

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

**NINJA**<sup>®</sup>

**XXXL**

***FlexDrawer***

**AIR FRYER**

with MegaZone™

# QUICK START GUIDE

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+ COOKING CHARTS  
+ 15 IRRESISTIBLE RECIPES

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# Using your Ninja® XXXL FlexDrawer Air Fryer

## 7 COOKING PROGRAMS

### AIR FRY

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

### ROAST

Best for roasting vegetables and meats.

### BAKE

Best for making cakes and other baked desserts.

### REHEAT

Best for reviving leftovers.

### DEHYDRATE

Best for making veggie/fruit crisps and jerky.

### PROOF

Create an environment for dough to rest and rise.

### KEEP WARM

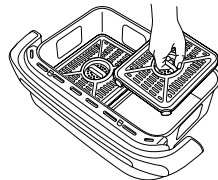
Use to maintain warm ingredients at a food-safe temperature.

## TIPS AND TRICKS

### CRISPER PLATES

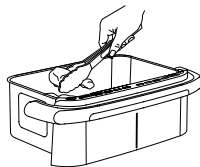
The crisper plates promote overall browning. Ensure the crisper plates are inserted in the bottom of the drawer before food is added unless recipe states that the crisper plates are not required.

**NOTE:** Carefully install crisper trays to ensure they are inserted correctly.



### TOSS

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



### PROOF

Remove divider from drawer, add 2 tablespoons water, then install both crisper plates. Place a piece of parchment slightly larger than dough on the center of plates. Spray surface of dough with cooking spray, then place on top of parchment. Insert drawer in unit. Select MEGAZONE, select PROOF, set temperature to 30-40°C, and set time to 2 hours. Proof until dough has doubled in size.

**TIP:** Type of dough will impact length of proof, so start checking dough after 1 hour and adjust time and temperature as needed.

# Using the MegaZone™

## TRANSFORM FROM MEGAZONE TO DUALZONE™

Cook in 1 large drawer or divide into 2 independent cooking zones.



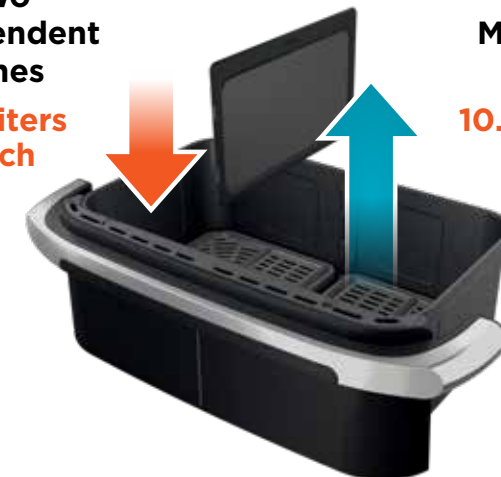
## VERSATILE MEGAZONE

Two independent zones

5.2 liters each

One MegaZone

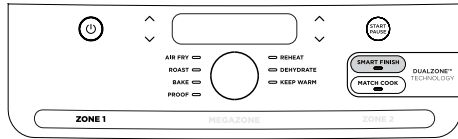
10.4 liters total



# Using DualZone™ Technology

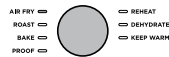
## Smart Finish™

To cook 2 foods using 2 different functions, temps, or cook times: program each zone and use SMART FINISH to have both zones finish simultaneously.



### STEP 1: Program Zone 1

- Insert divider
- Place food in drawers.
- The unit defaults to Zone 1.
- Turn the dial to 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.
- Turn the dial to select a cooking function (e.g., ROAST), and repeat Step 2.



### STEP 4: Begin Cooking

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

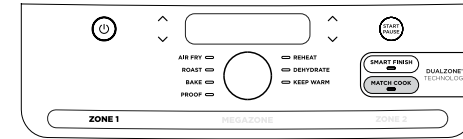


**NOTE:** To ensure a synchronised cook time completion, press the dial to START/PAUSE.

# Using DualZone™ Technology

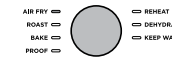
## Match Cook

To cook similar foods in both zones: set Zone 1 and use MATCH COOK to transfer those settings to Zone 2.



### STEP 1: Program Zone 1

- Insert divider
- Place food in drawers.
- The unit defaults to Zone 1.
- Turn the dial to 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

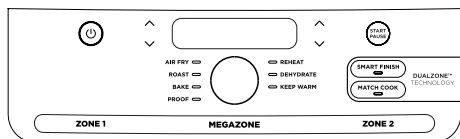
- Press MATCH COOK.
- Press the START/PAUSE button to begin cooking.



**NOTE:** To pause a zone or cancel time in a zone, refer to page 7 for further instructions.

## Using Two Zones without Match Cook or Smart Finish™

To shorten cook time, you may choose to not use Match Cook or Smart Finish. That means each zone will finish at different times according to their settings. Check food frequently to avoid overcooking.



### STEP 1: Program Zone 1

- Insert divider
- Place food in drawers.
- The unit defaults to Zone 1.
- Turn the dial to 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

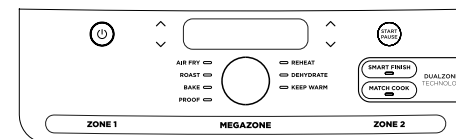
- Press the START/PAUSE button to begin cooking.
- Check food frequently to avoid overcooking.



