

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

NINJA
Foodi
2-BASKET AIR FRYER

**QUICK
START
GUIDE**

**+ COOKING CHARTS
+ 15 IRRESISTIBLE RECIPES**

Using DualZone™ Technology

SMART FINISH

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



STEP 1: Program Zone 1

- Place food in baskets.
- 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.
- Select a cooking function (e.g., ROAST), and repeat Step 2.



STEP 4: Begin Cooking

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



NOTE: To ensure a synchronized cook time completion, press the START/PAUSE button. Refer to page 6 for further instructions.

MATCH COOK

Cooking the same food in each zone?
Set Zone 1 and use MATCH COOK to automatically match settings to Zone 2.



STEP 1: Program Zone 1

- Place food in baskets.
- 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

- Select MATCH COOK.
- Press START/PAUSE to begin cooking.



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

Using DualZone™ Technology — Cont.

Want to cook two foods, but don't want to do it back to back?
Fill both zones and manually program each zone so they start at the same time.



STEP 1: Program Zone 1

- Place food in baskets.
- 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

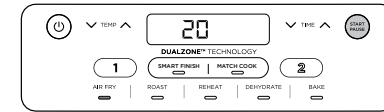
- Press START/PAUSE to begin cooking.



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

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 baskets.
- 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 START/PAUSE to begin cooking.



Pausing and Ending the 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.



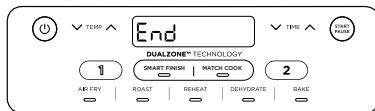
NOTE: In SMART FINISH mode, we recommend pressing the START/PAUSE button to pause both zones. Pausing only one zone will impact a synchronized finish time.

STEP 2: Resume Cooking

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



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).



STEP 2: Adjust Time

- Press the down TIME arrow.
- Bring down the time 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:

Single Zone & DualZone™ Technology Cooking Charts 8

SMART FINISH Recipe Charts 14

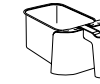
15 Irresistible Recipes 16

Air Fry Cooking Chart

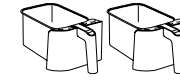
NOTE: Don't see the food you're looking for in the charts below? Find a similar food, and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. For best results, check on food often, increasing cook time if necessary.

