



NINJA

SIZZLE™

SMOKELESS

INDOOR GRILL + GRIDDLE

QUICK START GUIDE

with 10 chef-tested
recipes + cooking charts



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

Your guide to the perfect SIZZLE

Welcome to the Ninja Sizzle™ Smokeless Indoor Grill & Griddle.

From here, you're just a few pages away from how-tos
and recipes that'll give you high-heat searing and
griddling straight from your countertop.

Now let's get sizzling.

     @NinjaKitchen

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Recipe Key

We've tagged recipes with these icons to help find the right one for you.



Kid-friendly
food



Gluten-free



Dairy-free



Nut-free



Vegetarian



High-heat, edge-to-edge searing & griddling

High heat gives you the sear and grill marks you crave without overcooking. No hot spots. No cold spots. Just even cooking from edge to edge for juicy, sizzling dishes every time.



Better char-grill marks*



Hotter cooking with temps up to 500°F*



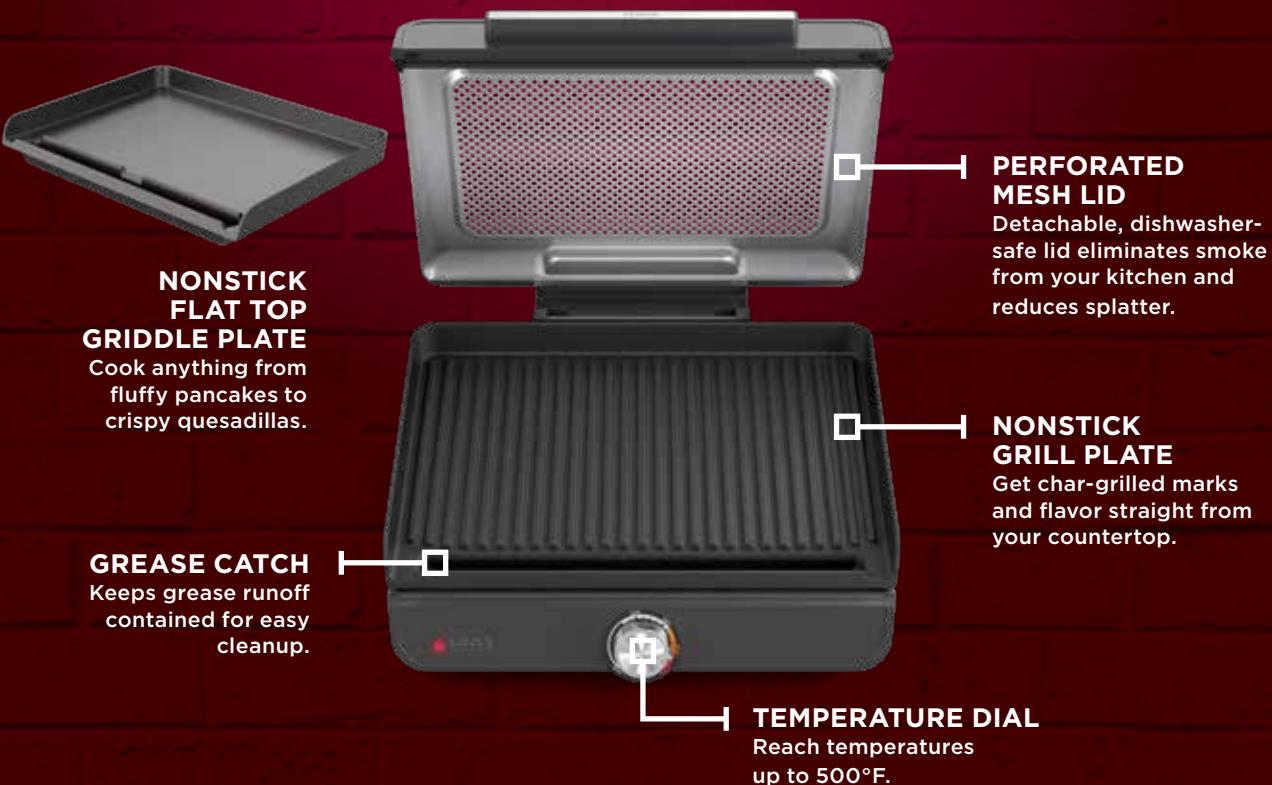
Larger cooking capacity for family-sized meals*



