

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



NINJA®

AIR FRYER 4.7L

PRO

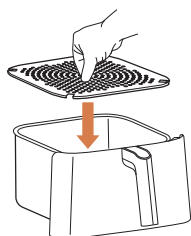


Quick start guide

TIPS & TRICKS
COOKING CHARTS
15 CHEF-CREATED RECIPES

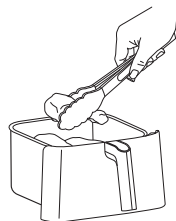
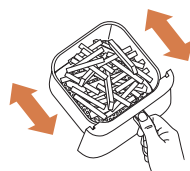


AIR FRY



CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry.



SHAKE OR TOSS

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

NINJA
TEST
KITCHEN



SCAN FOR
MORE RECIPES

www.ninjatestkitchen.co.uk

DIETARY KEY



VEGETARIAN



NUT-FREE



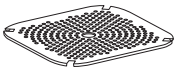
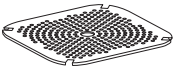
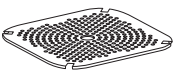
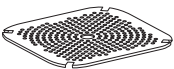
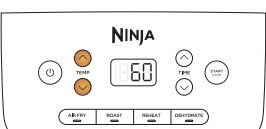
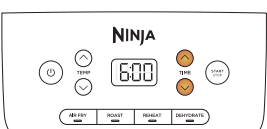
GLUTEN-FREE



DAIRY-FREE

USING YOUR AIR FRYER'S FUNCTIONS

The Ninja® Air Fryer circulates super-hot air around your food to remove moisture from its surface to give it that golden-brown, crispy finish.

FUNCTION	ACCESSORY REQUIRED	TEMP	TIME
AIR FRY Crisp using less oil than deep-fried food.	 Crisper Plate	 Adjust temp as needed	 Set time, in minutes and press START/STOP to begin
ROAST Roast foods traditionally made in an oven.	 Crisper Plate	 Adjust temp as needed	 Set time, in minutes and press START/STOP to begin
REHEAT Perfect for reviving your leftovers.	 Crisper Plate	 Adjust temp as needed	 Set time, in minutes and press START/STOP to begin
DEHYDRATE Gently and slowly remove moisture from foods to create delicious homemade snacks.	 Crisper Plate	 Adjust temp as needed	 Set time, in minutes and press START/STOP to begin

AIR FRY TIPS & TRICKS



SHAKE, SHAKE, SHAKE

Check food and shake drawer frequently for even browning.



AUTO-STOP AND START

The unit will automatically pause cooking when the drawer is removed and will resume cooking when the drawer is replaced.



CONVERT OVEN RECIPES

Convert oven recipes by using the **ROAST** or **BAKE** function and reducing the temperature by 10°C.

Check food frequently to avoid overcooking.



FREESTYLING RECIPES

If you are cooking less food than the recipe calls for, remember to reduce the cook time. If you're cooking a bit more, increase the cook time. Check food frequently.



AIR FRYING FRESH INGREDIENTS

For best results with fresh vegetables, using at least 1 tablespoon of oil is a good rule of thumb, but you can use more or less to achieve your desired level of crispiness.



DON'T OVERCROWD

Evenly arrange and space ingredients out to ensure consistent browning.



SECURE YOUR FOOD

To keep lightweight foods from being blown around by the fan, secure them with cocktail sticks.



MORE EVEN BROWNING

Use a cooking spray to evenly coat ingredients for more consistent browning.

DEHYDRATE TIPS & TRICKS



SLICING

Use a mandolin slicer to get consistent, thin fruit and vegetable slices. Fruits and veggies should be sliced as thinly as possible without falling apart.



PREVENT OXIDATION

Fruits like apples and pears quickly oxidise when cut. To delay oxidation, soak them in water with a squeeze of lemon juice for 5 minutes.



DRY BEFORE YOU DEHYDRATE

Pat fruits and vegetables as dry as possible before placing them in the drawer.



DON'T OVERLAP

Lay ingredients flat and close together to optimise space. Individual pieces should not overlap or be stacked.



TRIM THE FAT

Before dehydrating beef or poultry, make sure to trim off all fat, as it does not dry out and could turn bad.



HOW LONG TO DEHYDRATE?

Most fruits and veggies take 6-8 hours, while jerky takes 5-7 hours. The longer you dehydrate ingredients, the crispier they will become.