| INGREDIENT | AMOUNT PER ZONE | PREPARATION | TOSS IN OIL | TEMP | SINGLE ZONE when cooking in one zone — not using the other zone. | DUALZONE when cooking in both zones — same or different foods. |
|--------------------------------|--------------------------------|--|--------------------|-------|--|--|
| VEGETABLES | | | | | | |
| Asparagus | 1 bunch | Whole, stems trimmed | 2 tsp | 390°F | 8-12 mins | 20-25 mins |
| Beets | 6-7 small | Whole | None | 390°F | 30-35 mins | 35-40 mins |
| Bell peppers (for roasting) | 3 small peppers | Whole | None | 390°F | 10-15 mins | 15-20 mins |
| Broccoli | 1 head | Cut in 1-inch florets | 1 Tbsp | 390°F | 8-10 mins | 15-17 mins |
| Brussels sprouts | 1 lb | Cut in half, stem removed | 1 Tbsp | 400°F | 15-20 mins | 20-25 mins |
| Butternut squash | 1 1/2 lbs | Cut in 1-2-inch pieces | 1 Tbsp | 390°F | 20-25 mins | 35-40 mins |
| Carrots | 1 lb | Peeled, cut in 1/2-inch pieces | 1 Tbsp | 390°F | 13-16 mins | 25-30 mins |
| Cauliflower | 1 head | Cut in 1-inch florets | 2 Tbsp | 390°F | 17-20 mins | 20-25 mins |
| Corn on the cob | 2 ears, cut in half | Husks removed | 1 Tbsp | 390°F | 12-15 mins | 18-20 mins |
| Green beans | 1 bag (12 oz) | Trimmed | 1 Tbsp | 390°F | 8-10 mins | 10-15 mins |
| Kale (for chips) | 5 cups, packed | Torn in pieces, stems removed | None | 300°F | 7-9 mins | 15-20 mins |
| Mushrooms | 8 oz | Rinsed, cut in quarters | 1 Tbsp | 390°F | 7-9 mins | 13-15 mins |
| Potatoes, russet | 1 1/2 lbs | Cut in 1-inch wedges | 1 Tbsp | 400°F | 20-22 mins | 35-38 mins |
| | 1 lb | Hand-cut fries*, thin | 1/2-3 Tbsp, canola | 400°F | 20-24 mins | 30-35 mins |
| | 1 lb | Hand-cut fries*, thick | 1/2-3 Tbsp, canola | 400°F | 19-24 mins | 35-40 mins |
| | 3 whole (6-8 oz) | Pierced with fork 3 times | None | 400°F | 30-35 mins | 37-40 mins |
| Potatoes, sweet | 1 1/2 lbs | Cut in 1-inch chunks | 1 Tbsp | 400°F | 15-20 mins | 30-35 mins |
| | 3 whole (6-8 oz) | Pierced with fork 3 times | None | 400°F | 36-42 mins | 40-45 mins |
| Zucchini | 1 lb | Cut in quarters lengthwise, then cut in 1-inch pieces | 1 Tbsp | 390°F | 15-18 mins | 25-28 mins |
| POULTRY | | | | | | |
| Chicken breasts | 2 breasts (3/4-1 1/2 lbs each) | Bone in | Brushed with oil | 390°F | 25-30 mins | 30-35 mins |
| | 4 breasts (1/2-3/4 lb each) | Boneless | Brushed with oil | 390°F | 22-24 mins | 25-28 mins |
| Chicken thighs | 2 thighs (6-10 oz each) | Bone in | Brushed with oil | 390°F | 22-28 mins | 26-29 mins |
| | 4 thighs (4-8 oz each) | Boneless | Brushed with oil | 390°F | 18-22 mins | 25-28 mins |
| Chicken wings | 2 lbs | Drumettes & flats | 1 Tbsp | 390°F | 18-22 mins | 43-47 mins |
| FISH & SEAFOOD | | | | | | |
| Crab cakes | 2 cakes (6-8 oz each) | None | Brushed with oil | 390°F | 5-10 mins | 10-13 mins |
| Lobster tails | 4 tails (3-4 oz each) | Whole | None | 390°F | 5-8 mins | 15-18 mins |
| Salmon fillets | 3 fillets (4 oz each) | None | Brushed with oil | 400°F | 7-12 mins | 13-17 mins |
| Shrimp | 1 lb | Whole, peeled, tails on | 1 Tbsp | 390°F | 7-10 mins | 10-13 mins |

*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 results.



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



DUALZONE
when cooking in both zones —
same or different foods.

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

To pause both zones while using **SMART FINISH** 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 **START/PAUSE** again.

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

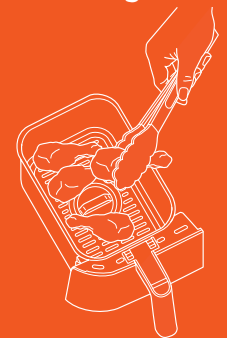
Shake your food

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



OR

**Toss with
silicone-tipped
tongs**



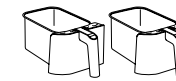
Air Fry Cooking Chart, continued

NOTE: 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.