Even edge-to-edge heating

Get to know the Ninja SIZZLE™

PREHEATS IN
7 MINUTES



**NONSTICK
FLAT TOP
GRIDDLE PLATE**
Cook anything from
fluffy pancakes to
crispy quesadillas.

GREASE CATCH
Keeps grease runoff
contained for easy
cleanup.

**PERFORATED
MESH LID**
Detachable, dishwasher-
safe lid eliminates smoke
from your kitchen and
reduces splatter.

**NONSTICK
GRILL PLATE**
Get char-grilled marks
and flavor straight from
your countertop.

TEMPERATURE DIAL
Reach temperatures
up to 500°F.

Tips for reducing smoke & splattering

Always use the recommended grill settings

Our chef-designed temperature settings maximize grill flavors and textures while minimizing smoke. Cooking food at a higher temperature than recommended will result in more smoke and food having a burnt, acrid flavor.

For best results, preheat for 7 minutes.

325°F	375°F	400°F	500°F
When using thicker barbecue sauces Burgers	Frozen meats Marinated proteins or proteins with sauce Bacon Steak Chicken Salmon	Hot dogs Pancakes Fried eggs Grilled cheese	Veggies Fruit Fresh/frozen seafood

Always use the recommended fat/oil

Applying oil to food or the grill or griddle plate can improve nonstick performance during cooking. If using oil, we recommend using oils with high smoke points instead of olive oil.



Recommended:
Canola, Refined coconut, Avocado,
Vegetable, Grapeseed



Not recommended:
Olive oil, Butter, Margarine,
Cooking Spray

Cleaning Instructions

Once cooled, remove the grill or griddle plate from the heating element.

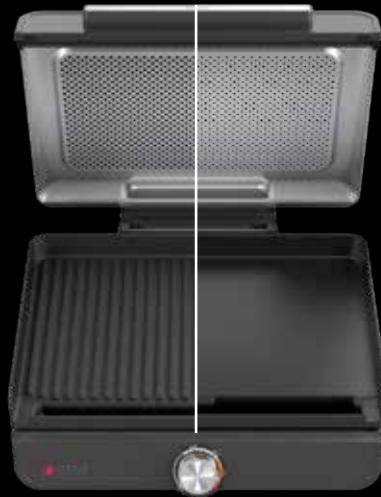
Soak the plate in hot, soapy water to help loosen any leftover food scraps. Use dish soap and a sponge to scrub off remaining residue.

Remove perforated mesh lid after it cools and place it in the dishwasher for easy cleanup.

Cook with the hood up or down

Hood up

Give a blast of concentrated heat for authentic char-grilled flavors and a perfect sear.



Hood down

Drop the lid to retain heat and melt toppings.



Grill

Best for cooking delicate foods or lean proteins to develop char-grilled textures without overcooking.



Grilled steak tips

Grilled veggies

Flat-Top Griddle

Best for food that requires flipping and consistent attention while cooking.



Stir-fry

Breakfast bar

Grill

Best for cooking thick cuts of meat or frozen protein.



NY strip steaks & asparagus

Frozen shrimp

Flat-Top Griddle

Best for for no-flip griddling and melting cheese.



Philly-style cheesesteaks

Nachos

SMASH BURGERS WITH SAUTÉED MUSHROOMS



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | PREHEAT: 7 MINUTES | COOK: 15 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS

1 pound 90/10 ground beef blend
Kosher salt, as desired
Ground black pepper, as desired
Garlic powder, as desired, optional
Onion powder, as desired, optional
1 teaspoon Montreal steak seasoning, optional
8 slices American or cheddar cheese
1 tablespoon canola oil
1/3 cup sliced baby bella mushrooms
4 hamburger buns

TOPPINGS (optional)

Tomato, sliced
Red onion, thinly sliced
Iceberg lettuce
Ketchup
Yellow mustard

TIP For a vegan-friendly burger, swap in your preferred plant-based ground meat and cook as instructed. Use vegan butter and top with vegan cheese.