STORAGE

To maximise shelf-life, store dehydrated foods at room temperature in an airtight container up to 2 weeks.

Air Fry Cooking Chart

INGREDIENT	AMOUNT	PREPARATION
VEGETABLES		
Asparagus	250g	Whole, stems trimmed
Beetroot	6 small or 4 large (1kg)	Whole
Bell peppers	4 (600g)	Whole
Broccoli	400g	Cut in 2.5cm florets
Brussels sprouts	1kg	Cut in half, stem removed
Butternut squash	1kg	Cut in 2.5cm pieces
Carrots	1kg	Peeled, cut in 1.5cm pieces
Cauliflower	900g	Cut in 2.5cm florets
Corn on the cob	4	Whole ears, husks removed
Courgette	1kg	Cut in quarters lengthwise, then cut in 2.5cm pieces
Green beans	400g	Trimmed
Kale (for chips)	200g	Torn in pieces, stems removed
Mushrooms	300g	Wiped, cut in quarters
Potatoes, King Edward, Maris Piper, Rooster	1kg	Cut in 2.5cm wedges
	4 whole (185-250g)	Pierced with fork 3 times
Potatoes, sweet	1kg	Cut in 2.5cm chunks
	4 whole (185-250g)	Pierced with fork 3 times
POULTRY		
Chicken breasts	4 (200g each)	Boneless
Chicken thighs	1kg	Bone in
	1kg	Boneless, skinless
Chicken wings	1kg	None
FISH & SEAFOOD		
Fish cakes	4 (145g each)	None
Salmon fillets	4 (130g each)	None
Prawns	16 large	Whole, peeled, tails on
BEEF		
Burgers	4 (120-130g each)	2.5cm thick
Steaks	2 (230g each)	Whole

*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.

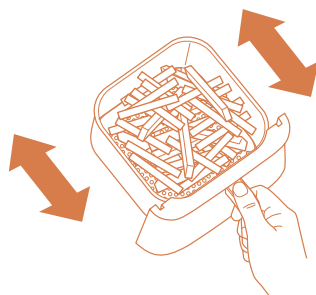
Use these cook times as a guide, adjusting to your preference.

TOSS IN OIL	TEMP	COOK TIME
2 tsp	200°C	6-8 mins
None	200°C	45-60 mins
None	200°C	26-30 mins
1 Tbsp	200°C	13-16 mins
1 Tbsp	200°C	18-22 mins
1 Tbsp	200°C	23-26 mins
1 Tbsp	200°C	20-24 mins
2 Tbsp	200°C	20-24 mins
1 Tbsp	200°C	12-15 mins
1 Tbsp	200°C	18-20 mins
1 Tbsp	200°C	12-14 mins
None	150°C	8-10 mins
1 Tbsp	200°C	10-12 mins
1 Tbsp	200°C	20-25 mins
None	200°C	35-40 mins
1 Tbsp	200°C	20-24 mins
None	200°C	30-35 mins
Brushed with oil	190°C	20-22 mins
Brushed with oil	200°C	22-28 mins
Brushed with oil	200°C	22-26 mins
1 Tbsp	200°C	22-26 mins
None	200°C	12-15 mins
Brushed with oil	200°C	8-10 mins
1 Tbsp	200°C	9-11 mins
None	190°C	8-10 mins
None	200°C	6-10 mins

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

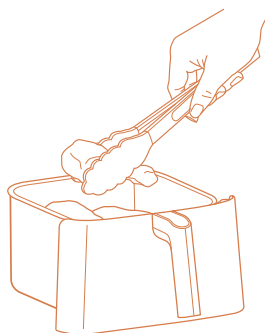
We recommend frequently
checking your food
and shaking or tossing it to
ensure desired results.

