

HOW TO BUILD A SHEET PAN MEAL

Using the Air Roast function, fresh ingredients, and some guidelines below, create your own masterpieces in the Ninja® Flip Toaster Oven & Air Fryer.

1. PICK A PROTEIN

- 4 chicken thighs, bone-in, skin-on (6–8 oz each)
- 4 salmon fillets, 1 inch thick (6–8 oz each)
- 1 pound jumbo shrimp, peeled, deveined (fresh or frozen, thawed)
- 4 boneless skinless chicken breasts, cut in 1-inch pieces
- 1 pound flank steak, cut in 1/2-inch thick strips
- 1 package (14 oz) extra firm tofu, cut in 1-inch pieces

2. PICK A VEGETABLE/STARCH

- 1 bunch (16 oz) asparagus, trimmed, cut in 1-inch pieces
- 3 medium bell peppers, seeded, cut in 1-inch pieces
- 2 medium heads broccoli, cut in 1-inch florets
- 4 cups Brussels sprouts, trimmed, cut in half
- 4 cups butternut squash, cut in 1-inch pieces
- 4 cups carrots, trimmed, peeled, cut in 1-inch pieces
- 4 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 tofu and 15–25 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

AIR FRY COOKING CHART

| INGREDIENT | AMOUNT | PREPARATION | OIL | TEMP | COOK TIME |
|-----------------------------------|------------------------------------|---|----------------|-------|------------|
| FROZEN FOOD | | | | | |
| Chicken nuggets | 2 boxes (12 oz ea) | None | None | 400°F | 20–25 mins |
| Crab cakes | 6 cakes (3 oz each) | None | Brush with oil | 390°F | 15–20 mins |
| Fish fillets (breaded) | 1 package (10 fillets) | None | None | 400°F | 15–20 mins |
| Fish sticks | 1 bag (24.5 oz) | None | None | 400°F | 15–20 mins |
| French fries | 1 bag (32 oz) | None | None | 390°F | 25–30 mins |
| Mozzarella sticks | 1 box (22 oz) | None | None | 375°F | 10–15 mins |
| Pizza Rolls | 1 bag (24.8 oz, 50 count) | None | None | 375°F | 10–15 mins |
| Popcorn shrimp | 2 boxes (14 oz ea) | None | None | 390°F | 15–20 mins |
| Pot stickers | 2 bags (16 oz ea) | None | 1 Tbsp | 390°F | 15–20 mins |
| Sweet Potato Fries | 1 bag (20 oz) | None | None | 375°F | 25–30 mins |
| Tater tots | 1 bag (32 oz) | None | None | 360°F | 20–25 mins |
| MEAT, POULTRY, FISH | | | | | |
| Bacon | 1/2 package (8 oz) | None | None | 390°F | 10–15 mins |
| Burgers | 4–6 burgers (1/4-lb ea) 80% lean | 1 inch thick | None | 375°F | 15–20 mins |
| Chicken drumsticks | 6 drumsticks | Pat dry | Brush with oil | 400°F | 25–35 mins |
| Chicken thighs (bone-in, skin-on) | 4 thighs (6–8 oz each) | Pat dry | Brush with oil | 390°F | 20–25 mins |
| Chicken wings | 2–2 1/2 lbs | Pat dry | 1 Tbsp | 400°F | 25–35 mins |
| Salmon fillets | 5 fillets (6–8 oz each) | None | Brush with oil | 390°F | 15–20 mins |
| Sausage | 12 sausages, whole (approx. 2 lbs) | None | None | 390°F | 15–20 mins |
| Shrimp | 2 lbs | Large fresh or frozen, thawed. Peeled, deveined | None | 390°F | 5–10 mins |
| VEGETABLES | | | | | |
| Asparagus | 2 bunches (16 oz ea) | Cut in half, ends trimmed | 2 Tbsp | 420°F | 10–15 mins |
| Bell peppers (for roasting) | 3–4 medium peppers | Seeded, cut in quarters | 1 Tbsp | 400°F | 15–20 mins |
| Broccoli | 1–2 large heads | Cut in 1–2-inch florets | 1 Tbsp | 400°F | 10–15 mins |
| Brussels sprouts | 1–2 lbs | Cut in half, remove stems | 1 Tbsp | 400°F | 10–15 mins |
| Carrots | 1 lb | Peeled, cut in 1/4-inch rounds | 1 Tbsp | 425°F | 10–15 mins |
| Cauliflower | 1 head | Cut in 1–2-inch florets | 2 Tbsp | 400°F | 15–20 mins |
| Corn on the cob | 4–6 ears | Whole ears, remove husks | 1 Tbsp | 400°F | 25–30 mins |
| Green beans | 1 bag (12 oz) | Trim | 1 Tbsp | 400°F | 10–15 mins |
| Kale | 4 cups, packed (4 oz) | Tear into pieces, remove stems | 1 Tbsp | 325°F | 5–10 mins |
| Mushrooms | 16 oz | Rinsed, sliced 1/4-inch thick | 1 Tbsp | 390°F | 10–15 mins |
| Potatoes, russet | 1 1/2 lbs | Cut in 1-inch wedges | 1 Tbsp | 390°F | 25–30 mins |
| Potatoes, russet | 1 lb | hand-cut fries, 1/4-inch thick, soak 30 mins in cold water, pat dry | 1–2 Tbsp | 400°F | 20–25 mins |
| Potatoes, sweet | 1 lb | hand-cut fries, 1/4-inch thick, soak 30 mins in cold water, pat dry | 1 Tbsp | 375°F | 25–30 mins |
| Zucchini | 1 lb (3 medium) | Cut in half lengthwise, then cut in 1/2-in pieces | 1 Tbsp | 400°F | 15–20 mins |