DIRECTIONS

- 1 Place the griddle plate on the unit. Turn the dial to set temperature to 375°F. Set an external timer to 7 minutes and allow the griddle plate to preheat.
- 2 In a large bowl, add the ground beef, salt, pepper, garlic powder, onion powder, and Montreal steak seasoning and mix until evenly combined.
- 3 Separate ground beef into 4 equal portions. Working one portion at a time, shape the beef into flat, thin patties, 6 inches wide and 1/4-inch thick.
- 4 When unit is preheated, add the burgers to the griddle. Firmly press each burger down for 5 seconds.
- 5 Let the burgers cook undisturbed for 4 minutes, then flip and press them down for 5 seconds. Cook for an additional 4 minutes (if a more well-done burger is desired, cook for an additional 2 to 3 minutes). Place 2 slices of cheese on each burger, then close the lid and let the cheese melt for 3 minutes.
- 6 When cheese is melted, transfer burgers to a plate. Place the canola oil and mushrooms on the griddle and sauté for 4 minutes.
- 7 When mushrooms are cooked, transfer to a plate. Add buns to the griddle cut-side down and let cook for 1 minute. Once the buns are browned, remove from griddle. Place the burgers in the buns. Top with mushrooms and any desired condiments.





VEGETABLE STIR-FRIED RICE



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons canola oil to improve nonstick performance
3 large eggs, lightly beaten
1 tablespoon minced garlic
1 tablespoon minced shallot
1 cup frozen vegetable medley, thawed
1 tablespoon unsalted butter
Kosher salt, as desired
Ground black pepper, as desired
2 1/2 cups cooked rice of choice, cooled
2 tablespoons soy sauce

TOPPINGS (optional)

Sesame oil for drizzling, as desired
Sliced green onions

DIRECTIONS

- 1 Place the griddle plate on the unit. Turn the dial to set temperature to 375°F. Set an external timer to 7 minutes and allow the griddle plate to preheat.
- 2 When the griddle is preheated, add canola oil and eggs to the griddle plate and cook until desired scramble is achieved, about 4 minutes. Remove eggs from griddle and set aside.
- 3 Add the minced garlic and shallots and sauté until aromatic, about 2 minutes. Add the vegetable medley, butter, salt, and pepper and continue to cook for 3 minutes
- 4 Add the cooked rice to the vegetable medley and cook until rice is crispy, about 4 minutes. Pour the soy sauce over the mixture, mix until well combined and cook for an additional 1 to 2 minutes.
- 5 Add the reserved scrambled eggs to the fried rice, mix until combined and cook until warmed through, about 2 to 3 minutes. Serve the vegetable fried rice warm with sesame oil and green onions.

GRILLED CAPRESE CHICKEN BREASTS



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **MARINADE:** 1-2 HOURS | **PREHEAT:** 7 MINUTES

COOK: APPROX. 14 MINUTES | **MAKES:** 5-6 SERVINGS

INGREDIENTS

1½ pounds thin-sliced chicken breast cutlets
2 tablespoons parsley, minced
1 tablespoon garlic, minced
1 tablespoon canola oil
1 tablespoon lemon juice
Kosher salt, as desired
Ground black pepper, as desired
1 cup shredded mozzarella
1 tomato, thinly sliced
5 basil leaves, chopped
Balsamic glaze, as desired

DIRECTIONS

- 1** In a medium bowl, add the chicken, parsley, garlic, canola oil, lemon juice, salt, and pepper. Place in refrigerator to marinate for 1 to 2 hours.
- 2** Place the grill plate on the unit. Turn the dial to set temperature to 375°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 3** When the unit is preheated, add the chicken to the grill plate, gently pressing down to maximize grill marks. Let the chicken cook undisturbed for 5 minutes, then flip and press down for 5 seconds. Cook for an additional 5 minutes.
- 4** After the 5 minutes, place tomatoes on chicken, then sprinkle with mozzarella. Close the lid and let the cheese melt for 4 minutes.
- 5** When the cheese is melted, transfer the chicken to a platter or plate. Top with basil, then drizzle with balsamic glaze.