Shake your food



OR

**Toss with
silicone-tipped tongs**



Air Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION
PORK		
Bacon	4 rashers	None
Pork chops	2 bone-in (250g each)	Bone in
	4 boneless (100g each)	Boneless
Pork fillet	2 (350-500g each)	Whole
Sausages	8 (450g)	Whole
FROZEN FOODS		
Chicken nuggets	695g	None
Fish fillets	4 (440g)	None
Fish Fingers	10 (280g)	None
Breaded Mushrooms	300g	None
Onion Rings	300g	None
Hash Browns	625g	None
CHIPS		
Home made chips, 1cm thick	500g	Soak in water for 30 mins, pat dry
Home made chips, 2cm thick	500g	Soak in water for 30 mins, pat dry
Frozen chunky oven chips	500g	None
Frozen crinkle chips	500g	None
Frozen curly fries	700g	None
Frozen French fries	500g	None
Frozen gastro chips	700g	None
Frozen potato wedges	650g	None
Frozen skin on fries	500g	None
Frozen light straight cut chips	500g	None
Frozen sweet potato fries	500g	None



Homemade chips



Chunky Chips



Crinkle Chips



French Fries

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

TOSS IN OIL	TEMP	COOK TIME
None	200°C	8-10 mins
Brushed with oil	190°C	14-17 mins
Brushed with oil	190°C	10-14 mins
Brushed with oil	190°C	25-30 mins
None	200°C	8-10 mins
None	200°C	20-22 mins
None	200°C	14-16 mins
None	200°C	8-10 mins
None	190°C	15-18 mins
None	180°C	12 mins
None	180°C	20 mins
1-3 Tbs oil	200°C	20-25 mins
1-3 Tbs oil	200°C	20-24 mins
None	200°C	20 mins
None	210°C	18-20 mins
None	210°C	18-20 mins
None	180°C	20 mins
None	210°C	22 mins
None	190°C	20 mins
None	200°C	18-20 mins
None	200°C	18 mins
None	190°C	20 mins



Potato Wedges

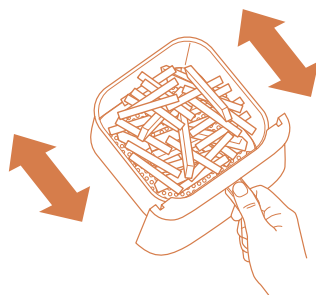


Sweet Potato Fries

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

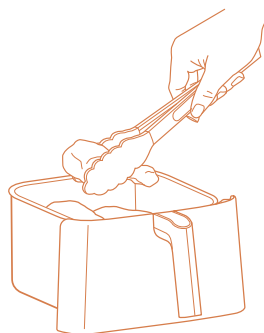
We recommend frequently
checking your food
and shaking or tossing it to
ensure desired results.

Shake your food



OR

**Toss with
silicone-tipped tongs**



Roast Cooking Chart

INGREDIENT	AMOUNT	PREPARATION
FRESH POULTRY & MEAT		
Chicken	Whole 1kg	Season
Beef topside, top rump	1kg Rolled roasting joint	Season
Pork loin	1kg Boneless Score fat	Season
Half leg of lamb	1kg	Season
Shoulder of lamb	1kg	Season

Dehydrate Chart

INGREDIENTS	PREPARATION
FRUITS & VEGETABLES	
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry
Asparagus	Cut in 2.5cm pieces, blanched
Bananas	Peeled, cut in 3mm slices
Beetroot	Peeled, cut in 3mm slices
Aubergine	Peeled, cut in 3mm slices, blanched
Fresh herbs	Rinsed, patted dry, stems removed
Ginger root	Cut in 3mm slices
Mangoes	Peeled, cut in 3mm slices, stone removed
Mushrooms	Cleaned with soft brush (do not wash)
Pineapple	Peeled, cored, cut in 3mm - 1.25cm slices
Strawberries	Cut in half or in 1.25cm slices
Tomatoes	Cut in 3mm slices or grated; steam if planning to rehydrate
MEAT, POULTRY, FISH	
Beef, chicken, turkey jerky	Cut in 6mm slices, marinated overnight
Salmon	Cut in 6mm slices, marinated overnight

INTERACTION	TEMP	COOK TIME
Turn over halfway, brush with oil	190°C	30 mins
Turn over halfway, brush with oil	160°C	45-50 mins (medium)
Turn over halfway, brush with oil	190°C	50 mins
Turn over halfway, brush with oil	170°C	40-45 mins
Turn over halfway, brush with oil	170°C	40 mins

TEMP	DEHYDRATE TIME
60°C	7-8 hours
60°C	6-8 hours
60°C	8-10 hours
60°C	6-8 hours
60°C	6-8 hours
60°C	4 hours
60°C	6 hours
60°C	6-8 hours
60°C	6-8 hours
60°C	6-8 hours
60°C	6-8 hours
60°C	6-8 hours
70°C	5-7 hours
70°C	3-5 hours