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

## Using a Single Zone

When only cooking a single food in a single zone, use it like a traditional air fryer.



### STEP 1: Program Zone 1

- Insert divider
- Place food in drawer.
- The unit defaults to Zone 1.
- Turn the dial to 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.



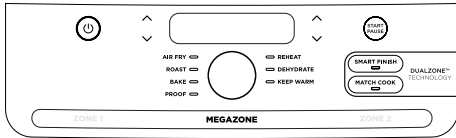
### STEP 3: Begin Cooking

- Press the START/PAUSE button to begin cooking.



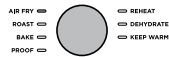
# Using the MegaZone™

To cook a large batch of a single food, remove the partition and use the entire cooking space like a traditional air fryer.



## STEP 1: Select MEGAZONE

- Remove the divider from the drawer.
- Place food in drawer.
- The unit will default to Zone 1. Select MEGAZONE to activate the MEGAZONE.
- Turn the dial, to 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 the START/PAUSE button to begin cooking.

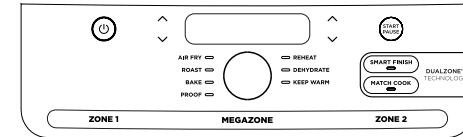


# Pausing and Ending Cook Times

## 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/PAUSE button to pause cooking.



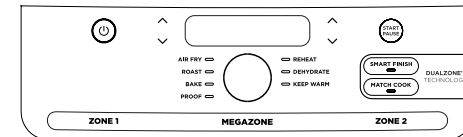
**NOTE:** In SMART FINISH mode, we recommend pressing the START/PAUSE button to pause both zones. Pausing only one zone will impact a synchronised finish time.

### STEP 2: Resume Cooking

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

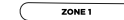


## Ending the Cook Time in One Zone (While Using Both Zones and MegaZone™)



### STEP 1: Select Zone

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

Get started with delicious, chef-tested recipes and helpful cooking charts.

## FLIP TO FIND:

Single Zone & MegaZone™  
Technology Cooking Charts 12

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Smart Finish™ Recipe Charts 18

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15 Irresistible Recipes 20

# Air Fry Cooking Chart

**NOTE:** If the food you're looking for doesn't appear below, find a similar food and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. Check food often, cooking longer 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.

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

INGREDIENT	AMOUNT PER SINGLE ZONE	AMOUNT FOR MEGAZONE™	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE ZONE	COOK TIME DUALZONE™ & MEGAZONE™
<b>VEGETABLES</b>							
Asparagus	1 bunch	2 bunches	Whole, stems trimmed	2 tsp	200° C	8-12 mins	20-25 mins
Beetroot	6-7 small	10-12 small beets	Whole	None	200° C	30-35 mins	60-65 mins
Capsicum (for roasting)	4	8	Whole	None	200° C	20-25 mins	30-35 mins
Broccoli	2 heads	4 heads	Cut in 2.5cm florets	1 Tbsp	200° C	10-15 mins	20-25 mins
Brussels sprouts	1kg	1.8kg	Cut in half, stem removed	1 Tbsp	205° C	15-20 mins	30-35 mins
Butternut Pumpkin	680g	1.3kg	Cut in 1.3cm pieces	1 Tbsp	200° C	20-25 mins	35-40 mins
Carrots	450g	1kg	Peeled, cut in 1.3cm pieces	1 Tbsp	200° C	15-20 mins	45-50 mins
Cauliflower	2 heads	4 heads	Cut in 2.5 cm florets	2 Tbsp	200° C	15-20 mins	25-30 mins
Corn on the cob	4 ears	8 ears	Husks removed	1 Tbsp	200° C	20-25 mins	35-40 mins
Green beans	2 bags (340g)	4 bags (340g)	Trimmed	1 Tbsp	200° C	15-20 mins	30-35 mins
Kale (for chips)	5 cups, packed	7 cups, packed	Torn in pieces, stems removed	None	150° C	10-15 mins	20-25 mins
Mushrooms	450g	1kg	Rinsed, cut in quarters	1 Tbsp	200° C	10-13 mins	15-20 mins
Potatoes, russet	1kg	1.8kg	Cut in 2.5 cm wedges	1 Tbsp	205° C	25-30 mins	40-45 mins
	1kg	1.8kg	Hand-cut fries*, thin	1/2-3 Tbsp, canola	205° C	25-30 mins	35-40 mins
	1kg	1.8kg	Hand-cut fries*, thick	1/2-3 Tbsp, canola	205° C	25-30 mins	40-45 mins
	4 whole (170-227g)	8 whole (170-227g)	Pierced with fork 3 times	None	205° C	40-45 mins	50-65 mins
Potatoes, sweet	1kg	1.8kg	Cut in 2.5 cm chunks	1 Tbsp	205° C	20-25 mins	40-50 mins
	4 whole (170-227g)	8 whole (170-227g)	Pierced with fork 3 times	None	205° C	40-45 mins	60-65 mins
Zucchini	1kg	1.8kg	Cut in quarters lengthwise, then cut in 2.5 cm pieces	1 Tbsp	200° C	15-18 mins	25-28 mins
<b>POULTRY</b>							
Chicken breasts	2 breasts (230-340g each)	6 breasts (230-340g each)	Bone in	Brushed with oil	200° C	25-30 mins	35-40 mins
	4 breasts (230-340g each)	8 breasts (230-340g each)	Boneless	Brushed with oil	200° C	22-24 mins	30-35 mins
Chicken thighs	6 thighs (170-284g each)	12 thighs (170-284g each)	Bone in	Brushed with oil	200° C	30-35 mins	45-50 mins
	4 thighs (113-227g each)	8 thighs (113-227g each)	Boneless	Brushed with oil	200° C	30-35 mins	40-45 mins
Chicken wings	1.4kg	2.7kg	Drumettes & flats	1 Tbsp	200° C	30-35 mins	60-65 mins
<b>FISH &amp; SEAFOOD</b>							
Fish cakes	2 cakes (170-227g each)	6 cakes (170-227g each)	None	Brushed with oil	200° C	12-12 mins	20-25 mins
Lobster tails	2 tails (85-113g each)	6 tails (85-113g each)	Whole	None	200° C	5-8 mins	10-12 mins
Salmon fillets	3 fillets (113g each)	6 fillets (113g each)	None	Brushed with oil	205° C	7-12 mins	15-20 mins
Prawns	1kg	1.8kg	Whole, peeled, tails on	1 Tbsp	200° C	10-13 mins	13-16 mins