FRENCH TOAST

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 3 SERVINGS



INGREDIENTS

- 3 large eggs
- 1/4 cup whole milk
- 1/2 teaspoon vanilla extract
- 2 tablespoons granulated sugar
- 2 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 6 slices challah bread

DIRECTIONS

- 1 Place the griddle plate on the unit. Turn the dial to set temperature to 350°F. Set an external timer to 7 minutes and allow the griddle plate to preheat.
- 2 In a medium bowl, add the eggs, milk, vanilla extract, sugar, maple syrup, cinnamon, and nutmeg and mix until evenly combined.
- 3 When unit is preheated, soak the challah bread into the egg mixture, then transfer to the heated griddle. Cook for 10 minutes, flipping halfway through.
- 4 When the French toast is cooked, place on a plate. Serve with your favorite topping.



STRAWBERRY HAZELNUT SPREAD CREPES

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

- 1 cup all-purpose flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon kosher salt
- 1 cup whole milk
- 1 large egg
- 2 tablespoons unsalted butter, melted

TOPPINGS (optional)

- Chocolate hazelnut spread
- Sliced strawberries

DIRECTIONS

- 1 Place the griddle plate on the unit. Turn the dial to set temperature to 350°F. Set an external timer to 7 minutes and allow the griddle plate to preheat.
- 2 In a medium bowl, combine flour, sugar, and salt. Add milk and egg, whisking until smooth. Then add melted butter, whisking until combined.
- 3 When unit is preheated, spoon 2 to 3 tablespoons of batter onto the griddle. Repeat this process until there are 6 portions of batter on griddle.
- 4 Cook for 6 minutes, flipping halfway through. Crepes are done when you see bubbles form on the top.
- 5 When cooking is complete, transfer crepes to a plate. Spread chocolate hazelnut spread onto each crepe and top with strawberries. Serve while warm.





NEW YORK CHOPPED BEEF & CHEESE SANDWICH



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 tablespoon canola oil
1/2 pound ground beef
1 small yellow onion, peeled, diced
1 tablespoon all-purpose seasoning
Kosher salt, as desired
Ground black pepper, as desired
4 slices American cheese
4 hoagie rolls

TOPPINGS (optional)

Iceberg lettuce
Tomato, diced
Mayonnaise
Ketchup

DIRECTIONS

- 1 Place the griddle plate on the unit. Turn the dial to set temperature to 350°F. Set an external timer to 8 minutes and allow the griddle plate to preheat.
- 2 When the unit is preheated, add the oil to the griddle. Then add the beef and onions to the griddle. Season with all-purpose seasoning, salt, and pepper.
- 3 Let the beef and onions cook undisturbed for 5 minutes. Then use the flat end of a silicone spatula to chop the beef into small pieces. Mix in the onions and cook for 3 more minutes or until cooked through.
- 4 When the chopped beef and onions are mixed, place cheese on them. Close the lid and let the cheese melt for 2 minutes.
- 5 When the cheese is melted, remove the beef and cheese mixture from the grill and place in the hoagie rolls. Add your choice of toppings and serve warm.

TIP For a vegan-friendly burger, swap in your preferred plant-based ground meat and cook as instructed. Top with vegan cheese.