| INGREDIENT | AMOUNT PER ZONE | PREPARATION | TOSS IN OIL | TEMP | | |
|---------------------|--|----------------|------------------|-------|------------|------------|
| BEEF | | | | | | |
| Burgers | 2 quarter-pound patties, 80% lean | 1/2 inch thick | Brushed with oil | 390°F | 8-10 mins | 10-13 mins |
| Steaks | 2 steaks (8 oz each) | Whole | Brushed with oil | 390°F | 10-20 mins | 14-18 mins |
| PORK | | | | | | |
| Bacon | 3 strips, cut in half | None | None | 350°F | 8-10 mins | 9-12 mins |
| Pork chops | 2 thick-cut, bone-in chops (10-12 oz each) | Bone in | Brushed with oil | 390°F | 15-17 mins | 23-27 mins |
| | 2 boneless chops (8 oz each) | Boneless | Brushed with oil | 390°F | 14-17 mins | 17-20 mins |
| Pork tenderloins | 1 lb | None | Brushed with oil | 375°F | 15-20 mins | 25-30 mins |
| Sausages | 5 sausages | None | None | 390°F | 7-10 mins | 17-22 mins |
| FROZEN FOODS | | | | | | |
| Chicken cutlets | 3 cutlets | None | None | 400°F | 18-21 mins | 20-25 mins |
| Chicken nuggets | 1 box (12 oz) | None | None | 390°F | 10-13 mins | 18-21 mins |
| Fish fillets | 1 box (6 fillets) | None | None | 390°F | 14-16 mins | 17-22 mins |
| Fish sticks | 18 fish sticks (11 oz) | None | None | 390°F | 10-13 mins | 16-19 mins |
| French fries | 1 lb | None | None | 400°F | 18-22 mins | 28-32 mins |
| French fries | 2 lbs | None | None | 400°F | 32-36 mins | 50-55 mins |
| Mozzarella sticks | 1 box (11 oz) | None | None | 375°F | 8-10 mins | 10-12 mins |
| Pot stickers | 2 bags (10.5 oz) | None | 1 Tbsp | 390°F | 12-14 mins | 16-18 mins |
| Pizza rolls | 1 bag (20 oz, 40 count) | None | None | 390°F | 12-15 mins | 15-18 mins |
| Popcorn shrimp | 1 box (14-16 oz) | None | None | 390°F | 9-11 mins | 14-18 mins |
| Sweet potato fries | 1 lb | None | None | 375°F | 20-22 mins | 30-32 mins |
| Tater tots | 1 lb | None | None | 375°F | 18-22 mins | 25-27 mins |
| Onion Rings | 10 oz | None | None | 375°F | 13-16 mins | 18-22 mins |



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



DUALZONE
when cooking in both zones —
same or different foods.

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

To pause both zones while using **SMART FINISH**, 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 **START/PAUSE** again.

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

Shake your food

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

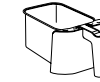


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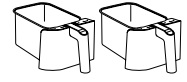
Toss with
silicone-tipped
tongs



Dehydrate Chart



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



DUALZONE
when cooking in both zones —
same or different foods.

TIMES ARE THE SAME FOR BOTH ZONES

| INGREDIENTS | PREPARATION | TEMP | |
|--------------------------------|--|-------|------------|
| FRUITS & VEGETABLES | | | |
| Apples | Cored, cut in 1/8-inch slices, rinsed in lemon water, patted dry | 135°F | 7-8 hours |
| Asparagus | Cut in 1-inch pieces, blanched | 135°F | 6-8 hours |
| Bananas | Peeled, cut in 3/8-inch slices | 135°F | 8-10 hours |
| Beets | Peeled, cut in 1/8-inch slices | 135°F | 6-8 hours |
| Eggplant | Peeled, cut in 1/4-inch slices, blanched | 135°F | 6-8 hours |
| Fresh herbs | Rinsed, patted dry, stems removed | 135°F | 4 hours |
| Ginger root | Cut in 3/8-inch slices | 135°F | 6 hours |
| Mangoes | Peeled, cut in 3/8-inch slices, pit removed | 135°F | 6-8 hours |
| Mushrooms | Cleaned with soft brush (do not wash) | 135°F | 6-8 hours |
| Pineapple | Peeled, cored, cut in 3/8-1/2-inch slices | 135°F | 6-8 hours |
| Strawberries | Cut in half or in 1/2-inch slices | 135°F | 6-8 hours |
| Tomatoes | Cut in 3/8-inch slices or grated; steam if planning to rehydrate | 135°F | 6-8 hours |
| MEAT, POULTRY, FISH | | | |
| Beef jerky | Cut in 1/4-inch slices, marinated overnight | 150°F | 5-7 hours |
| Chicken jerky | Cut in 1/4-inch slices, marinated overnight | 150°F | 5-7 hours |
| Turkey jerky | Cut in 1/4-inch slices, marinated overnight | 150°F | 5-7 hours |
| Salmon jerky | Cut in 1/4-inch slices, marinated overnight | 150°F | 3-5 hours |