For best results, shake, flip, or rotate often

We recommend frequently checking your food and shaking, rotating, or flipping it to ensure desired results.

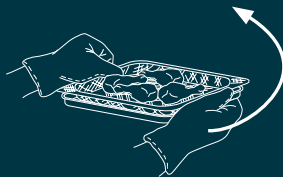
Use these cook times as a guide, adjusting to your preference.

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.



Shake your food

AND



Toss or flip with silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

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

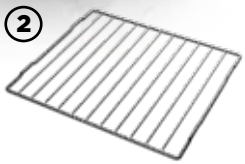


Let's get crisping

Here's what's in the box



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.

Reclaim your counter space

Flip up to store



Ninja Flip Toaster Oven & Air Fryer
2 rail heights for perfect crisping and cooking.

Get to know the control panel

See your Owner's Guide for complete instructions



- 1 **POWER button:** Turn unit on and off.
- 2 **MODE +/- buttons:** Select cook function.
- 3 **TEMP/SHADE +/- buttons:** Select cook temperature (or level of darkness for Toast and Bagel functions).
- 4 **TIME/SLICES +/- buttons:** Select cook time (or number of slices for Toast and Bagel functions).
- 5 **START/STOP button:** Start or stop cooking.

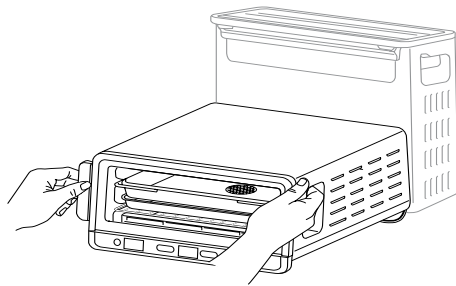
- A **Time and Temperature display**
- B **Light button:** Turn oven light on or off.
- C **SLICE and SHADE display:** Illuminates here when TOAST or BAGEL function is selected.
- D **PRE** will display on clock when oven is preheating.
- E **HOT** will display on clock when oven is hot.
- F **FLIP** will display on clock when oven is ready to be flipped up for storage.

On First Use: Default factory times and temperatures will display.
Adjust the temperature and time according to recipe. Refer to cook chart on back.

Go to ninjakitchen.com/support for how-to videos

FUNCTIONS & ACCESSORIES

For best results, use accessories recommended for each cook function below and remove all others.



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, press the TIME + button.



Maximum fan speed



Medium fan speed



No fan

STEAM

Steam is normal. The oven door is vented to release steam created by foods with high moisture content.

FOR BEST RESULTS, KEEP AN EYE ON YOUR FOOD WHILE COOKING.

Refer to cook charts in the Inspiration Guide for more guidance on cook times and temperatures.