GRILLED GREEK CHICKEN BURGER



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** APPROX. 23 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

2 pounds ground chicken
1 cup crumbled feta cheese
2 cups seasoned panko bread crumbs
1 large egg
2 tablespoons Greek seasoning
Kosher salt, as desired
Ground black pepper, as desired
6 burger buns

TOPPINGS (optional)

Tzatziki, as desired
Pickled onions, as desired

DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 350°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium bowl, add the ground chicken, feta cheese, breadcrumbs, egg, Greek seasoning, salt, and pepper and mix until evenly combined.
- 3 Separate ground chicken into 6 equal portions. Working one portion at a time, shape the mixture into patties, place on plate, and set aside.
- 4 When unit is preheated, add the patties to the grill plate and gently press down to maximize grill marks. Cook for 20 minutes, flipping halfway through.
- 5 When the patties are cooked, remove from grill and place on plate or platter.
- 6 Place buns cut-side down to toast for 3 minutes or until golden brown.
- 7 When the buns are toasted, remove from grill and spread tzatziki on the bottom of the bun. Then place the burger on top and finish with the pickled onions.

TIP Serve this dish with Grilled Zucchini & Summer Squash on page 20.

DIJON MARINATED SALMON WITH ASPARAGUS



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **MARINATE:** 1-2 HOURS | **PREHEAT:** 14 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 fillets of salmon (5-7 ounces each), skin on
4 tablespoons canola oil, divided
1 tablespoon maple syrup
1 tablespoon Dijon mustard
1 tablespoon lemon juice
1 tablespoon parsley
1/2 tablespoon dill
1/2 tablespoon garlic powder
Kosher salt, as desired
Ground black pepper, as desired
1 pound asparagus

DIRECTIONS

- 1 Place salmon fillets in large resealable plastic bag with 2 tablespoons canola oil, maple syrup, mustard, lemon juice, parsley, dill, garlic powder, salt, and pepper. Work the marinade over all parts of the salmon, then place in the refrigerator to marinate for 1 to 2 hours.
- 2 Place the grill plate on the unit. Turn the dial to set temperature to 350°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 3 In a medium bowl, add the asparagus, remaining canola oil, salt, and pepper and toss until evenly coated.
- 4 When the unit is preheated, add the salmon to the grill plate skin side down and gently press down to maximize grill marks. Cook for 10 minutes, flipping halfway through.
- 5 When the salmon is cooked, remove from grill and place on plate.
- 6 Turn dial to 500°F. Set an external timer to 7 minutes and allow the grill plate to preheat. Once preheated, add the asparagus to the grill plate and cook for 10 minutes, turning every 2 minutes with silicone-tipped tongs.
- 7 When the asparagus is cooked, remove from grill and serve with salmon.

TIP Keep an eye on cook times for thinner or thicker asparagus for desired doneness.

GRILLED ZUCCHINI & SUMMER SQUASH



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

- 1 large zucchini, cut in half lengthwise, then cut in half
- 1 large summer squash, cut in half lengthwise, then cut in half
- 2 tablespoons canola oil
- 1 tablespoon parsley, minced
- 1 tablespoon garlic, minced
- 2 teaspoons red pepper flakes
- Kosher salt, as desired
- Ground black pepper, as desired

DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 375°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium bowl, add zucchini, summer squash, canola oil, parsley, garlic, red pepper flakes, salt, and pepper and toss until evenly coated.
- 3 When unit is preheated, add the zucchini and squash to the grill plate. Cook for 8 minutes, flipping halfway through.
- 4 When zucchini and squash are cooked, remove from grill and place on plate. Serve while warm.



GRILLED PINEAPPLE CAKE



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 16 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

- 1 can (20 ounces) sliced pineapple
- 1/4 cup pineapple juice (from sliced pineapple can)
- 1 tablespoon vanilla extract
- 2 tablespoons granulated sugar
- 2 teaspoons ground cinnamon
- 2 tablespoons canola oil
- 6 slices pound cake (1 1/2-inch thick)

TOPPINGS (optional)

- Whipped cream

DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 450°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium bowl, add the sliced pineapple, pineapple juice, vanilla, sugar, and cinnamon. Mix until the sugar is fully dissolved.
- 3 When the unit is preheated, drizzle canola oil over the grill plate and place the sliced cake on the grill. Cook for 6 minutes, flipping halfway through.
- 4 Once the cake is grilled, remove from grill and place on plate.
- 5 Place the pineapple on the grill and cook for 10 minutes, flipping halfway through.
- 6 Once the pineapple is cooked, remove from grill and place on top of the plated cake slices; top with whipped cream and serve.