# Air Fry Cooking Chart, continued

**NOTE:** Reference these charts to prepare large family meals or crowd-pleasing appetisers 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 SINGLE ZONE	AMOUNT FOR MEGAZONE™	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE ZONE	COOK TIME DUALZONE™ & MEGAZONE™
<b>BEEF</b>							
Burgers	2 patties (113g), 80% lean	6 patties (113g), 80% lean	1.3cm thick	Brushed with oil	200° C	10–15 mins	20–25 mins
Steaks	2 steaks (227g each)	4 steaks (227g each)	Whole	Brushed with oil	200° C	10–15 mins	20–25 mins
<b>PORK</b>							
Bacon	227g bacon cut in half	454g bacon cut in half	None	None	180° C	10–15 mins	20–25 mins
Pork chops	2 thick-cut, bone-in chops (284-340g each)	4 thick-cut, bone-in chops (284-340g each)	Bone in	Brushed with oil	200° C	30–35 mins	40–45 mins
	4 boneless chops (227g each)	8 boneless chops (227g each)	Boneless	Brushed with oil	200° C	25–30 mins	40–45 mins
Pork tenderloins	450g	1.4kg	None	Brushed with oil	190° C	15–20 mins	35–40 mins
Sausages	5 sausages		None	None	200° C	10–15 mins	15–20 mins
<b>FROZEN FOODS</b>							
Chicken tenders	3 tenders	7 tenders	None	None	205° C	18–21 mins	23–28 mins
Chicken nuggets	2 boxes (340g)	4 boxes (340g)	None	None	200° C	15–20 mins	30–35 mins
Fish fillets	1 box (6 fillets)	2 boxes (12 fillets)	None	None	200° C	10–15 mins	20–25 mins
Fish fingers	36 fish sticks (1.25kg)	72 fish sticks (624g)	None	None	200° C	15–20 mins	25–30 mins
French fries	450g	1kg	None	None	205° C	15–20 mins	25–30 mins
French fries	1kg	1.8kg	None	None	205° C	30–40 mins	65–70 mins
Mozzarella sticks	1kg (35-40 each)	1.8kg (60-65 each)	None	None	190° C	8–10 mins	12–16 mins
Dumplings	2 bags (298g)	4 bags (298g)	None	1 Tbsp	200° C	12–14 mins	16–18 mins
Pizza pockets	2 bags (567g, 40 count)	2 bags (567g, 40 count)	None	None	200° C	15–20 mins	25–30 mins
Crumbed prawns	2 boxes (397-454g each)	4 boxes (397-454g each)	None	None	200° C	15–20 mins	20–25 mins
Sweet potato fries	1kg	1.8kg	None	None	200° C	25–30 mins	60–65 mins
Potato gems	1kg	1.8kg	None	None	190° C	15–20 mins	45–50 mins
Onion Rings	450g	1kg	None	None	190° C	13–16 mins	18–22 mins



# Roast Chart

INGREDIENT	AMOUNT PER SINGLE ZONE	AMOUNT FOR MEGAZONE™	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE ZONE	COOK TIME DUALZONE™ & MEGAZONE™
<b>FRESH MEAT</b>							
Side of salmon		1-1.3kg	Brushed with oil	None	190° C		25-30 mins
Beef tenderloin roast		1-1.3kg	Brushed with oil	None	190° C		50-55 mins
Pork loins		2 Pork loins (900g each)	Brushed with oil	None	190° C		45-50 mins
Whole chicken		2 Whole chickens (1.8-2.3kg each)	Brushed with oil	None	190° C		70-80 mins

# Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	COOK TIMES
<b>FRUITS &amp; VEGETABLES</b>			
<b>TIMES ARE THE SAME FOR SINGLE ZONE, DUALZONE &amp; MEGAZONE</b>			
Apples	Cored, cut in 3mm slices, rinsed in lemon water, patted dry	55° C	7-8 hours
Asparagus	Cut in 2 ½ cm pieces, blanched	55° C	6-8 hours
Bananas	Peeled, cut in 1cm slices	55° C	8-10 hours
Beetroot	Peeled, cut in 3mm slices	55° C	6-8 hours
Eggplant	Peeled, cut in 6mm slices, blanched	55° C	6-8 hours
Fresh herbs	Rinsed, patted dry, stems removed	55° C	4 hours
Ginger	Cut in 1cm slices	55° C	6 hours
Mangoes	Peeled, cut in 1cm slices, pit removed	55° C	6-8 hours
Mushrooms	Cleaned with soft brush (do not wash)	55° C	6-8 hours
Pineapple	Peeled, cored, cut in 1cm slices	55° C	6-8 hours
Strawberries	Cut in half or in 1cm slices	55° C	6-8 hours
Tomatoes	Cut in 1cm slices or grated; steam if planning to rehydrate	55° C	6-8 hours
<b>MEAT, POULTRY, FISH</b>			
Beef jerky	Cut in ½ cm slices, marinated overnight	65° C	5-7 hours
Chicken jerky	Cut in ½ cm slices, marinated overnight	65° C	5-7 hours
Turkey jerky	Cut in ½ cm slices, marinated overnight	65° C	5-7 hours
Salmon jerky	Cut in ½ cm slices, marinated overnight	65° C	3-5 hours

## Using FlexDrawer Technology: Smart Finish™

**SMART FINISH** 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 **SMART FINISH** feature do the rest.

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

CHOOSE ANY TWO		ADD ONE RECIPE PER ZONE	SET BOTH ZONES AND USE SMART FINISH		
RECIPE	AMOUNT	MIX OR COMBINE THESE INGREDIENTS	FUNCTION	TEMP/TIME	
Fish Cakes	4 fish cakes	Brush with melted butter	Air Fry	200° C 20 minutes	
Balsamic Roasted Tomatoes	950 mL cherry tomatoes	1/2 cup balsamic vinegar 1 Tbsp canola oil	Roast	200° C 15 minutes	
Maple Sage Pork Chops	3-4 boneless pork chops (113g)	1 Tbsp canola oil 1 Tbsp maple syrup	Roast	200° C 35-40 minutes	
Cajun Russet Potatoes	6 medium potatoes, diced	2 Tbsp canola oil 2 Tbsp Cajun seasoning	Air Fry	205° C 45-50 minutes	
Classic Meatloaf	450g meatloaf mix (beef, pork, veal)	1/4 cup ketchup, 1/4 cup yellow mustard, 1 egg, 1/2 cup cup panko breadcrumbs , 1/4 cup Parmesan cheese	Air Fry	165° C 35 minutes	
Green Beans with Almonds	680g green beans, ends trimmed	2 Tbsp canola oil 1/2 cup sliced almonds	Air Fry	200° C 25-30 minutes	
Miso Glazed Salmon	4 salmon fillets (170g)	2 Tbsp miso paste, 1 teaspoon canola oil Rub onto salmon	Air Fry	200° C 18 minutes	
Honey Hazelnut Brussels Sprouts	1kg Brussels sprouts, cut in half	2 Tbsp canola oil, 1/4 cup honey, 1/2 cup chopped hazelnuts	Air Fry	200° C 30-35 minutes	
Buffalo Chicken Thighs	4 boneless skin-on chicken thighs (113-142g)	1 cup buffalo sauce, toss with chicken	Air Fry	205° C 27 minutes	
Plant Based "Meat" Burger	450g plant-based ground "meat" (113g) patties)	1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	190° C 20 minutes	
Mediterranean Cauliflower	1 head cauliflower, cut in 1 cm florets	1/2 cup tahini, 2 Tbsp canola oil	Air Fry	200° C 35 minutes	
French Fries	900g French fries	Season as desired	Air Fry	205° C 50-55 minutes	

**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.

# BANANA CHOCOLATE CHIP PANCAKES

**PREP:** 10 MINUTES | **PREHEAT:** 10 MINUTES | **COOK:** 25 MINUTES  
**MAKES:** 12 SERVINGS

## INGREDIENTS

2 tablespoons unsalted butter, softened  
3 large eggs  
½ cup whole milk  
½ cup all-purpose flour  
3 tablespoons granulated sugar  
½ cup chocolate chips, divided  
¼ cup bananas, chopped into 1 cm pieces  
Pinch kosher salt  
Powder sugar, for serving

## DIRECTIONS

- 1 Remove the divider from the drawer and insert both crisper plates. Grease an 30 cm x 18 cm baking dish with butter, then place in the drawer. Insert drawer in unit.
- 2 Select MEGAZONE, select BAKE, set temperature to 190° C, and set time to 25 minutes. Press START/PAUSE to begin preheating (preheating will take 10 minutes).
- 3 While the unit is preheating, in a large bowl, combine eggs, milk, flour, sugar, chocolate chips, banana, and salt until smooth.
- 4 When the timer reaches 15 minutes, press START/PAUSE to pause cooking, remove drawer from unit, and pour batter into the baking dish. Reinsert drawer and press START/PAUSE to begin baking.
- 5 When baking is complete, carefully remove baking dish and allow to cool for 5 minutes. Sprinkle with powder sugar, top with remaining chocolate chips, and serve.

