, diced
Classic Meatloaf 	450g meatloaf mix (beef, pork, veal)
Green Beans with Almonds	680g green beans, ends trimmed
Miso Glazed Salmon 	4 salmon fillets (170g each)
Honey Hazelnut Brussels Sprouts	900g Brussels sprouts, cut in half
Buffalo Chicken Thighs	4 boneless skin-on chicken thighs (110-140g each)
Plant Based "Meat" Burger	440g plant-based ground "meat" (4 110g patties)
Mediterranean Cauliflower	1 head cauliflower, cut in 1.2cm florets
French Fries	900g French fries

NOTE: For your own best results, start checking food for doneness 2 minutes before cook time ends. Stop cooking at any time if the desired level of crispiness has been achieved, but make sure any raw proteins have reached a food-safe temperature.

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

NOTE: When using your Foodi Smart Probe and Sync, be sure to refer to page 8 for further instructions.

SET BOTH ZONES AND USE SYNC		
MIX OR COMBINE THESE INGREDIENTS	FUNCTION	TEMP/TIME
Brush with melted butter	Air Fry	195°C 20 minutes
1/2 cup balsamic vinegar 1 Tbsp canola oil	Roast	195°C 15 minutes
1 Tbsp canola oil 1 Tbsp maple syrup	Roast	195°C 22-25 minutes
2 Tbsp canola oil 2 Tbsp Cajun seasoning	Air Fry	200°C 50 minutes
1/4 cup ketchup, 1/4 cup yellow mustard, 1 egg, 1/2 cup panko breadcrumbs, 1/4 cup Parmesan cheese	Air Fry	165°C 35 minutes
2 Tbsp canola oil 1/2 cup sliced almonds	Air Fry	195°C 20 minutes
2 Tbsp miso paste, 1 teaspoon canola oil Rub onto salmon	Air Fry	195°C 18 minutes
2 Tbsp canola oil, 1/4 cup honey, 1/2 cup chopped hazelnuts	Air Fry	195°C 30-35 minutes
1 cup buffalo sauce, toss with chicken	Air Fry	200°C 27 minutes
1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	190°C 20 minutes
1/2 cup tahini, 2 Tbsp canola oil	Air Fry	195°C 35 minutes
Season as desired	Air Fry	200°C 50-55 minutes

Air Fry Cooking Chart

NOTE: Don't see the food you're looking for in the charts below? Find a similar food, and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. For best results, check on food often, increasing cook time if necessary.

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

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL
VEGETABLES			
Asparagus	2 bunches	Stems trimmed, cut in 5cm pieces	2 tsp
Beets	6-7 small	Whole	None
Capsicum (for roasting)	4 small peppers	Whole	None
Broccoli	2 heads	Cut in 2.5cm florets	1 Tbsp
Brussels sprouts	900g	Cut in half, stem removed	1 Tbsp
Pumpkin	900g	Cut in 2.5cm pieces	1 Tbsp
Carrots	900g	Peeled, cut in 2cm pieces	1 Tbsp
Cauliflower	1 heads	Cut in 2.5cm florets	1 Tbsp
	2 heads	Cut in 2.5cm florets	2 Tbsp
Corn on the cob	2 ears, cut in half	Husks removed	1 Tbsp
Green beans	2 bags (340g each)	Trimmed	1 Tbsp
Kale (for chips)	5 cups, packed	Torn in pieces, stems removed	None
Mushrooms	450g	Rinsed, cut in quarters	1 Tbsp
Potatoes, russet <small>*Allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat dry for best results.</small>	450g	Hand-cut fries*, thick	1/2-2 Tbsp, canola
	900g	Cut in 2.5cm wedges	1 Tbsp
	900g	Hand-cut fries*, thin	1/2-3 Tbsp, canola
	900g	Hand-cut fries*, thick	1/2-3 Tbsp, canola
	3 whole (170-220g)	Pierced with fork 3 times	None
Potatoes, sweet	900g	Cut in 2.5cm chunks	1 Tbsp
	3 whole (170-220g)	Pierced with fork 3 times	None
Zucchini	900g	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp
POULTRY			
Whole Chicken	2250g	Bone in	Brushed with oil
Chicken breasts	2 breasts (300-700g each)	Bone in	Brushed with oil
	4 breasts (700-350g each)	Boneless	Brushed with oil
Chicken thighs	4 thighs (170-280g each)	Bone in	Brushed with oil
	4 thighs (110-225g each)	Boneless	Brushed with oil
Chicken wings	900g	Drumettes & flats	1 Tbsp
	1.35kg	Drumettes & flats	1 Tbsp
	1.80kg	Drumettes & flats	1 Tbsp