Grill Chart

TIP Use silicone-tipped tongs or spatula to flip or turn food during cooking.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
CHICKEN					
Chicken breast, boneless	6 breasts (7-9 oz each)	Season as desired	375°F	25-30 mins	Flip 2-3 times during cooking
Chicken sausage	10 sausages	Season as desired	375°F	25-30 mins	Flip 2-3 times during cooking
Chicken tenderloins	9 tenderloins	Season as desired	375°F	8-11 min	Flip halfway through cooking
Chicken thighs, boneless	6 thighs (4-7 oz each)	Season as desired	375°F	15-20 min	Flip halfway through cooking
Chicken thighs, bone in	6 thighs (5-8 oz each)	Season as desired	375°F	20-25 min	Flip 2-3 times during cooking
Turkey burger	6 patties	Season as desired	375°F	15-20 min	Flip halfway through cooking
BEEF					
Beef burgers	6 patties, 1" thick	Season as desired	325°F	11-15 min	Flip halfway through cooking
Filet mignon	6 steaks (6-8 oz each), 1 1/4-1 1/2-inch thick	Season as desired	375°F	14-17 mins	Flip halfway through cooking
Flat iron or flank steak	1 steak (18-24 oz each), 1 1/4-1 1/2-inch thick	Season as desired	375°F	15-25 min	Flip halfway through cooking
Hot dogs	12 each	N/A	375°F	10-16 min	Turn frequently during cooking
New York strip steak	4 steaks (10-12 oz each), 1 1/4-1 1/2" thick	Season as desired	375°F	13-20 min	Flip halfway through cooking
Ribeye	3 steaks (14-16 oz each), 1 1/4" thick	Season as desired	375°F	14-22 min	Flip halfway through cooking
Skirt steak	4 steaks (10-12 oz each), 3/4-1" thick	Season as desired	375°F	12-18 min	Flip halfway through cooking
Steak tips	2 pounds	Season as desired	350°F	14-19 min	Flip halfway through cooking
PORK					
Bacon	7 strips, thick cut	N/A	375°F	9-14 min	Turn frequently during cooking
Pork chops, boneless	6 boneless chops (8 oz each)	Season as desired	375°F	18-23 min	Flip halfway through cooking
Pork chops, bone in	4 thick cut, bone in (10-12 oz each)	Season as desired	375°F	20-25 min	Flip halfway through cooking
Sausage	10 each	N/A	350°F	16-23 min	Turn frequently during cooking
SEAFOOD					
Flounder	3 fillets	Coat lightly with canola oil, season as desired	500°F	5-8 min	Flip halfway through cooking
Halibut	6 fillets (5-6 oz each)	Coat lightly with canola oil, season as desired	500°F	6-10 min	Flip halfway through cooking
Salmon	6 fillets (6 oz each)	Coat lightly with canola oil, season as desired	375°F	7-11 min	Flip halfway through cooking
Scallops	18 each	Coat lightly with canola oil, season as desired	500°F	6-9 mins	Flip halfway through cooking
Shrimp (large or jumbo)	1 1/2 lbs	Coat lightly with canola oil, season as desired	500°F	4-5 min	Flip halfway through cooking
Swordfish	2 steaks (11-12 oz each)	Coat lightly with canola oil, season as desired	500°F	6-8 min	Flip halfway through cooking
Tilapia	6 fillets (5-6 oz each)	Coat lightly with canola oil, season as desired	500°F	8-12 min	Flip halfway through cooking
Tuna	4 steaks (4-6 oz each)	Coat lightly with canola oil, season as desired	500°F	7-10 min	Flip halfway through cooking