SAUSAGE ROLLS



PREP: 15 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 12 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

350g good quality sausage meat
1 tablespoon wholegrain mustard
1 tablespoon freshly chopped sage leaves or 1 teaspoon dried sage leaves
Sea salt and ground black pepper, as desired
1 x 320g ready rolled puff pastry, room temperature
1 large egg, beaten
1-2 teaspoons poppy seeds

DIRECTIONS

- 1** In a medium bowl, mix sausage meat, mustard, sage, salt and pepper.
- 2** Unroll pastry and cut in half lengthways.
- 3** Divide sausage meat in two and roll each into a long sausage shape the same length as pastry.
- 4** Place rolled sausage meat onto pastries. Brush long edge of pastry with water and seal pastry around sausage meat. Using a floured sharp knife, cut each sausage into 6 pieces. On the top of each piece, cut a few slashes into the pastry.
- 5** Insert a crisper plate in drawer. In an even layer, add sausage rolls to drawer. Brush sausage rolls with beaten egg and sprinkle poppy seeds over. Insert drawer into unit.
- 6** Select **AIR FRY**, set temperature to 170°C and set time to 12 minutes. Select **START/STOP** to begin cooking.
- 7** When cooking is complete, remove from drawer and serve hot or cold.



CAULIFLOWER BUFFALO BITES WITH RANCH DRESSING

SNACKS
& SIDES



PREP: 10 MINUTES | **COOK:** 27 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

150g plain flour
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon paprika
Salt and ground black pepper,
as desired
250ml milk of choice
100g panko breadcrumbs
500g cauliflower, cut into
5cm florets
Cooking spray
30ml sunflower oil
90ml Buffalo sauce

RANCH DRESSING

100ml mayonnaise
50ml milk of choice
1 tablespoon fresh chopped
parsley
1 tablespoon fresh chopped
chives
1 teaspoon garlic powder
1 teaspoon onion powder

DIRECTIONS

- 1 In a large bowl, add flour, onion powder, garlic powder, cumin, paprika, salt and pepper. Gradually whisk in milk until a smooth batter is formed. In a separate large bowl, add breadcrumbs.
- 2 One at a time, dip cauliflower florets into batter until evenly coated, shaking off any excess. Then place in the breadcrumbs and toss until well coated, pressing to adhere, if necessary.
- 3 Insert crisper plate in drawer, then evenly coat with cooking spray. Place cauliflower bites in drawer, spray with cooking spray, then place drawer into unit.
- 4 Select **AIR FRY**, set temperature to 170°C and set time to 15 minutes. Select **START/STOP** to begin cooking.
- 5 While cauliflower cooks, prepare the Buffalo sauce. In a small bowl, whisk the oil and Buffalo sauce together.
- 6 When cooking is complete, remove the drawer from the unit and using a silicone brush, cover each cauliflower floret with Buffalo sauce.
- 7 Reinsert the drawer in the unit. Select **AIR FRY**, set temperature to 170°C, and set time to 12 minutes. Select **START/STOP** to begin cooking.
- 8 When cooking is complete, serve the Buffalo cauliflower bites with ranch dressing.



TIP To make this recipe dairy-free or vegan, use vegan mayonnaise and plant-based milk in the ranch dressing.

STUFFED AUBERGINE WITH MOZZARELLA



PREP: 20 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: ROAST & AIR FRY

INGREDIENTS

2 small aubergines (approx. 500-600g), stalk trimmed, cut in half lengthwise

1 tablespoon olive oil

Sea salt and ground black pepper, as desired

100g tomato and basil sauce

150g cherry tomatoes, cut in quarters

10 large basil leaves, chopped

150g mozzarella, cut in cubes

25g grated Parmesan or vegetarian equivalent

DIRECTIONS

- 1** Brush the flesh of the aubergine with olive oil, then season with salt and pepper.
- 2** Insert crisper plate in drawer, place aubergines cut side down on the crisper plate and insert drawer in unit.
- 3** Select **ROAST**, set temperature to 190°C and set time to 20 minutes. Select **START/STOP** to begin cooking.
- 4** When cooking is complete, transfer the aubergines to a board and lightly hollow out the flesh with a spoon. Place the flesh in a large bowl along with the tomato and basil sauce, cherry tomatoes, mozzarella, basil, salt and pepper and mix until evenly combined. Evenly fill the aubergines with the prepared mixture and top with Parmesan cheese.
- 5** Place the stuffed aubergines on the crisper plate, filling side up and insert drawer into unit.
- 6** Select **AIR FRY**, set temperature to 200°C and set time to 12 minutes. Select **START/STOP** to begin cooking.
- 7** When cooking is complete, serve stuffed aubergines with salad, pasta or crusty bread.