Using DualZone™ 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 |
| Crab Cakes | 2 crab cakes | Brush with melted butter | Air Fry | 390°F 15 minutes |
| Balsamic Roasted Tomatoes | 2 pints cherry tomatoes | 1/2 cup balsamic vinegar 1 Tbsp canola oil | Roast | 390°F 15 minutes |
| Maple Sage Pork Chops | 2-3 boneless pork chops (4 oz each) | 1 Tbsp canola oil 1 Tbsp maple syrup | Roast | 390°F 17-20 minutes |
| Cajun Russet Potatoes | 4 medium potatoes, diced | 2 Tbsp canola oil 2 Tbsp Cajun seasoning | Air Fry | 400°F 30 minutes |
| Classic Meatloaf | 1 lb meatloaf mix (beef, pork, veal) | 1/4 cup ketchup, 1/4 cup yellow mustard, 1 egg, 1/2 cup panko breadcrumbs, 1/4 cup Parmesan cheese | Air Fry | 330°F 35 minutes |
| Green Beans with Almonds | 1 lb green beans, ends trimmed | 2 Tbsp canola oil 1/2 cup sliced almonds | Air Fry | 390°F 15 minutes |
| Miso Glazed Salmon | 3 salmon fillets (6 oz each) | 2 Tbsp miso paste, 1 teaspoon canola oil Rub onto salmon | Air Fry | 390°F 15 minutes |
| Honey Hazelnut Brussels Sprouts | 1 lb Brussels sprouts, cut in half | 2 Tbsp canola oil, 1/4 cup honey, 1/2 cup chopped hazelnuts | Air Fry | 390°F 23 minutes |
| Buffalo Chicken Thighs | 4 boneless skin-on chicken thighs (4-5 oz each) | 1 cup buffalo sauce, toss with chicken | Air Fry | 400°F 27 minutes |
| Plant Based "Meat" Burger | 1 lb plant-based ground "meat" (4 4-oz patties) | 1 Tbsp minced garlic, 1 Tbsp minced onion | Air Fry | 375°F 20 minutes |
| Mediterranean Cauliflower | 1 head cauliflower, cut in 1/2-inch florets | 1/2 cup tahini, 2 Tbsp canola oil | Air Fry | 390°F 35 minutes |
| French Fries | 1 lb French fries | Season as desired | Air Fry | 400°F 30 minutes |

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

SALT & PEPPER TORTELLINI WITH LEMONY BROCCOLINI

PREP: 10 MINUTES | **TOTAL COOK TIME:** 17 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

1 bunch broccolini
(approx. 8 ounces)
4 teaspoons canola oil, divided
2 teaspoons kosher salt, divided
2 teaspoons ground black pepper, divided
½ teaspoon crushed red pepper
1 bag fresh tortellini
(approx. 10 ounces)
2 tablespoons grated Parmesan cheese
Juice of ½ lemon
(approx. 1 tablespoon)

DIRECTIONS

- 1 In a mixing bowl, toss broccolini with 2 teaspoons canola oil, 1 teaspoon salt, 1 teaspoon pepper, and crushed red pepper.
- 2 In a separate bowl, toss tortellini with remaining canola oil, salt, and pepper.
- 3 Install a crisper plate in both baskets. Place broccolini in the Zone 1 basket, then insert basket in unit. Place tortellini in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 17 minutes. Select Zone 2, select AIR FRY, set temperature to 350°F, and set time for 12 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When 6 minutes remain on both zones' timers, remove the Zone 1 basket and use rubber-tipped tongs to flip broccolini. Reinsert basket to continue cooking. Remove the Zone 2 basket and shake ingredients. Reinsert basket to continue cooking.
- 6 When cooking is complete, toss broccolini with lemon juice and toss tortellini with Parmesan cheese. Serve immediately.

SPICY ITALIAN SAUSAGE, BELL PEPPER & ONION SUBS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 18 MINUTES | **MAKES:** 5 SERVINGS

INGREDIENTS

½ yellow onion, peeled, thinly sliced
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
½ teaspoon kosher salt
¼ teaspoon ground black pepper
1 tablespoon canola oil
5 uncooked spicy Italian sausage links
5 sub rolls

DIRECTIONS

- 1 Toss together onions, bell peppers, salt, black pepper, and canola oil in a bowl.
- 2 Install a crisper plate in both baskets. Place sausages in the Zone 1 basket, then insert basket in unit. Place onion and bell peppers in the Zone 2 basket, then insert basket in unit.
- 3 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 18 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 4 When cooking is complete, remove baskets from unit. Divide the onion and bell peppers between the buns, then place sausages in buns and serve.