Grill Chart, continued

VEGETABLES					
Asparagus	1 bunch, trimmed	Coat lightly with canola oil, season as desired	500°F	10-15 min	Toss frequently during cooking
Baby bok choy	1½ lbs	Coat lightly with canola oil, season as desired	500°F	9-13 min	Toss frequently during cooking
Bell peppers	3 peppers, cut in quarters	Coat lightly with canola oil, season as desired	500°F	10-15 min	Toss frequently during cooking
Broccoli	2 heads, cut in 1" pieces	Coat lightly with canola oil, season as desired	500°F	12-16 min	Toss frequently during cooking
Brussels sprouts	1 lb, trimmed and cut in half	Coat lightly with canola oil, season as desired	500°F	12-16 min	Toss frequently during cooking
Carrots	1 lb, peeled, cut in 1-2" pieces	Coat lightly with canola oil, season as desired	500°F	20-25 mins	Toss frequently during cooking
Corn on the cob	4 cobs	Coat lightly with canola oil, season as desired	500°F	25-30 min	Toss frequently during cooking
Crimini mushrooms	1 lb	Coat lightly with canola oil, season as desired	500°F	5-10 min	Toss frequently during cooking
Eggplant	2 medium, cut in 1" slices	Coat lightly with canola oil, season as desired	500°F	10-15 min	Flip halfway through cooking
Green beans	1½ lbs, trimmed	Coat lightly with canola oil, season as desired	500°F	12-16 min	Toss frequently during cooking
Onions, white or red (cut in half)	6 each, peeled, cut in half	Coat lightly with canola oil, season as desired	500°F	10-12 min	Toss frequently during cooking
Onions, white or red (sliced)	3 each, peeled, sliced	Coat lightly with canola oil, season as desired	500°F	8-10 min	Toss frequently during cooking
Portobello mushrooms	1 lb, cleaned	Coat lightly with canola oil, season as desired	500°F	9-14 min	Flipping not necessary
Squash or zucchini	1 pound, cut in quarters lengthwise	Coat lightly with canola oil, season as desired	500°F	8-14 min	Toss frequently during cooking
Tomatoes	5 each, cut in half	Coat lightly with canola oil, season as desired	500°F	8-10 min	Toss frequently during cooking
FRUIT					
Avocado	Up to 4	Cut in half, remove pit	500°F	5-7 min	Flipping not necessary
Bananas	4 each	Peel, cut in half lengthwise	500°F	8 min	Flip halfway through cooking
Lemons & limes	5 each	Cut in half lengthwise	500°F	3 min	Flip halfway through cooking
Mango	4 each	Skin and pit removed	500°F	6-8 min	Flip halfway through cooking
Melon	6-8 spears	N/A	500°F	4-6 min	Flip halfway through cooking
Pineapple	6-8 slices or spears	Cut in 2" pieces	500°F	5-8 min	Flip halfway through cooking
Stone fruit	3-4 each	Cut in half, remove pit, press down on grill plate	500°F	5-7 min	Flipping not necessary
BREAD/CHEESE					
Bread (baguette or ciabatta)	1 16" loaf	Cut in 1½ slices, brushed with canola oil	500°F	4-8 min	Flip halfway through cooking
Halloumi Cheese	16-36 oz	Cut in ½" slices	500°F	3-6 min	Flip halfway through cooking

TIP Use silicone-tipped tongs or spatula to flip or turn food during cooking.

