

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



NINJA®

AIR FRYER

PRO 3-IN-1



Quick start guide

TIPS & TRICKS
COOKING CHARTS
17 CHEF-CREATED RECIPES

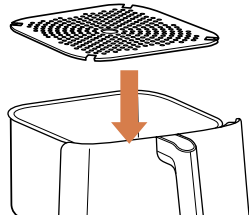


Air Fry 101



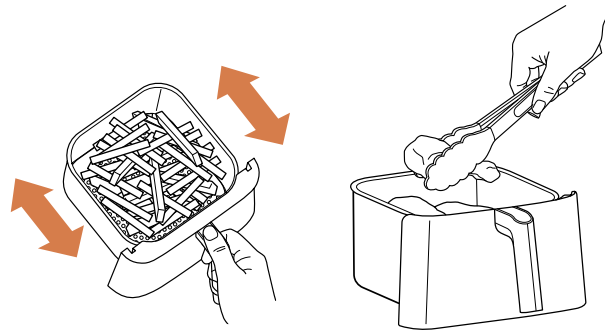
Preheat

For best cooking and crisping results, always preheat your Ninja Air Fryer Pro for 3 minutes.



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.

Using your air fryer functions

Pull crispy meals out of thin air.

Super-heated air rapidly circulates around your food for an even, crispy finish every time.

Preheat Recommendation:

Preheat for 3 minutes before adding ingredients. Select desired function and temperature, set time to 3 minutes, and press START/PAUSE.

FUNCTION	ACCESSORY REQUIRED	TEMP	TIME
Air Fry Best for fresh foods such as hand-cut fries and chicken wings	Crisper Plate	Adjust temp as needed.	Set time and press START/PAUSE to begin.
Reheat Best for reviving leftovers	Crisper Plate	Adjust temp as needed.	Set time and press START/PAUSE to begin.
Dehydrate Best for making veggies/fruit chips or jerky	Crisper Plate	Adjust temp as needed.	Set time and press START/PAUSE to begin.

Note: When setting time, the digital display shows HH:MM.

For inspiring recipes and cooking charts, visit ninjakitchen.com.

Air Fry Tips & Tricks



Shake, Shake, Shake

Check food and shake basket frequently for even browning. Remove food when it reaches your desired level of brownness.



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, use at least 1 tablespoon of oil. Add a little more to achieve that perfect level of crispiness.



Don't Overcrowd

Evenly arrange and space ingredients out to ensure consistent browning.



Slicing

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



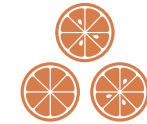
Preventing Oxidation

Fruits like apples and pears quickly oxidize when cut. To delay oxidation, soak them in water and lemon juice for 5 minutes.



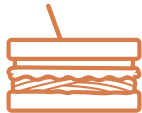
Dry Before You Dehydrate

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



Don't Overlap

Lay ingredients flat and close together to optimize space, but don't overlap or stack pieces.



Securing Your Food

Keep light foods from being blown around by the fan by securing them with toothpicks.



More Even Browning

Use an oil spritzer to evenly coat ingredients for more even browning.



Trim the Fat

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



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 get.



Storage

To maximize longevity, store dehydrated foods at room temperature in an airtight container up to 2 weeks.

Air Fry Cooking Chart

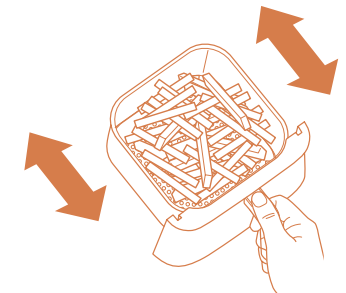
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	1 bunch	Whole, stems trimmed	2 tsp	390°F	10-15 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	15-25 mins
Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	390°F	10-15 mins
Brussels sprouts	1 lb	Cut in half, stem removed	1 Tbsp	390°F	20-25 mins
Butternut squash	1-1 1/2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	20-25 mins
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	15-20 mins
Cauliflower	1 head	Cut in 1-inch florets	2 Tbsp	390°F	10-15 mins
Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	390°F	10-15 mins
Green beans	1 bag (12 oz)	Trimmed	1 Tbsp	390°F	10-15 mins
Kale (for chips)	6 cups, packed	Torn in pieces, stems removed	None	300°F	5-10 mins
Mushrooms	8 oz	Rinsed, cut in quarters	1 Tbsp	390°F	5-10 mins
Potatoes, russet	1 1/2 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	15-20 mins
	1 lb	Hand-cut fries*, thin	1/2-3 Tbsp, canola	390°F	20-25 mins
	1 lb	Hand-cut fries*, thick	1/2-3 Tbsp, canola	390°F	20-25 mins
	4 whole (6-8 oz)	Pierced with fork 3 times	None	390°F	35-40 mins
Potatoes, sweet	1 1/2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	20-25 mins
	4 whole (6-8 oz)	Pierced with fork 3 times	None	390°F	35-40 mins
Zucchini	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-20 mins
POULTRY					
Chicken breasts	4 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	4 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	375°F	20-25 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	20-30 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	15-20 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	390°F	20-30 mins
FISH & SEAFOOD					
Crab cakes	4 cakes (6-8 oz each)	None	Brushed with oil	350°F	10-15 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	375°F	5-10 mins
Salmon fillets	4 fillets (4 oz each)	None	Brushed with oil	390°F	10-15 mins
Shrimp	16 large	Whole, peeled, tails on	1 Tbsp	390°F	5-10 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.