AIR FRYER DOUGHNUTS

PREP: 5 MINUTES | **TOTAL COOK TIME:** 10 MINUTES | **MAKES:** 4-8 SERVINGS

INGREDIENTS

1 cup granulated sugar
2 tbsp ground cinnamon
1 can refrigerated flaky buttermilk biscuits
1/4 cup (1/2 stick) unsalted butter, melted

DIRECTIONS

- 1 In a small shallow bowl, mix together sugar and cinnamon and set aside.
- 2 Remove the biscuits from the can, separate them, and place them on a cutting board. Use a 1-inch round biscuit cutter (or similarly-sized bottle cap) to cut holes out of the center of each biscuit.
- 3 Install a crisper plate in both baskets. Place 4 donuts in a single layer in each basket.
- 4 Select Zone 1, select AIR FRY, set temperature to 360°F, and set time to 10 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Select START/PAUSE to begin.
- 5 Once timer has finished, remove donuts from drawers.
- 6 Dip both sides of the warm donuts into the melted butter, place in the cinnamon sugar, and flip to coat both sides. Serve warm.
- 7 Repeat step 4-6 to cook the donut holes. Set time for 5 minutes.
- 8 Alternatively, donuts can be topped with a powdered sugar glaze or a chocolate glaze with toppings of choice such as sprinkles.

JERK-RUBBED PORK LOIN WITH PARSNIPS & SAGE

PREP: 10 MINUTES | **MARINATE:** 10 MINUTES-3 DAYS
TOTAL COOK TIME: 25 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 1/2 pounds pork loin
3 teaspoons canola oil, divided
2 tablespoons jerk seasoning
1 pound parsnips, peeled, cut in 1-inch pieces
1 tablespoon honey
1/2 teaspoon kosher salt
1/2 teaspoon fresh chopped sage

DIRECTIONS

- 1 Place pork loin in a pan or high-walled dish. Blot pork dry with a paper towel. Use your hands to rub 2 teaspoons canola oil evenly over pork. Then use your hands to rub the jerk seasoning evenly over it. Wrap pork loin in plastic wrap or seal in a plastic bag and allow to marinate for a minimum of 10 minutes or up to 3 days in the refrigerator.
- 2 In a medium bowl, toss parsnips with remaining canola oil and 1/2 teaspoon salt.
- 3 Install a crisper plate in both baskets. Place marinated pork loin in the Zone 1 basket, then insert basket in unit. Place parsnips in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 25 minutes. Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 16 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 5 When zones have finished cooking, check pork loin for doneness. Cooking is complete when the internal temperature of the loin reaches 145°F on an instant-read thermometer. Transfer pork loin to a plate or cutting board and let rest for at least 5 minutes.
- 6 Transfer parsnips to a bowl and combine with sage.
- 7 When resting is complete, cut pork loin into slices of your desired thickness and serve with parsnips.

SWEET & SALTY NINJA® BARS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 6 MINUTES | **MAKES:** 20 SERVINGS

INGREDIENTS

1 cup light corn syrup
1 cup granulated sugar
1 teaspoon vanilla extract
1 cup crunchy peanut butter
1 bag (10 ounces) mini marshmallows
1 bag (9 ounces, approx. 4 small handfuls) potato chips, slightly crushed
1 cup pretzels, slightly crushed
1 bag (10 ounces) hard-shell candy-coated chocolates

DIRECTIONS

- 1 In a large, microwave-safe bowl, combine corn syrup, sugar, vanilla, and peanut butter. Mix well to combine. Microwave on high for 2 minutes.
- 2 Remove bowl from microwave and add remaining ingredients. Mix well to combine, for approximately 1 minute.
- 3 Divide the mix evenly between the Zone 1 and Zone 2 baskets (without the crisping plates installed). Spread the mix evenly across the bottom of each basket. Insert baskets in unit.
- 4 Select Zone 1, select BAKE, set temperature to 350°F, and set time to 6 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 5 When cooking is complete, remove baskets from unit and allow to fully cool at room temperature, approximately 30 minutes.
- 6 Use a rubber spatula to turn mix out from baskets and onto a cutting board. Cut into bars and serve.