Wait until FLIP appears on the display, then flip up and away to store and save space on your countertop.

| FUNCTION | KEY | | | | | | |
|----------------|--|--|--|--|--|--|--|
| | | | | | | | |
| AIR FRY | | | | | | | |
| | + High heat from top and bottom | | | | | | |
| AIR ROAST | | | | | | | |
| | + Even heat from top and bottom | | | | | | |
| BROIL | | | | | | | |
| | + High heat from top | | | | | | |
| BAKE | | | | | | | |
| | + High, even heat from top and bottom | | | | | | |
| TOAST OR BAGEL | | | | | | | |
| | + Even heat from top and bottom | | | | | | |
| PIZZA | | | | | | | |
| | + High, even heat from top and bottom | | | | | | |
| DEHYDRATE | | | | | | | |
| | + Low heat | | | | | | |
| BEST FOR | Fast, extra-crispy results with little to no oil. French fries (frozen or hand cut) Chicken wings or nuggets Breaded foods | | | | | | |
| | Crispy outside, juicy inside. Sheet pan meals Whole proteins Vegetables | | | | | | |
| ACCESSORIES | | | | | | | |
| | Air fry basket with or without sheet pan* | | | | | | |
| BEST PRACTICES | | | | | | | |
| | 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 marinades containing sugar, honey, or other sweeteners, brush onto proteins halfway through broiling to avoid burning. | | | | | | |
| | | | | | | | |
| | 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 or bagel slices. Place bagels cut-side up on the rack | | | | | | |
| | | | | | | | |
| | For frozen pizza, if following package instructions, decrease or increase time as needed. | | | | | | |

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

KICKSTARTER RECIPES

Chicken Stir-Fry

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | PREHEAT: 1 MINUTE | AIR ROAST: 20 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS

1 pound boneless, skinless chicken breasts, cut in 1-inch pieces (about 1 1/2–2 cups)
3 multicolored bell peppers, seeded, thinly sliced (about 3 1/2 cups)
2 carrots, peeled, thinly sliced (about 3/4 cup)
1/2 cup stir-fry sauce
1 head broccoli, cut in 1-inch florets (about 3 1/2 cups)
1 teaspoon sesame seeds, for garnish

DIRECTIONS

- 1 In a large bowl, toss chicken, peppers, and carrots with stir fry sauce until evenly coated.
- 2 Arrange chicken, peppers, and carrots on the Ninja® Sheet Pan in a single layer.
- 3 Select AIR ROAST, set temperature to 400°F, and set time to 20 minutes. Press START/STOP to begin preheating.
- 4 When unit has preheated, place pan in oven.
- 5 After 10 minutes, press START/STOP to pause the unit. Add broccoli to pan, return pan to oven, and press START/STOP to resume cooking for 10 more minutes.
- 6 Cooking is complete when chicken's internal temperature reaches 165°F. If necessary, return pan to oven and cook for additional time. When cooking is complete, remove pan from oven. Garnish with sesame seeds and allow to cool for 2 minutes before serving.

PREFER A DIFFERENT PROTEIN? Refer to "How to Build a Sheet Pan Meal" and use recommended protein amount and size, adjust cook time as needed.

Honey Sriracha Lime Chicken Wings

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | MARINATE: 1-24 HOURS | PREHEAT: 1 MINUTE | AIR FRY: 25-30 MINUTES
MAKES: 4-6 SERVINGS

INGREDIENTS

3 tablespoons sriracha sauce
1/4 cup honey
2 tablespoons soy sauce
1 tablespoon brown sugar
1 tablespoon ground ginger
Zest and juice of 2 limes
2 1/2 pounds fresh chicken wings

DIRECTIONS

- 1 In a bowl, stir together all ingredients, except chicken wings.
- 2 Coat chicken wings with half the sauce in a large resealable plastic bag; reserve remaining sauce. Let marinate in the refrigerator for at least 1 hour and up to 24 hours.
- 3 Select AIR FRY, set temperature to 400°F, and set time to 25 minutes. Press START/STOP to begin preheating.
- 4 Place the air fry basket on the sheet pan. Then arrange wings in basket, making sure they are not crowding each other.
- 5 When unit has preheated, slide both the basket and pan into the oven at the same time. The basket will slide into the top rail while the pan fits directly on top of the wire rack to catch any grease during cooking.
- 6 After 10 minutes, use tongs to flip the wings. Return pan to oven and cook for an additional 10 to 15 minutes, until desired level of crispiness is achieved.
- 7 When cooking is complete, toss wings in reserved sauce and serve immediately.