CHICKEN NUGGETS WITH HONEY MUSTARD DIPPING SAUCE

SNACKS
& SIDES



PREP: 20 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

3 eggs
2 teaspoons yellow mustard
1 tablespoon hot sauce
Sea salt and ground black pepper, as desired
75g plain flour
2 teaspoons paprika
1 teaspoon onion salt
1 teaspoon garlic powder
150g corn flakes, crushed
600g chicken breast, cut into 4cm cubes
Nonstick cooking spray

DIPPING SAUCE

50g mayonnaise
50g Greek yogurt
2 tablespoons Dijon mustard
1-2 tablespoons honey
Dash of hot sauce, optional



DIRECTIONS

- 1 In a shallow bowl, beat the eggs, mustard, hot sauce, salt and pepper together until evenly combined. In a separate shallow bowl, combine the flour, seasonings, salt and pepper. In a third shallow bowl, place crushed corn flakes.
- 2 Working in batches, place chicken pieces in flour mixture and tap to remove any excess flour. Then place chicken in egg mixture and evenly coat. Finally, place chicken in cornflakes and toss until evenly coated. Repeat with any remaining chicken, then liberally spray all sides with cooking spray.
- 3 Insert crisper plate in drawer, place chicken nuggets in an even layer on the crisper plate and insert drawer into unit.
- 4 Select **AIR FRY**, set temperature to 180°C and set time to 22 minutes. Select **START/STOP** to begin cooking.
- 5 When 10 minutes remain, remove drawer and shake or turn chicken with silicone-tipped tongs. Reinsert drawer to resume cooking.
- 6 To prepare the honey mustard dipping sauce, in a small bowl, combine all sauce ingredients.
- 7 When cooking is complete, serve chicken nuggets with the honey mustard dipping sauce.

TIP For a different coating on the nuggets, substitute crushed cornflakes for dried breadcrumbs in step 1.

WELSH RAREBIT



PREP: 5 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 2 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

2 slices white bread
100g Cheddar cheese, grated
1 egg yolk
1 teaspoon chopped fresh chives
½ teaspoon Worcestershire sauce
½ teaspoon English mustard powder
1 tablespoon beer or milk
Sea salt and ground black pepper, as desired

DIRECTIONS

- 1** Insert crisper plate in drawer then place bread slices on crisper plate. Insert drawer into unit.
- 2** Select **AIR FRY**, set temperature to 170°C and set time to 4 minutes. Select **START/STOP** to begin cooking.
- 3** While bread is toasting, in a small bowl, mix together cheese, egg yolk, chives, Worcestershire sauce, mustard powder and beer or milk, salt and pepper.
- 4** When the toast is done cooking, remove toast from drawer. The toast should be golden brown.
- 5** Spread cheese mixture over toast. Place toast on crisper plate and insert drawer into unit. Select **AIR FRY**, set temperature to 170°C and set time to 4 minutes. Select **START/STOP** to begin cooking.
- 6** When cooking is complete, remove toast and serve immediately.



TIP If you prefer a vegetarian/vegan dish, remove the Worcestershire sauce.

HOMEMADE CHIPS

SNACKS
& SIDES



PREP: 10 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

500g King Edward, Maris Piper or Rooster potatoes, peeled, cut into long chips, 1 ½cm thick

1-3 tablespoons vegetable oil

DIRECTIONS

- 1 Soak cut potatoes in cold water for 30 minutes to remove excess starch. Drain well, then pat with a paper towel until very dry.
- 2 In a large bowl, add chips and oil and toss to combine. Use at least 1 tablespoon oil. For crispier results, use up to 3 tablespoons oil.
- 3 Insert crisper plate in drawer and place chips on the crisper plate. Select **AIR FRY**, set temperature to 200°C and set time to 25 minutes. Select **START/STOP** to begin.
- 4 After 10 minutes, remove drawer from unit and shake chips or toss them with silicone-tipped tongs. Reinsert drawer to resume cooking.
- 5 Check chips after 20 minutes. For crispier chips, continue cooking for up to 25 minutes.
- 6 When cooking is complete, serve immediately with your favourite sauce.