For best results, shake or toss often.

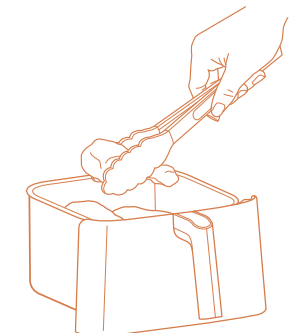
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



Shake your food

OR



Toss with silicone-tipped tongs

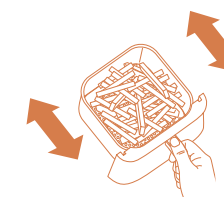
Air Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
BEEF					
Burgers	4 quarter-pound patties, 80% lean	1 inch thick	None	375°F	10-15 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10-20 mins
PORK & LAMB					
Bacon	4 strips, cut in half	None	None	350°F	10-15 mins
Pork chops	2 thick-cut, bone-in chops (10-12 ounces each)	Bone in	Brushed with oil	375°F	15-25 mins
	4 boneless chops (8 ounces each)	Boneless	Brushed with oil	375°F	10-15 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brushed with oil	375°F	25-35 mins
Sausages	6 sausages	Whole	None	390°F	10-15 mins
FROZEN FOODS					
Chicken cutlets	5 cutlets	None	None	390°F	15-20 mins
Chicken nuggets	2 box (12 oz)	None	None	390°F	10-15 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	10-15 mins
Fish sticks	18 fish sticks (11 ounces)	None	None	390°F	10-15 mins
French fries	1 lb	None	None	350°F	20-25 mins
French fries	2 lbs	None	None	360°F	25-30 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	10-15 mins
Pot stickers	1 bag (24 oz, 20 count)	None	None	390°F	10-15 mins
Pizza rolls	1 bag (20 oz, 40 count)	None	None	390°F	10-15 mins
Popcorn shrimp	1 box (14-16 ounces)	None	None	390°F	10-15 mins
Frozen sweet potato fries	1 lb (20 oz)	None	None	375°F	20-22 mins
Tater tots	1 lb	None	None	360°F	15-20 mins

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

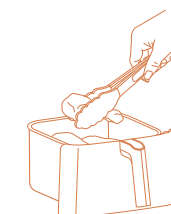
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



Shake your food

OR



**Toss with
silicone-tipped tongs**

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Core removed, 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 (refer to Beef Jerky recipe, page 19)	150°F	5-7 hours
Chicken jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe, page 19)	150°F	5-7 hours
Turkey jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe, page 19)	150°F	5-7 hours
Salmon jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe, page 19)	150°F	3-5 hours

Frozen French Fries

COOK: 20-25 MINUTES | **MAKES:** 5-6 SERVINGS

INGREDIENTS

1 pound frozen French fries

DIRECTIONS

- 1 Insert crisper plate in basket and insert basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 350°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 2 After 3 minutes, add fries to basket; reinsert basket. Select AIR FRY, set temperature to 350°F, and set time to 23 minutes. Select START/PAUSE to begin.
- 3 After 10 minutes, remove basket from unit and shake fries or toss them with silicone-tipped tongs. Reinsert basket to resume cooking for 10 more minutes. Check for desired crispiness, cooking for an additional 3 minutes if needed. When cooking is complete, serve with your favorite dipping sauce.

TIP: For crispier fries, shake or toss with silicone-tipped tongs 2 separate times during cooking.

Hand-Cut Fries

PREP: 10 MINUTES | **COOK:** 20-24 MINUTES | **MAKES:** 5-6 SERVINGS

INGREDIENTS

1 pound russet or Idaho potatoes, cut in thin 2-inch strips
1/2-3 tablespoons canola 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 Place all ingredients into a large mixing bowl; toss to combine. Use at least 1/2 tablespoon oil. For crispier results, use up to 3 tablespoons oil.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 390°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, place fries on the crisper plate; reinsert basket. Select AIR FRY, set temperature to 390°F, and set time to 30 minutes. Select START/PAUSE to begin.
- 5 After 10 minutes, simply remove the basket from the unit and shake fries or toss them with silicone-tipped tongs. Reinsert the basket to resume cooking.
- 6 Check fries after 20 minutes. For crispier fries, continue cooking for up to 25 minutes.
- 7 When cooking is complete, serve immediately with your favorite dipping sauce.