For best results, shake or toss often.

To pause both zones while using two zones, press the START/PAUSE button.

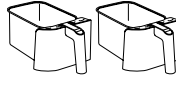
To pause an individual zone while both zones are cooking, press the zone you would like to pause, then press the START/PAUSE button.

To resume cooking, press the button again.

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



SINGLE ZONE
when cooking in one zone and not using the other zone.



DUALZONE
when cooking in both zones using Sync and Match.

TEMP

195°C	10-13 mins	16-20 mins
195°C	30-35 mins	35-40 mins
195°C	10-15 mins	15-20 mins
195°C	10-13 mins	24-28 mins
200°C	17-20 mins	26-32 min
195°C	22-25 mins	35-40 mins
195°C	15-18 mins	27-32 mins
195°C	18-20 mins	22-25 mins
195°C	20-23 mins	25-30 mins
195°C	12-15 mins	18-20 mins
195°C	14-16 mins	18-22 mins
150°C	7-9 mins	15-20 mins
195°C	9-13 mins	13-15 mins
200°C	19-24 mins	28-35 mins
200°C	27-33 mins	40-45 mins
200°C	24-29 mins	37-42 mins
200°C	26-31 mins	42-47 mins
200°C	30-35 mins	37-40 mins
200°C	22-26 mins	38-42 mins
200°C	36-42 mins	40-45 mins
200°C	20-24 mins	28-32 mins
175°C	55-60 mins	75-90 mins
195°C	25-30 mins	30-35 mins
195°C	22-24 mins	25-28 mins
195°C	26-30 mins	36-40 mins
195°C	18-22 mins	25-28 mins
195°C	18-22 mins	40-45 mins
195°C	41-45 mins	55-65 mins
195°C	45-50 mins	65-70 mins

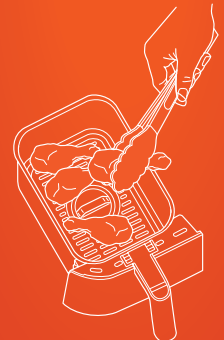
Shake your food

We recommend shaking your food at least twice during the cooking cycle for best results.



OR

Toss with silicone-tipped tongs



Air Fry Cooking Chart, continued

NOTE: Reference these charts to prepare large family meals or crowd-pleasing appetizers for entertaining. Once you get the hang of capacities and cook times, mix and match foods to dazzle your family and friends.

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

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL
FISH & SEAFOOD			
Crab cakes	4 cakes (170-225g each)	None	Brushed with oil
Lobster tails	4 tails (85-110g each)	Whole	None
Salmon fillets	2 fillets (110g each)	None	Brushed with oil
	3 fillets (110g each)	None	Brushed with oil
	4 fillets (110g each)	None	Brushed with oil
Shrimp	900g	Whole, peeled, tails on	1 Tbsp
BEEF			
Burgers	2.1kg patties, 80% lean	1.25cm thick	Brushed with oil
Steaks	2 steaks (225g each)	Whole	Brushed with oil
PORK			
Bacon	3 strips, cut in half	None	None
Pork chops	2 thick-cut, bone-in chops (280-340g each)	Bone in	Brushed with oil
	4 boneless chops (170g each)	Boneless	Brushed with oil
Pork tenderloins	900g	None	Brushed with oil
Sausages	5 sausages	None	None
FROZEN FOODS			
Chicken cutlets	3 cutlets	None	None
Chicken nuggets	2 boxes (340g each)	None	None
Fish fillets	1 box (6 fillets)	None	None
Fish sticks	24 fish sticks	None	None
French fries	450g	None	None
	900g	None	None
	1.35kg	None	None
Mozzarella sticks	2 boxes (310g each)	None	None
Dumplings	2 bags (295g)	None	1 Tbsp
Pizza bites	1 1/2 bags (60 count)	None	None
Crumbed prawns	2 boxes (395-450g)	None	None
Sweet potato fries	900g	None	None
Potato gems	900g	None	None
Onion Rings	900g	None	None

For best results, shake or toss often.