# SWEET POTATO SAUSAGE HASH

**PREP:** 20 MINUTES | **COOK:** 50 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1kg sweet potatoes, peeled, diced in 1 cm pieces  
¼ cup minced garlic  
1 small yellow onion, peeled, diced  
2 teaspoons kosher salt  
1 teaspoon ground black pepper  
3 tablespoons canola oil  
½ cup water  
1kg uncooked pork mince with added herbs  
½ teaspoon ground cinnamon  
1 tablespoon dried sage  
1 ¼ teaspoons chili powder

## TO SERVE

8 large eggs, poached or fried  
Fresh parsley, chopped  
Hot sauce

## DIRECTIONS

- 1 Insert the divider in the drawer, and insert a crisper plate in Zone 1 only.
- 2 In a medium bowl, toss sweet potatoes with garlic, onion, pepper, salt, and oil. Pour ½ cup water into Zone 1, then add the sweet potatoes. Spread the sausage in an even layer in Zone 2. Insert drawer in unit.
- 3 Select Zone 1, select AIRFRY, set temperature to 205° C, and set time to 50 minutes. Select Zone 2, select ROAST, set temperature to 180° C, and set time to 30 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 4 Every 10 minutes, press START/PAUSE to pause cooking, and use silicone-tipped tongs to toss the potatoes and break up the sausage. Reinsert drawer and press START/PAUSE to resume cooking.
- 5 When cooking is complete, add potatoes to the sausage along with cinnamon, sage, and chili powder, and mix until evenly combined. Serve hash with poached or fried eggs, chopped parsley, and hot sauce, if desired.

# MEATLOAF WITH MAPLE-GLAZED CARROTS

**PREP:** 20 MINUTES | **COOK:** 38 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

675g minced beef  
2 large eggs  
¾ cup panko bread crumbs  
¾ cup shredded Parmesan cheese  
¾ cup ketchup, divided  
Kosher salt, divided  
Ground black pepper, as desired  
900g baby carrots  
½ cup pure maple syrup

## DIRECTIONS

- 1 Insert the divider and both crisper plates in the drawer.
- 2 In a large bowl, add ground beef, eggs, bread crumbs, Parmesan cheese, ketchup, salt, and pepper and mix until evenly combined. Form the mixture into an 20cm x 13cm loaf and place in Zone 1.
- 3 In medium bowl, add carrots, maple syrup, salt, and pepper and toss until evenly coated. Let sit for 5 minutes. Place the carrot mixture in Zone 2. Insert drawer in unit.
- 4 Select Zone 1, select ROAST, set temperature to 165° C, and set time to 35 minutes. Select Zone 2, select AIR FRY, set temperature to 200° C, and set time to 38 minutes. Select SMART FINISH. Press the START/PAUSE to begin cooking.
- 5 Monitor the carrots and toss them frequently for even cooking.
- 6 When the timer reaches 15 minutes, press START/PAUSE to pause cooking, remove drawer from unit, and top meatloaf with remaining ketchup. Reinsert drawer and press START/PAUSE to resume cooking.
- 7 When cooking is complete, serve meatloaf with glazed carrots.

# WHOLE ROASTED CHICKEN WITH HERBED POTATOES

**PREP:** 10 MINUTES | **COOK:** 75 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 whole chicken, 2kg  
Kosher salt, as desired  
Ground black pepper, as desired  
Chicken seasoning, as desired, optional  
1 kg pound small red potatoes, cut in 5cm pieces  
1 tablespoon canola oil  
1 ½ tablespoons dry herbs

## DIRECTIONS

- 1 Remove the divider and insert both crisper plates in the drawer.
- 2 Season chicken on all sides with salt, pepper, and poultry seasoning. Place the chicken breast-side up in the center of the crisper plates.
- 3 In a medium bowl, toss potatoes and carrots with salt, pepper, oil, and dry herbs of choice. Place potatoes and carrots around the chicken.
- 4 Select MEGAZONE, select ROAST, set temperature to 160° C, and set time to 1 hour 20 minutes. Press START/PAUSE to begin cooking.
- 5 When the timer reaches 20 minutes, press START/PAUSE to pause cooking, and use silicone-tipped tongs to toss the potatoes and carrots. Reinsert drawer and press START/PAUSE to resume cooking.
- 6 When cooking is complete, allow chicken to rest for 5 minutes before carving, then serve with potatoes and carrots.

# SPICY TOFU WITH ROASTED GREEN BEANS

**PREP:** 15 MINUTES | **MARINATE:** 10 MINUTES | **COOK:** 25 MINUTES  
**MAKES:** 8 SERVINGS

## INGREDIENTS

½ cup soy sauce  
½ cup plus 2 tablespoons olive oil, divided  
½ cup honey  
½ cup sesame oil  
½ cup rice vinegar  
6 cloves garlic, peeled, minced  
2 tablespoons red chilli flakes  
5cm piece fresh ginger, peeled, minced  
Kosher salt, as desired  
Ground black pepper, as desired  
2 packages (340g each) extra-firm tofu, patted dry, cut in 1cm cubes  
675g green beans, trimmed