TIP Use at least 1 tablespoon oil when air frying home made chips. For crispier results, use up to 3 tablespoons oil.

TIP Shaking the chips is key for getting them crisp and golden brown, so shake or toss with silicone-tipped tongs frequently.

STICKY BBQ CHICKEN WINGS



PREP: 5 MINUTES | **MARINATE:** 1 HOUR | **COOK:** 24 MINUTES
MAKES: 4 SERVINGS | **PROGRAM:** AIR FRY

INGREDIENTS

1kg chicken wings
120ml barbecue sauce
1 tablespoon oil

DIRECTIONS

- 1 In a large bowl, toss chicken wings with barbecue sauce and oil. Cover and refrigerate for 1 hour.
- 2 Insert crisper plate in drawer, place wings on top and insert drawer into unit.
- 3 Select **AIR FRY**, set temperature to 180°C and set time to 24 minutes. Select **START/STOP** to begin.
- 4 When 13 minutes remain, remove drawer from unit and shake wings or toss them with silicone-tipped tongs. Reinsert drawer to resume cooking.
- 5 When cooking is complete, remove wings from drawer and enjoy.



TOFU STEAKS WITH CHILLI VEGETABLES

MAINS
VEGETARIAN



PREP: 10 MINUTES | **MARINATE:** 30 MINUTES | **COOK:** 14 MINUTES
MAKES: 2 SERVINGS | **PROGRAM:** AIR FRY

INGREDIENTS

4 tablespoons BBQ sauce
1 tablespoon peanut butter
1 tablespoon soy sauce
2 tablespoons sunflower oil
400g firm tofu, drained,
pat dry, cut into 4 thick slices
300g mixed vegetables, mange
tout, asparagus, broccoli,
baby corn
2 tablespoons chilli oil
Sea salt and ground black
pepper, as desired

DIRECTIONS

- 1** In a small bowl, mix BBQ sauce, peanut butter, soy sauce and oil together. Spread marinade over tofu and leave for 30 minutes for the flavours to develop.
- 2** Meanwhile, in a large bowl, toss vegetables with chilli oil, salt and pepper.
- 3** Insert crisper plate in drawer. Place vegetables in an even layer on crisper plate. Arrange tofu on top of vegetables. Insert drawer into unit.
- 4** Select **AIR FRY**, set temperature to 180°C and set time to 14 minutes. Select **START/STOP** to begin cooking.
- 5** When cooking is complete, serve tofu with vegetables.



TIP If you don't have chilli oil, simply add pinch of chilli flakes to olive oil and mix.

SPICE-RUBBED CHICKEN BREASTS WITH CHIMICHURRI



PREP: 15 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: ROAST

INGREDIENTS

1 tablespoon sea salt
1 tablespoon ground paprika
1 teaspoon chilli flakes
1 tablespoon fennel seeds
1 teaspoon ground black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
4 x 200g chicken breasts
Olive oil, for brushing

CHIMICHURRI

60ml olive oil
30g fresh coriander leaves
30g bunch fresh parsley leaves
1 shallot, peeled, cut in quarters
4 garlic cloves, peeled
Zest and juice of 1 lemon
1 teaspoon sea salt

DIRECTIONS

- 1 In a small bowl, stir together all dried spices.
- 2 Pat the chicken breasts dry, brush with oil and season them liberally on all sides with spice mixture.
- 3 Insert crisper plate in drawer and place chicken on top. Insert drawer into unit. Select **ROAST**, set temperature to 180°C and set time to 25 minutes. Select **START/STOP** to begin.
- 4 While chicken is cooking, combine the chimichurri ingredients in a food processor and process until finely minced, being careful not to over-process.
- 5 Cooking is complete when internal temperature reaches 75°C. Remove drawer from unit and let chicken cool for 5 minutes, then serve with a generous amount of chimichurri.



