

How to build a sheet pan meal

Using the Air Roast function, fresh ingredients, and some guidelines below, create your own masterpieces in the Foodi™ Digital Air Fry Oven.

1. Pick a protein

4 uncooked bone-in chicken thighs
(6–8 ounces each)

6 uncooked salmon fillets, 1 inch thick
(6 ounces each)

1 pound uncooked shrimp
(fresh or frozen, thawed)

4 uncooked boneless skinless chicken breasts,
cut in 1-inch pieces

1 pound uncooked flank steak,
cut in 1/2-inch thick strips

2. Pick a vegetable/starch

2 bunches asparagus, cut in 1-inch pieces, ends trimmed

3 medium bell peppers, cut in 1-inch pieces

2 medium heads broccoli, cut in 1-inch florets

4 cups brussels sprouts, cut in half, ends trimmed

4 cups butternut squash, cut in 2-inch pieces

4 cups carrots, cut in 1-inch pieces

3 cups russet potatoes, cut in 1-inch pieces

3. Season/marinate

Barbecue

Teriyaki

Hoisin

Cajun blend

Mexican blend

Rosemary lemon marinade

Olive oil

Your favorite spice blend
or marinade

4. Toss it up



Toss ingredients with seasonings or marinade, then spread them evenly in 1 layer on the sheet pan.



5. Cook

Air Roast at 400°F for 10–20 minutes for seafood and 20–30 minutes for poultry and red meat, or until proteins reach food-safe internal temperatures and your desired level of crispiness:

Chicken – 165°F
Fish – 145°F
Red meat – 160°F

NINJA
Foodi
DIGITAL
AIR FRY OVEN

Let's get
crisping

Here's what's in the box



15+ Recipe
Inspiration Guide



Owner's Guide

Reclaim your counter space
Flip up to store and clean

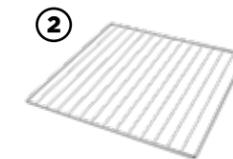


Foodi Digital Air Fry Oven

2 rail heights for perfect
crisping and cooking



Crumb Tray
Must always stay under
the bottom elements.
Hand-wash only.



Wire Rack
Keep installed in
bottom rails.
Hand-wash only.



Sheet Pan
Place on top of
the wire rack.
Hand-wash recommended.



Air Fry Basket
Slide into top rails when
air frying or dehydrating.
Hand-wash recommended.



Broil Rack
Place inside sheet pan for
Air Roast and Air Broil.
Hand-wash recommended.



Get to know the control panel

See your Owner's Guide for complete instructions

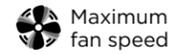
- 1 To turn on the unit, press the **POWER** button.
 - 2 To select a cooking function, turn the **START/PAUSE** dial.
 - 3 To select cook time or number of slices, press **SLICE/TRANCHE** button and use the dial to adjust.
 - 4 To select temperature or darkness level, press the **DARKNESS/BRUNISSEMENT** button and use the dial to adjust.
 - 5 To begin cooking, press the **START/PAUSE** button. While cooking, turn the dial to add more time, or press the button to pause time.
 - 6 Press the **LIGHT** button to turn the interior light on or off while cooking. The light will automatically turn on 30 seconds before the cook time ends.
- A Time and temperature display**
B SLICE and DARKNESS will illuminate here when the TOAST or BAGEL function is selected.
C PRE will pulse when oven is preheating.
D HOT will appear when the unit is hot.
E FLIP will appear when unit is ready to be flipped up for storage.

Digital Crisp Control Technology

Precision-controlled temperature, heat source, and airflow for ultimate versatility and optimum cooking performance.

PREHEAT

The unit preheats quickly, so prep all ingredients before preheating. Time will start counting down immediately after the unit is preheated. To add time simply turn the dial.