## DIRECTIONS

- 1 In a medium bowl, prepare the marinade by whisking together soy sauce, plus olive oil, honey, sesame oil, rice vinegar, garlic, red chilli flakes, ginger, salt, and pepper. Add tofu and toss until evenly coated. Let marinate for at least 10 minutes.
- 2 In separate medium bowl, toss the green beans with remaining olive oil, salt, and pepper.
- 3 Insert the divider and both crisper plates in the drawer. Place tofu in Zone 1 (reserving any leftover marinade), and place green beans in Zone 2. Insert drawer in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 180° C, and set time to 25 minutes. Select Zone 2, select ROAST, set temperature to 180° C, and set time to 22 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the timer reaches 10 minutes, press START/PAUSE to pause cooking, remove drawer from unit, and use silicone-tipped tongs to toss tofu and green beans. Reinsert drawer and press START/PAUSE to resume cooking.
- 6 When cooking is complete, transfer vegetables to a bowl, top with crispy tofu, and drizzle with any remaining marinade.

# SPICY ITALIAN SAUSAGE & VEGGIE SUBS

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

## INGREDIENTS

1 medium yellow onion, peeled, thinly sliced  
1 red capsicum, thinly sliced, seeds removed  
2 green capsicum, thinly sliced, seeds removed  
227g button mushrooms, sliced  
2 tablespoons canola oil  
1 teaspoon kosher salt  
½ teaspoon ground black pepper  
8 spicy Italian sausage  
8 bread rolls

## DIRECTIONS

- 1 Insert the divider and both crisper plates in the drawer.
- 2 In a medium bowl, season onion, capsicum, and mushrooms with oil, salt, and black pepper. Place mixture in Zone 1.
- 3 Place sausages in Zone 2. Insert drawer in unit.
- 4 Select Zone 1, select AIRFRY, set temperature to 200° C, and set time to 30 minutes. Select Zone 2, select AIRFRY, set temperature to 200° C, and set time to 20 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When Zone 1 timer reaches 10 minutes, select START/PAUSE to pause cooking, remove drawer from unit, and toss vegetables. Reinsert drawer and press START/PAUSE to resume cooking.
- 6 When cooking is complete, remove drawer from unit. Divide the vegetables between the bread rolls, top with sausages, and serve.

# TORTELLINI ALFREDO BAKE WITH ROASTED GARLIC BROCCOLI

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

## INGREDIENTS

2 heads broccoli, cut in 1cm florets (approx. 6 cups)  
2 tablespoons olive oil  
6 garlic cloves, peeled, minced  
1 ½ teaspoons kosher salt, divided  
2 jars (425g) alfredo sauce  
¼ cup water  
1 teaspoon ground black pepper  
200g shredded mozzarella, divided  
900g fresh (refrigerated) tortellini  
¾ cup panko bread crumbs  
3 sprigs fresh basil, torn

## DIRECTIONS

- 1 Insert the divider and crisper plate in the Zone 1 drawer only.
- 2 In a medium bowl, toss broccoli with oil, garlic, and salt. Place broccoli in Zone 1.
- 3 In a separate medium bowl, whisk together alfredo sauce, water, ¾ teaspoon salt, pepper, and half the mozzarella cheese. Place the tortellini and prepared sauce in Zone 2 and mix until evenly combined. Top with remaining mozzarella and bread crumbs.
- 4 Select Zone 1, select ROAST, set temperature to 205° C, and set time to 25 minutes. Select Zone 2, select BAKE, set temperature to 180° C, and set time to 45 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the timer reaches 10 minutes, press START/PAUSE to pause cooking, and use silicone-tipped tongs to toss the broccoli. Reinsert drawer and press START/PAUSE to resume cooking.
- 6 When cooking is complete, tortellini should be al dente. Gently transfer to a serving dish, keeping most of the cheese and bread crumbs on top. Garnish with torn basil leaves and serve with broccoli.

# EGGPLANT PARMESAN & GARLIC BREAD

**PREP:** 10 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 2-3 SERVINGS

## INGREDIENTS

1 cup all-purpose flour  
1 tablespoon kosher salt, divided  
2 teaspoons ground black pepper, divided  
3 large eggs  
1 cup panko breadcrumbs  
1 small eggplant, peeled, cut in 4 slices (1 cm)  
4 tablespoons unsalted butter, softened  
2 teaspoons minced garlic  
1 teaspoon garlic powder  
½ loaf Italian bread, sliced in half  
½ cup napoletana sauce  
4 slices mozzarella cheese

## DIRECTIONS

- 1 Insert the divider and both crisper plates in the drawer.
- 2 To prepare a dredging station, combine the flour, salt, and pepper in a shallow dish. In a small bowl, whisk together the eggs. In a separate shallow dish, combine bread crumbs, salt, and pepper.
- 3 One at a time, dredge the eggplant in the following order: flour, egg, breadcrumbs. Place the coated eggplant in Zone 1.
- 4 In a small bowl, combine butter, minced garlic, garlic powder, and 1 teaspoon salt. Spread the garlic butter on each bread half, then place the bread butter side up in Zone 2. Insert drawer in unit.
- 5 Select ZONE 1, select AIR FRY, set temperature to 200° C, and set time to 22 minutes. Select Zone 2, select AIR FRY, set temperature to 180° C, and set time to 10 minutes. Press SMART FINISH. Press START/PAUSE to begin cooking.
- 6 When the timer reaches 7 minutes, press START/PAUSE to pause cooking, remove drawer from unit, and top each eggplant slice with 2 tablespoons napoletana sauce and 1 slice mozzarella. Reinsert drawer and press START/PAUSE to resume cooking until cheese is melted.
- 7 When cooking is complete, cut garlic bread in strips and serve with eggplant.