TERIYAKI BEEF & BROCCOLI

MAINS
MEAT



PREP: 5 MINUTES | **MARINATE:** 30 MINUTES | **COOK:** 18 MINUTES
MAKES: 2-3 SERVINGS | **PROGRAM:** ROAST

INGREDIENTS

1 large garlic clove, peeled, sliced
1 red chilli, deseeded, finely sliced
500g sirloin steak, thinly sliced
250ml teriyaki sauce, divided
350g broccoli, cut in 2 ½cm florets
1 tablespoon vegetable oil
1 teaspoon sea salt
1 teaspoon ground black pepper
1 tablespoon toasted sesame seeds, for serving

DIRECTIONS

- 1 In a large bowl, mix together garlic, chillies, steak and half of the teriyaki sauce. Let marinate in the fridge for at least 30 minutes or up to 24 hours. After marinating, strain beef and discard excess sauce.
- 2 In a large bowl, toss the broccoli with the vegetable oil, salt and pepper. Add to beef mixture and toss together.
- 3 Insert crisper plate into drawer and place beef mixture on top. Insert drawer into unit. Select **ROAST**, set temperature to 190°C and set time to 18 minutes. Select **START/STOP** to begin.
- 4 When 8 minutes remain, remove drawer and toss beef and broccoli. Reinsert drawer to continue cooking.
- 5 When cooking is complete, serve immediately with remaining teriyaki sauce and sprinkled with sesame seeds.



TIP To make this recipe gluten free, use a gluten-free teriyaki sauce.

GREEK MEATBALLS WITH TZATZIKI



PREP: 20 MINUTES | **MARINATE:** 10 MINUTES | **COOK:** 12 MINUTES
MAKES: 4 SERVINGS | **PROGRAM:** AIR FRY

INGREDIENTS

500g 10% lamb mince
1 small onion, peeled, finely chopped
1 garlic clove, peeled, minced
1 tablespoon flat leaf parsley
1 teaspoon dried oregano
1 teaspoon ground cumin
1 teaspoon ground coriander
1 large egg, beaten
25g panko breadcrumbs
Sea salt and ground black pepper, as desired
100g feta cheese, crumbled, divided

TZATZIKI

½ cucumber, peeled, halved, deseeded
Pinch of salt
150g Greek yoghurt
1 garlic clove, peeled, crushed
Zest and juice of ½ lemon
2 tablespoons olive oil
10g mint leaves, finely chopped
Ground black pepper, as desired

DIRECTIONS

- 1 To make the tzatziki, grate the cucumber into long strips. Place a sieve over a medium bowl and add cucumber strips and a pinch of salt into the sieve. Set aside for 10 minutes.
- 2 In a small bowl, add yoghurt, garlic, lemon zest and juice, oil, mint, and pepper.
- 3 In a medium bowl, add mince, onion, garlic, herbs, spices, egg, salt and pepper. Mix together then divide mixture into 12 equal pieces. With wet hands, roll mince mixture into balls.
- 4 Insert a crisper plate in drawer. Add meatballs in an even layer to drawer. Insert drawer into unit.
- 5 Select **AIR FRY**, set temperature to 200°C and set time to 12 minutes. Select **START/STOP** to begin cooking. When 6 minutes remain, remove drawer and flip the meatballs over. Reinsert drawer to continue cooking.
- 6 When cooking is complete, remove meatballs from drawer and serve hot sprinkled with feta cheese and tzatziki on the side.



HERBED PORK FILLET, ROASTED VEGETABLES & APPLE

MAINS
MEAT



PREP: 20 MINUTES | **MARINATE:** 2-4 HOURS | **COOK:** 35 MINUTES | **MAKES:** 2-3 SERVINGS
PROGRAM: ROAST

INGREDIENTS

1 pork fillet (550-600g)
90ml olive oil, divided
1 ½ tablespoons red wine vinegar
1 tablespoon fresh parsley,
chopped
1 tablespoon honey
1 garlic clove, peeled, crushed
1 teaspoon dried fennel seeds
Sea salt and ground black pepper,
as desired
1 small aubergine, cut in 2 ½cm
pieces
2 plum tomatoes, quartered
1 small courgette, sliced in half
moons
1 medium red onion, peeled, cut in
2 ½cm pieces
1 red pepper, deseeded, diced
into 3cm pieces
1 apple, peeled, cored and cut into
chunks
2 garlic cloves, peeled, minced
10g fresh basil, torn into pieces