CHICKEN FRIED PORK WITH SWEET POTATO FRIES

PREP: 20 MINUTES | **TOTAL COOK TIME:** 31 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1 cup all-purpose flour
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon kosher salt
1 teaspoon ground black pepper
2 large eggs
2-4 uncooked boneless pork chops, cut in half lengthwise, pounded ½ inch thick
1 pound frozen sweet potato fries

DIRECTIONS

- 1 Place flour, paprika, garlic powder, salt, and pepper in a bowl and mix well.
- 2 Place eggs in a shallow bowl and whisk thoroughly for 60 seconds. Place seasoned flour in a second shallow bowl.
- 3 Working one at a time, dredge the pork chops in egg, then in seasoned flour, then again in egg, then again in flour. Set aside.
- 4 Install a crisper plate in both baskets. Place pork chops in the Zone 1 basket, then insert basket in unit. Place sweet potato fries in the Zone 2 basket, then insert basket in unit.
- 5 Select AIR FRY, set temperature to 400°F, and set time to 15 minutes. Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 31 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 6 When the Zone 2 time reaches 10 minutes, press START/PAUSE and remove basket from unit and shake basket for 10 seconds. Reinsert basket and press START/PAUSE to continue cooking.
- 7 When the Zone 1 time reaches 7 minutes, press START/PAUSE and remove basket from unit and flip pork chops using silicone-tipped tongs. Reinsert basket and press START/PAUSE to continue cooking.
- 8 When cooking is complete, transfer pork chops to a plate. Serve with sweet potato fries.

SWEET POTATO SAUSAGE HASH

PREP: 20 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 1/2 pounds sweet potatoes, peeled, diced into 1/2-inch pieces
1 tablespoon minced garlic
1 teaspoon kosher salt plus more, as desired
Ground black pepper, as desired
2 tablespoons canola oil
1 tablespoon dried sage
1 pound uncooked mild ground breakfast sausage
1/2 large onion, peeled, diced
1/2 teaspoon ground cinnamon
1 teaspoon chili powder
4 large eggs, poached or fried (optional)

DIRECTIONS

- 1** In a bowl, toss sweet potatoes with garlic, salt, pepper, and canola oil.
- 2** Install a crisper plate in the Zone 1 basket, then place potatoes in the basket and insert basket in unit. Spread out the ground sausage in the Zone 2 basket (without a crisper plate installed), then insert basket in unit.
- 3** Select Zone 1, select AIR FRY, set temperature to 400°F, and set time to 30 minutes. Select Zone 2, select ROAST, set temperature to 400°F, and set time to 20 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 4** When the Zone 1 and Zone 2 times reach 10 minutes, press START/PAUSE and remove baskets from unit and shake for 10 seconds.
- 5** In Zone 1, stir in half the sage. In Zone 2, add onion and stir to combine. Once complete, press START/PAUSE and reinsert baskets to continue cooking.
- 6** When cooking is complete, remove both baskets from the unit and add potatoes to the sausage mixture. Add cinnamon, sage, chili powder, and salt as desired and mix thoroughly.
- 7** When cooking is complete, stir hash, then serve immediately with a poached or fried egg on top, if desired.

CHICKEN TENDERS & CURLY FRIES

PREP: 5 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound frozen chicken tenders
1 pound frozen curly French fries
Dipping sauces of your choice

DIRECTIONS

- 1** Install a crisper plate in both baskets. Place chicken tenders in the Zone 1 basket, then insert basket in unit. Place curly French fries in the Zone 2 basket, then insert basket in unit.
- 2** Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 22 minutes. Select Zone 2, select AIR FRY, set temperature to 400°F, and set time to 30 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 3** When the Zone 1 and 2 times reach 8 minutes, press START/PAUSE to pause the unit. Remove the baskets from unit and shake for 10 seconds. Reinsert baskets in unit and press START/PAUSE to resume cooking.
- 4** When cooking is complete, serve immediately with your favorite dipping sauces.