# ROASTED SALMON WITH PARMESAN ASPARAGUS

**PREP:** 10 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

3 tablespoons light brown sugar  
2 tablespoons all purpose steak seasoning  
4 frozen salmon fillets, skin on (170g)  
3 tablespoons canola oil, divided  
900g asparagus, ends trimmed  
Kosher salt, as desired  
Ground black pepper, as desired  
¼ cup shredded Parmesan cheese, divided

## DIRECTIONS

- 1 Insert the divider and both crisper trays in the drawer.
- 2 In a small bowl, combine brown sugar and steak seasoning. Evenly coat each salmon fillet on all sides with 1 teaspoon oil and the prepared seasoning, then place fillets skin side down in Zone 1.
- 3 In a large bowl, toss asparagus with remaining oil, salt, and pepper, then place in Zone 2. Insert drawer in unit.
- 4 Select Zone 1, select ROAST, set temperature to 190° C, and set time to 22 minutes. Select Zone 2, select Air Fry, set temperature to 200° C, and set time to 19 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the Zone 2 timer reaches 7 minutes, press START/PAUSE to pause cooking. Remove drawer from the unit and toss the asparagus. Reinsert drawer and press START/PAUSE to resume cooking.
- 6 When the Zone 2 timer reaches 2 minutes, press START/PAUSE to pause cooking, remove drawer from unit, and sprinkle half the Parmesan cheese over the asparagus. Give the drawer a light toss, then reinsert it and press START/PAUSE to resume cooking.
- 7 When cooking is complete, transfer salmon and asparagus to a serving plate. Sprinkle remaining Parmesan cheese over the asparagus and serve.

# BONELESS BARBECUE PORK CHOPS WITH BUTTERNUT PUMPKIN & GREEN BEAN MEDLEY

**PREP:** 10 MINUTES | **COOK:** 60 MINUTES | **MAKES:** 4-8 SERVINGS

## INGREDIENTS

4 frozen boneless pork chops, (5cm) thick (141g)  
½ cup barbecue sauce  
450g green beans, trimmed, cut in half  
900g butternut pumpkin, cut in 1cm cubes  
2 ½ tablespoons olive oil  
1 tablespoon plus 2 teaspoons kosher salt, divided  
1 ½ teaspoon ground black pepper

## DIRECTIONS

- 1 Insert the divider and both crisper plates in the drawer.
- 2 Season each pork chop with salt, then evenly cover one side with barbecue sauce.
- 3 In a medium bowl, toss green beans, pumpkin, oil, salt, and pepper.
- 4 Place the pork chops in Zone 1 and the vegetables in Zone 2. Insert drawer in unit.
- 5 Select Zone 1, select AIRFRY, set temperature to 205° C, and set time to 35 minutes. Select Zone 2, select AIRFRY, set temperature to 205° C and set timer to 1 hour. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 6 Cooking is complete when the internal temperature of the pork chops reads 60° C on an instant-read thermometer. Allow pork to rest for 5 minutes, then serve with vegetables.

# BLUEBERRY & LEMON LOAF

**PREP:** 15 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1 teaspoon sunflower oil, for greasing  
200 g self-raising flour  
1 teaspoon baking powder  
¾ teaspoon sea salt  
Zest of 1 lemon  
2 teaspoons vanilla essence  
125 g golden caster sugar  
100 ml sunflower oil  
100 ml natural yogurt  
2 large eggs, beaten  
100 g blueberries

## DRIZZLE

Juice of 1 lemon  
60 g caster sugar

## DIRECTIONS

- 1 Grease a Ninja loaf tin or 23 cm × 12.5 cm loaf tin with oil or line a loaf tin with baking parchment.
- 2 In a large bowl, sift together flour, baking powder and salt. Whisk in lemon zest, vanilla, sugar, oil, yogurt and eggs until evenly combined. Gently stir in the blueberries then transfer the mixture to the prepared tin.
- 3 Insert both crisper plates into unit. Place loaf tin inside and close drawer.
- 4 Select MEGAZONE select BAKE, set temperature to 160°C and set time to 50 minutes. Press START/STOP to begin cooking.
- 5 When 20 minutes remain, open drawer and cover loaf tin with foil to prevent over browning. Close drawer to continue cooking.
- 6 In a small bowl, whisk together the drizzle ingredients until sugar is dissolved.
- 7 Cooking is complete when a wooden cocktail stick inserted in the centre of loaf comes out clean.
- 8 Once loaf is cooked, use a cocktail stick to prick the top of the loaf, and pour over drizzle. Allow to cool in the loaf tin before serving.