Maximum fan speed

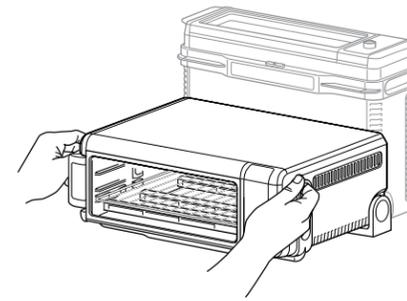


Medium fan speed

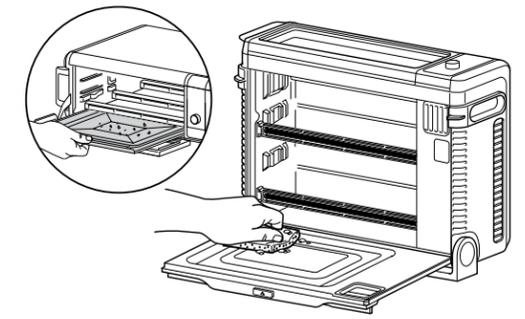


No fan

KEY



Flip up and away to store and save space on your countertop.



Removable crumb tray and hinged back panel allow you to easily access the interior for deep cleaning.

FUNCTION

Air Fry



Fast, extra-crispy results with little to no oil.

French fries (frozen or hand cut)
Chicken wings or nuggets
Breaded foods

Air Roast



Crispy outside, juicy inside.

Sheet pan meals
Whole proteins
Vegetables

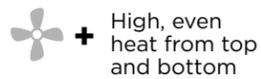
Air Broil



Top-down heat for a crispy finish.

Steaks
Fish
Nachos
Casserole finishing

Bake



Overall even cooking with light browning.

Cakes
Cookies
Frozen pizza

Toast



Quick and even browning on both sides.

Bread
English muffins
Frozen waffles

Bagel



Quick and even browning on both sides.

Bagels
Artisan breads

Dehydrate



Removes moisture to make jerky and dried fruit.

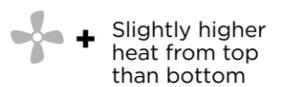
Jerky
Dried fruit

Keep Warm



Keeps food warm up to 2 hours

Reheat

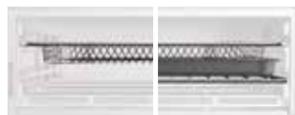


Best for leftovers, pizza

BEST FOR

ACCESSORIES

BEST PRACTICES



Air fry basket with or without sheet pan*



Broil rack in sheet pan



Broil rack in sheet pan



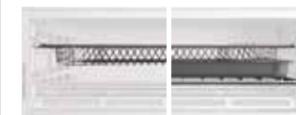
Sheet pan on wire rack



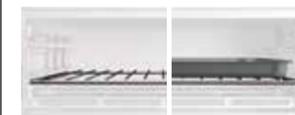
Wire rack



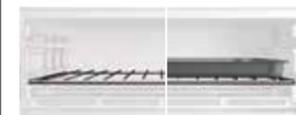
Wire rack



Air fry basket with or without sheet pan*



Wire rack with or without sheet pan



Wire rack with or without sheet pan



Spray basket with nonstick cooking spray to minimize sticking.



Rotate air fry basket 180° or flip ingredients halfway through cooking.



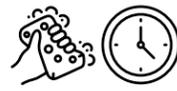
Food cooks faster with **Air Roast**, so for traditional oven recipes, lower cook time by 30% and temperature by 25°F.



For sheet pan meals, cut ingredients to the same size.



For marinades containing sugar, honey, or other sweeteners, brush onto proteins halfway through broiling to avoid burning.



For deep cleaning, let accessories soak in warm, soapy water overnight and scrub with a non-abrasive brush or sponge.



Space ingredients, like spoonfuls of cookie dough, equally apart on the sheet pan.

For best results with baked goods such as cookies, line the Ninja® Sheet Pan with parchment paper.



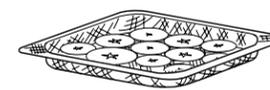
Select the exact number of bread slices.



Place bagels cut-side up on the rack.



Select the exact number of bagel slices.



Place ingredients in 1 layer.



Always use oven-safe pans or containers.



Always use oven-safe pans or containers.

*Place ingredients in the air fry basket. If ingredients are fatty, oily, or marinated, place the sheet pan under the basket first.