To pause both zones while using two zones, press the START/PAUSE button.

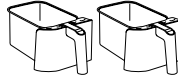
To pause an individual zone while both zones are cooking, press the zone you would like to pause, then press the START/PAUSE button.

To resume cooking, press the button again.

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



SINGLE ZONE
when cooking in one zone and not using the other zone.



DUALZONE
when cooking in both zones using Sync and Match.

TEMP

195°C	8-12 mins	10-13 mins
195°C	5-8 mins	15-18 mins
200°C	7-10 mins	12-14 mins
200°C	7-12 mins	13-17 mins
200°C	7-12 mins	16-20 mins
195°C	11-15 mins	15-19 mins
195°C	8-10 mins	10-13 mins
195°C	10-20 mins	14-22 mins
175°C	8-10 mins	9-12 mins
195°C	15-17 mins	23-27 mins
195°C	18-22 mins	24-26 mins
190°C	20-24 mins	32-38 mins
195°C	7-10 mins	18-22 mins
200°C	18-21 mins	20-25 mins
195°C	16-18 mins	21-25 mins
195°C	14-16 mins	17-22 mins
195°C	14-18 mins	22-26 mins
200°C	18-22 mins	28-32 mins
200°C	28-33 mins	48-53 mins
200°C	48-53 mins	55-60 mins
190°C	10-13 mins	15-18 mins
195°C	12-14 mins	16-18 mins
195°C	17-21 mins	20-24 mins
195°C	14-16 mins	20-24 mins
190°C	28-35 mins	38-42 mins
190°C	22-26 mins	30-34 mins
190°C	16-18 mins	22-26 mins

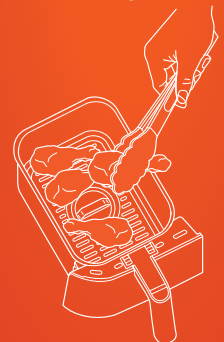
Shake your food

We recommend shaking your food at least twice during the cooking cycle for best results.



OR

Toss with silicone-tipped tongs

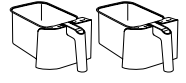


Dehydrate Chart

INGREDIENTS	PREPARATION
FRUITS & VEGETABLES	
Apples	Cored, cut in 3mm slices, rinsed in lemon water, patted dry
Asparagus	Cut in 2.5cm pieces, blanched
Bananas	Peeled, cut in 1cm slices
Beets	Peeled, cut in 3mm slices
Eggplant	Peeled, cut in 7mm slices, blanched
Fresh herbs	Rinsed, patted dry, stems removed
Ginger root	Cut in 1cm slices
Mangoes	Peeled, cut in 1cm slices, pit removed
Mushrooms	Cleaned with soft brush (do not wash)
Pineapple	Peeled, cored, cut in 1-1.25cm slices
Strawberries	Cut in half or in 1.25cm slices
Tomatoes	Cut in 1cm slices or grated; steam if planning to rehydrate
MEAT, POULTRY, FISH	
Beef jerky	Cut in .65cm, marinated overnight
Chicken jerky	Cut in .65cm, marinated overnight
Turkey jerky	Cut in .65cm, marinated overnight
Salmon jerky	Cut in .65cm, marinated overnight



SINGLE ZONE
when cooking in one zone
and not using the other zone.



DUALZONE
when cooking in both zones
using Sync and Match.

TEMP

TIMES ARE THE SAME FOR BOTH ZONES

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
65°C	5-7 hours
65°C	5-7 hours
65°C	5-7 hours
65°C	3-5 hours

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