# HONEY GARLIC MEATBALLS

**PREP:** 10 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1kg frozen prepared Italian meatballs (14g)  
8 cloves garlic, peeled, minced  
½ cup honey  
½ cup ketchup  
2 tablespoons soy sauce

## DIRECTIONS

- 1 Remove the divider from the drawer and insert both crisper plates. Place the meatballs in the drawer. Insert drawer in unit.
- 2 Select MEGAZONE, select AIR FRY, set temperature to 205° C, and set time to 35 minutes. Press START/PAUSE to begin cooking.
- 3 In a medium bowl, combine all remaining ingredients.
- 4 When the timer reaches 15 minutes, press START/PAUSE to pause cooking, remove drawer from unit, and shake meatballs. Reinsert drawer and press START/PAUSE to resume cooking.
- 5 When the timer reaches 5 minutes, press START/PAUSE to pause cooking, transfer meatballs to the medium bowl, and toss to evenly coat in the sauce. Return meatballs to the drawer and insert drawer in unit. Press START/PAUSE to resume cooking.
- 6 When cooking is complete, transfer meatballs to a serving bowl and enjoy warm.



# FISH & CHIPS

**PREP:** 40 MINUTES | **COOK:** 24-26 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

### CHIPS

1 kg King Edward or Maris Piper potatoes, peeled and cut into 1.5 cm thick chips  
2 tablespoons sunflower oil  
Salt and ground black pepper, as desired  
2 teaspoons semolina (optional)

### FISH

2 slices stale bread, torn into pieces  
1 garlic clove, peeled  
Zest of 1 lemon  
5 g fresh parsley, leaves and stalks  
Salt and ground black pepper, as desired  
4 x 140g, 2.5cm thick, skinless cod fillets, pat dry  
2 tablespoons sunflower oil  
Cooking spray  
Tartar sauce (Optional)  
Mushy peas (Optional)

### TOPPINGS (OPTIONAL)

Lemon wedges  
Chopped parsley

## DIRECTIONS

- 1 Place chips in a large bowl, cover with cold water and allow to soak for 30 minutes to remove excess starch. Rinse and pat potatoes dry.
- 2 Return chips to the large bowl and toss with oil, salt, pepper, and semolina until evenly coated. Insert divider and both crisper plates into the drawer. Add chips to Zone 1.
- 3 In a food process, add bread, garlic, lemon zest, parsley, salt and pepper and process until fine in texture. Then transfer to a shallow bowl.
- 4 Evenly brush fillets with oil, then press into the breadcrumb mixture. Spray Zone 2 crisper plate with cooking spray, then add the fillets. Insert drawer into unit.
- 5 Select Zone 1, select AIR FRY, set temperature to 200° C and set time to 26 minutes. Select Zone 2, select ROAST, set temperature to 170° C and set time to 14 minutes. Select SMART FINISH. Press START/STOP to begin cooking.
- 6 Using silicone-tipped tongs, toss chips a few times throughout the cooking cycle to ensure even cooking. When 2 minutes, remain check if cooked.
- 7 When cooking is complete, remove fish and chips, garnish with lemon wedges, parsley and serve with tartar sauce and mushy peas.

# RASPBERRY WHITE CHOCOLATE BLONDIES

**PREP:** 10 MINUTES | **PREHEAT:** 10 MINUTES | **COOK:** 50 MINUTES  
**MAKES:** 12 SERVINGS

## INGREDIENTS

½ cup (1 stick) salted butter, melted  
1 cup light brown sugar  
2 large eggs  
1 ½ teaspoons vanilla extract  
1 cup all-purpose flour  
½ teaspoon kosher salt  
1/2 teaspoon baking powder  
1 cup fresh or frozen raspberries  
½ cup white chocolate chips  
Nonstick cooking spray

## DIRECTIONS

- 1 In large bowl, combine butter, sugar, eggs, and vanilla until smooth. Stir in flour, salt, and baking powder until combined. Fold in raspberries and white chocolate chips. Set batter aside.
- 2 Remove the divider from the drawer and insert both crisper plates. Grease an 30cm x 18cm baking dish with cooking spray, then place in the drawer. Insert drawer in unit.
- 3 Select MEGAZONE, select BAKE, set temperature to 150° C, and set time to 50 minutes. Press START/PAUSE to begin preheating (preheating will take 10 minutes).
- 4 When the timer reaches 40 minutes, press START/PAUSE to pause cooking, remove drawer from unit, and pour batter into the baking dish. Reinsert drawer and press START/PAUSE to begin baking.
- 5 When baking is complete, carefully remove baking dish and allow to cool before cutting into 12 pieces.

# CHICKEN WINGS

# Notes

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**PREP:** 5 MINUTES | **COOK:** 60 MINUTES | **MAKES:** 8 SERVINGS



### INGREDIENTS

- 2.7kg uncooked chicken wings
- 1 ½ tablespoons canola oil
- 1 ½ tablespoons kosher salt
- 1 ½ teaspoons ground black pepper

### DIRECTIONS

- 1** In a large bowl, toss wings with oil, salt and pepper.
- 2** Remove the divider from the drawer and insert both crisper plates. Place wings in the drawer, evenly spaced out. Insert drawer in unit.
- 3** Select MEGAZONE, select AIR FRY, set temperature to 200°C, and set time to 60 minutes. Press START/PAUSE to begin cooking.
- 4** Halfway through cooking, using silicone-tipped tongs, flip wings. Reinsert drawer into unit.
- 5** When cooking is complete, remove wings and serve with your favorite sauce.

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