MAPLE-GLAZED TURKEY BREASTS & GREEN BEAN CASSEROLE

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

INGREDIENTS

TURKEY

2 tablespoons pure maple syrup, warmed
1 tablespoon canola oil
2 teaspoons chili powder
½ tablespoon smoked paprika
1 teaspoon kosher salt
½ teaspoon ground black pepper
1 uncooked split turkey breast (2 pounds), fat trimmed, bone removed

GREEN BEAN CASSEROLE

1 bag (16 oz) French-style frozen green beans
1 can (10.5 ounces) cream of mushroom soup
½ cup milk
½ teaspoon ground black pepper
1 teaspoon kosher salt
1 cup store-bought crispy fried onions, divided

DIRECTIONS

- 1 In a bowl, stir together the maple syrup and all turkey breast seasonings. Toss turkey breasts in the mixture.
- 2 In a separate bowl, whisk together the mushroom soup, milk, salt, and pepper for the green bean casserole. Add green beans and ½ cup fried onions and toss together.
- 3 Install a crisper plate in the Zone 1 basket, then place turkey breasts in the basket and insert basket in unit. Place green bean mixture in the Zone 2 basket (without a crisper plate installed), then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 360°F, and set time to 40 minutes. Select Zone 2, select ROAST, set temperature to 350°F, and set time to 30 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 5 When the Zone 1 and Zone 2 times reach 15 minutes, remove Zone 1 basket from unit and flip turkey breasts using silicone-tipped tongs. Reinsert basket to continue cooking. Remove Zone 2 basket from unit and stir green bean mixture then cover the top with remaining onions. Reinsert basket to continue cooking.
- 6 When the Zone 1 time reaches zero, check turkey breasts for doneness. Cooking is complete when their internal temperature reaches at least 165°F on an instant-read thermometer. Serve green bean casserole with the turkey breasts.

GARLIC SHRIMP & BLISTERED ROSEMARY TOMATOES

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

INGREDIENTS

1 pound uncooked large shrimp, peeled, deveined
10 cloves garlic, peeled, finely chopped
2 teaspoons dried thyme
½ tablespoon chili powder
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired
2 pints cherry tomatoes
1 tablespoon dried rosemary

DIRECTIONS

- 1 In a bowl, toss shrimp with garlic, thyme, chili 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 baskets. Place shrimp in the Zone 1 basket, then insert basket in unit. Place tomatoes in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 11 minutes. Select MATCH COOK 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 baskets from unit and shake for 10 seconds. Reinsert baskets in unit and press START/PAUSE to resume cooking.
- 6 When cooking is complete, serve immediately over salad greens or toasted bread.

ROASTED SALMON & PARMESAN ASPARAGUS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 17 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

2 tablespoons Montreal Steak Seasoning
3 tablespoons brown sugar
3 uncooked salmon fillets (6 ounces each)
2 tablespoons canola oil, divided
1 pound asparagus, ends trimmed
Kosher salt, as desired
Ground black pepper, as desired
¼ cup shredded Parmesan cheese, divided

DIRECTIONS

- 1 In a small bowl, mix together steak seasoning and brown sugar.
- 2 Rub tops of each salmon fillet with 1 teaspoon oil, then cover fillets generously with sugar mixture. Set aside.
- 3 In a bowl, toss asparagus with remaining 1 tablespoon oil, salt, and pepper.
- 4 Install a crisper plate in both baskets. Place the fillets in the Zone 1 basket, skin side down, then insert basket in unit. Place the asparagus in the Zone 2 basket, then insert basket in unit.
- 5 Select Zone 1, select ROAST, set temperature to 390°F, and set time to 17 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 6 When the Zone 2 time reaches 7 minutes, remove basket from unit and flip asparagus using silicone-tipped tongs. Reinsert basket to continue cooking.
- 7 When the Zone 2 time reaches 2 minutes, remove basket from unit and sprinkle half the parmesan cheese over the asparagus and give the basket a light toss. Reinsert basket to continue cooking.
- 8 When cooking is complete, transfer fillets and asparagus to a serving plate. Sprinkle the remaining Parmesan cheese over the asparagus and serve.

CHEESY SPINACH STUFFED MUSHROOMS & VEGETABLE MEDLEY

PREP: 20 MINUTES | **TOTAL COOK TIME:** 27 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

MUSHROOMS

1 (12 oz) bag frozen chopped spinach, defrosted
¼ cup cream cheese
¼ cup shredded parmesan cheese
½ cup shredded mozzarella cheese, divided
1 tablespoon minced garlic
½ teaspoon kosher salt
½ teaspoon ground black pepper
2 large portobello mushrooms, cleaned, stems removed

VEGETABLE MEDLEY

1 zucchini, diced in ½ inch pieces
1 red bell pepper, diced in ½ inch pieces
1 onion, sliced in wedges and petals separated
2 tablespoons canola oil
1 tablespoon dried thyme
Kosher salt and ground black pepper, to taste