DIRECTIONS

- 1 Place the pork fillet into a shallow dish. In a clean jam jar, add 50ml of olive oil, vinegar, parsley, honey, crushed garlic, fennel seeds, salt and pepper. Cover and shake until emulsified. Pour marinade over pork then cover and refrigerate for 2 to 4 hours.
- 2 In a large bowl, toss aubergine, tomatoes, courgette, red onion, red pepper, apple, minced garlic, remaining oil, basil, salt, and pepper.
- 3 Insert crisper plate in drawer. Arrange vegetable mixture in an even layer on crisper plate. Place pork on top of vegetables and insert drawer into unit.
- 4 Select **ROAST**, set temperature to 190°C, and set time to 35 minutes. Select **START/STOP** to begin cooking.
- 5 When 15 minutes remain, remove drawer and using silicone-tipped tongs, flip pork and toss vegetables. Reinsert drawer in unit to continue cooking.
- 6 When cooking is complete, let pork rest for 5 minutes before slicing and serving with vegetables.



MUSTARD AND BROWN SUGAR-CRUSTED RIB EYE STEAKS



PREP: 5 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 2 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

1 tablespoon soft light brown sugar
1 ½ teaspoons English mustard powder
½ teaspoon sea salt
Pinch of ground black pepper
2 x 230g rib eye steaks, room temperature
Green salad, for serving

DIRECTIONS

- 1 In a small bowl, combine sugar, mustard powder, salt and pepper. Evenly coat the steaks on both sides by pressing the seasoning into the surface.
- 2 Insert crisper plate in drawer in the upper position, place steaks in an even layer on crisper plate and insert drawer into unit.
- 3 Select **AIR FRY**, set temperature to 200°C and set time to 12 minutes. Select **START/STOP** to begin cooking.
- 4 When 4 minutes remain, remove drawer from unit and using silicone-tipped tongs, flip steaks.
- 5 When cooking is complete, transfer the steaks to plates and allow them to rest for a few minutes. Serve the steaks with a green salad.



TIP This recipe cooks steak to a medium result. For a rarer result, cook for 2 minutes less. For a more well-done result, cook for 2 minutes longer.

LEMON & HERB PANKO CRUSTED COD

MAINS
FISH

PREP: 5 MINUTES | **COOK:** 10-12 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

4 x 125g cod loin fillets
1 teaspoon sea salt, divided, plus more as necessary
80g panko breadcrumbs
50g butter, melted
2 tablespoons fresh parsley, finely chopped
Zest and juice of 1 lemon
½ teaspoon ground black pepper

DIRECTIONS

- 1 Season each cod fillet on both sides with ½ teaspoon salt.
- 2 In a small bowl, add salt, breadcrumbs, butter, parsley, lemon zest, lemon juice and pepper and mix until the breadcrumbs are thoroughly coated. Generously pack the top of each cod fillet with the breadcrumb mixture, pressing down to adhere.
- 3 Insert crisper plate in drawer, place the fillets breaded side up on the crisper plate and insert drawer into unit.
- 4 Select **AIR FRY**, set temperature to 170°C and set time to 12 minutes. Select **START/STOP** to begin cooking.
- 5 When 2 minutes remain, check if the cod is cooked. If needed, cook for an additional 2 minutes.
- 6 When cooking is complete, internal temperature will read 65°C. Remove fillets and serve immediately.



DESSERT

TOFFEE BREAD PUDDING



PREP: 10 MINUTES | **CHILL:** 10 MINUTES | **COOK:** 20 MINUTES
MAKES: 4 SERVINGS | **PROGRAM:** ROAST

INGREDIENTS

250ml milk
4 eggs
50g caster sugar
¼ teaspoon ground cinnamon
½ teaspoon vanilla extract
¼ teaspoon sea salt
300g slightly stale bread, cut in
2 ½cm cubes
150g English toffee bits, divided
Butter, for greasing

DIRECTIONS

- 1** In a large bowl, whisk together milk, eggs, sugar, cinnamon, vanilla and salt until smooth.
- 2** Add bread and 100g toffee bits to the egg mixture and liberally coat. Cover the bowl and refrigerate for 10 minutes.
- 3** Remove the crisper plate from the drawer. Generously grease the drawer with butter.
- 4** Pour the bread mixture directly into the bottom of the drawer. Pat the mixture down evenly using a spatula. Sprinkle remaining 50g toffee bits on top. Insert drawer into unit.
- 5** Select **ROAST**, set temperature to 170°C and set time to 20 minutes. Select **START/STOP** to begin.
- 6** When cooking is complete, remove drawer and let bread pudding cool for 20 minutes before serving.



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