Flat Top Griddle Chart

TIP This chart is written for hood-up cooking. If melted cheese or retained heat is desired, close the hood and cook for 2–5 minutes or until desired output is reached.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
GRIDDLE BASICS					
Bacon	12 strips	N/A	375°F	7-11 min	Flip at least once during cooking
Eggs	6 eggs	As desired (fried, scrambled, sunnyside up, etc.)	400°F	5-8 min	(Depends on preparation)
French toast	8 slices	Dipped in egg batter	375°F	2 min per side	Flip halfway through cooking
Grilled cheese	4 sandwiches	As desired	400°F	3 min per side	Flip halfway through cooking
Pancakes	4 (4") or 6 (3")	Preheat griddle for 10 minutes, then follow box instructions	400°F	3 min per side	Flip halfway through cooking
SEAFOOD					
Scallops	15-20 each	1 Tbsp oil on griddle	400°F	4-8 mins	Flip halfway through cooking
Shrimp	16-20 each	1 Tbsp oil on griddle	400°F	3-5 min	Flip halfway through cooking
Tilapia	4-5 fillets (3-4 oz each)	1 Tbsp oil on griddle	400°F	6-9 min	Flip halfway through cooking
POULTRY					
Chicken cutlets	1 lb	1 Tbsp oil on griddle	400°F	15-20 mins	Flip halfway through cooking
Chicken/turkey burgers	4 patties	N/A	400°F	13-18 min	Flip halfway through cooking
Chicken/turkey, ground	1 lb	N/A	400°F	5-10 min	Toss frequently during cooking
Turkey bacon	6 slices	N/A	400°F	4-8 min	Flip halfway through cooking
BEEF/PORK					
Beef burgers	6 patties (3-4 oz each)	N/A	325°F	10-15 min	Flip halfway through cooking
Beef, ground	1 lb	1 Tbsp oil on griddle	400°F	5-10 min	Toss frequently during cooking
Bratwursts	2 lbs (8 bratwursts)	N/A	375°F	20-25 min	Toss frequently during cooking
Ham steak	8 oz (2 steaks)	N/A	400°F	7-9 mins	Flip 2 or 3 times during cooking
New York strip steak	4 steaks (10-12 oz each), 1 1/4-1 1/2" thick	Season as desired	400°F	13-20 min	Flip halfway through cooking
Pork, ground	1 lb	1 Tbsp oil on griddle	400°F	7-10 min	Flip halfway through cooking
Sausage, precooked	12 oz (12 links)	N/A	350°F	7-9 min	Flip 2 or 3 times during cooking
Shaved steak	1 lb	1 Tbsp oil on griddle	400°F	8-10 min	Toss frequently during cooking

TIP Use silicone-tipped tongs or spatula to flip or turn food during cooking.

Flat Top Griddle Chart, continued

TIP This chart is written for hood-up cooking. If melted cheese or retained heat is desired, close the hood and cook for 2–5 minutes or until desired output is reached.

VEGETABLE					
Asparagus	1 lb, ends trimmed	1 Tbsp oil on griddle	500°F	8–12 min	Toss frequently during cooking
Bell peppers	2 each, thinly sliced	1 Tbsp oil on griddle	400°F	6–9 mins	Toss frequently during cooking
Hash brown potatoes, fresh	1 lb, diced in 1/2" cubes	2 Tbsp on griddle	400°F	20–25 min	Toss frequently during cooking
Hash brown potatoes, frozen	1 lb	2 Tbsp on griddle	500°F	12–16 min	Toss frequently during cooking
Onions, sliced	2 each, thinly sliced	1 Tbsp oil on griddle	500°F	6–9 mins	Toss frequently during cooking
Sweet potatoes, fresh	1 lb, diced in 1/2" cubes	2 Tbsp on griddle	400°F	25–23 min	Toss frequently during cooking
Zucchini or squash	1.5 lbs, sliced	1 Tbsp oil on griddle	450°F	7–12 min	Flip 2 or 3 times during cooking
FRUIT					
Apples	2 each	Cut in 1/4" slices	400°F	5–8 min	Flip at least once during cooking
Bananas	3 each	Cut in half lengthwise	400°F	5–8 min	Flip halfway through cooking
Peaches	4 each	Cut in quarters	400°F	12–16 min	Flip at least once during cooking
Pineapple	6 slices	Cut in 1-1 1/2" rings	350°F	6–8 min	Flip at least once during cooking

TIP Use silicone-tipped tongs or spatula to flip or turn food during cooking.

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