DIRECTIONS

- 1 Wrap spinach in a cotton towel or paper towels and squeeze out excess liquid.
- 2 In a bowl, mix together cream cheese, parmesan cheese, ¼ cup mozzarella cheese, garlic salt, and pepper. Add spinach and mix well.
- 3 Fill the mushrooms with the spinach and cheese mixture.
- 4 In a separate bowl, combine all vegetable medley ingredients and toss well.
- 5 Install a crisper plate in both baskets. Place prepared mushrooms in the Zone 1 basket, then insert basket in unit. Place vegetables in the Zone 2 basket, then insert basket in unit.
- 6 Select Zone 1, select ROAST, set temperature to 360°F, and set time to 15 minutes. Select Zone 2, select AIR FRY, set temperature to 360°F, and set time to 27 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 7 When the Zone 1 and Zone 2 times reach 10 minutes, press START/PAUSE to pause the unit. Remove the Zone 2 basket from unit and shake for 10 seconds. Reinsert basket in unit and press START/PAUSE to resume cooking.
- 8 When cooking is complete, serve immediately.

SWEET & SOUR TOFU WITH ASIAN-STYLE VEGETABLES

PREP: 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 container (14 ounces) firm tofu, cut in 1/2-inch cubes
3 tablespoons canola oil, divided
1 teaspoon Kosher salt, plus more as desired
1 bag (16 ounces) frozen Asian mixed vegetables
1/2 cup store-bought sweet & sour sauce
1 teaspoon garlic powder
Ground black pepper, as desired

DIRECTIONS

- 1** In a bowl, toss tofu with 1 tablespoon canola oil and 1 teaspoon kosher salt. In a separate bowl toss frozen vegetables with the remaining 2 tablespoons of canola oil.
- 2** Install a crisper plate in both baskets. Place tofu in the Zone 1 basket, then insert basket in unit. Place frozen vegetables in the Zone 2 basket, then insert basket in unit.
- 3** Select Zone 1, select AIR FRY, set temperature to 400°F, and set time to 20 minutes. Select Zone 2, select ROAST, set temperature to 400°F, and set time to 25 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 4** When the Zone 1 time has 10 minutes remaining, remove both baskets from unit and shake each basket for 10 seconds. Reinsert baskets to continue cooking.
- 5** When the Zone 2 time reaches 5 minutes, remove basket from unit and shake basket for 10 seconds. Reinsert basket to continue cooking.
- 6** When cooking is complete, transfer tofu to a bowl and toss with sweet & sour sauce until coated. Transfer vegetables to another bowl and toss with garlic powder, salt, and pepper. Serve immediately.

COCONUT-LIME COD WITH GREEN PEPPER CAULIFLOWER RICE

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

INGREDIENTS

1 can (13.5 ounces) unsweetened coconut milk
1 1/2 teaspoons lime juice
4 cod fillets (4 ounces each)
3 teaspoons kosher salt, divided
1/2 white onion, peeled, diced
1/2 teaspoon garlic powder
4 teaspoons canola oil, divided
10 ounces cauliflower rice
1/2 green bell pepper, chopped
1/2 cup fresh cilantro, stems removed, for garnish

DIRECTIONS

- 1** Install a crisper plate in the Zone 1 basket. In a medium bowl, combine coconut milk and lime juice. Season each fillet with 1/2 teaspoon salt, then place them in coconut milk mixture and marinate for 20 minutes. After fillets have marinated, place them in the Zone 1 basket.
- 2** In a small bowl, gently toss diced onion and garlic powder with 1 teaspoon canola oil and place in the Zone 2 basket (with no crisper plate installed).
- 3** Select Zone 1, select AIR FRY set temperature to 375°F, and set time to 20 minutes. Select Zone 2, select ROAST, set temperature to 325°F, and set time to 16 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 4** In a separate medium bowl, gently toss cauliflower rice, bell pepper, remaining salt, and remaining canola oil.
- 5** When the Zone 2 time reaches 10 minutes, remove basket from unit and add cauliflower rice mixture to the onion and stir to combine. Reinsert basket to continue cooking.
- 6** When cooking is complete, serve cauliflower rice in a bowl, gently placing cod fillets on top. Garnish with fresh cilantro, if desired.

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2-BASKET AIR FRYER

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