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

Jalapeño Poppers

PREP: 15 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

1/2 block (4 ounces) cream cheese, softened
 1/2 bag (4 ounces) shredded cheddar cheese
 1 tablespoon kosher salt
 8 jalapeño peppers, cut in half lengthwise, stems left on, seeds and membranes removed
 8 strips uncooked bacon

DIRECTIONS

- 1 In a small mixing bowl, mix together the cream cheese, cheddar, and salt.
- 2 Using a small teaspoon or coffee spoon, fill each jalapeño half with the cheese mixture, making sure not to overfill.
- 3 Place 2 pepper halves together, then wrap each pepper with 1 piece of bacon. Repeat with remaining peppers.
- 4 Insert crisper plate in basket and basket in unit. Then preheat the unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 5 After 3 minutes, place peppers on crisper plate; reinsert basket. Select AIR FRY, set temperature to 360°F, and set time to 15 minutes. Select START/PAUSE to begin.
- 6 After 7 minutes, remove basket from unit and rotate peppers to ensure the bacon crisps on all sides. Reinsert basket to resume cooking.
- 7 Cooking is complete when bacon is crisp and peppers are beginning to shrivel. Remove peppers and allow to cool for 10 minutes, then serve warm.

Brussels Sprouts & Bacon

PREP: 10 MINUTES | **COOK:** 18-20 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 pound Brussels sprouts, cut in half
 5 strips uncooked bacon, cut in 1/8-inch pieces
 2 teaspoons garlic powder
 2 teaspoons black pepper
 4 teaspoons kosher salt
 1 tablespoon olive oil

DIRECTIONS

- 1 Place all ingredients into a large mixing bowl; toss to combine.
- 2 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 390°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 3 After 3 minutes, place Brussels sprouts mixture on the crisper plate; reinsert basket. Select AIR FRY, set temperature to 390°F, and set time to 20 minutes. Select START/PAUSE to begin.
- 4 Halfway through cooking, remove basket from unit and toss Brussels sprouts. Reinsert basket and to resume cooking.
- 5 Begin checking Brussels sprouts for crispiness after 18 minutes and continue cooking for up to an additional 2 minutes if desired. When cooking is complete, serve immediately.



Crispy Potatoes with Spicy Mayo

PREP: 15 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 pound baby potatoes, cut in quarters
 2 tablespoons extra virgin olive oil
 3 teaspoons hot paprika, divided
 1 tablespoon plus 1 teaspoon smoked paprika, divided
 1 tablespoon plus 1 teaspoon garlic powder, divided
 4 teaspoons kosher salt, divided
 1/2 cup mayonnaise
 2 tablespoons sundried tomato paste
 2 tablespoons sherry or white wine vinegar
 1/2 cup fresh parsley, finely chopped, for garnish

DIRECTIONS

- 1 In a large mixing bowl, toss the potatoes in olive oil, 2 teaspoons hot paprika, 1 tablespoon smoked paprika, 1 tablespoon garlic powder, and 2 teaspoons salt.
- 2 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 3 After 3 minutes, place seasoned potatoes on crisper plate; reinsert basket. Select AIR FRY, set temperature to 360°F, and set time to 25 minutes. Select START/PAUSE to begin.
- 4 Halfway through cooking, remove basket from unit and toss potatoes. Reinsert basket to resume cooking.
- 5 While potatoes are cooking, mix together mayonnaise, tomato paste, vinegar, and remaining seasonings in a small bowl.
- 6 When cooking is complete, garnish potatoes with parsley and serve with spicy mayo.

Fried Pickles

PREP: 10 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

20 dill pickle slices
 1/4 cup all-purpose flour
 1/8 teaspoon baking powder
 3 tablespoons beer or seltzer water
 1/8 teaspoon kosher salt
 2 tablespoons water, plus more if needed
 2 tablespoons cornstarch
 1 1/2 cups panko bread crumbs
 1 teaspoon paprika
 1 teaspoon garlic powder
 1/4 teaspoon cayenne pepper
 1/4 cup canola oil, divided

DIRECTIONS

- 1 Pat the pickle slices dry and place them on a dry plate in the freezer.
- 2 In a mixing bowl, stir together flour, baking powder, beer or seltzer water, salt, and 2 tablespoons water. Batter should be the consistency of cake batter. If batter is too thick, add more water, 1 teaspoon at a time.
- 3 Place cornstarch in a shallow bowl. Combine bread crumbs, paprika, garlic powder, and cayenne pepper in a separate shallow bowl.
- 4 Remove pickles from freezer. Dredge each one in cornstarch. Tap off excess, then coat in batter. Then coat evenly with bread crumbs.
- 5 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 6 After 3 minutes, place breaded pickles on crisper plate. Spray or gently brush generously with canola oil. Insert basket in unit.
- 7 Select AIR FRY, set temperature to 360°F, and set time to 10 minutes. Select START/PAUSE to begin.
- 8 Halfway through cooking, remove basket from unit and flip pickles and spray or gently brush the other side. Reinsert basket to resume cooking.
- 9 When cooking is complete, serve immediately with your favorite dipping sauce.



Zucchini Sticks with Marinara Sauce

PREP: 25 MINUTES | **FREEZE:** 30–45 MINUTES
COOK: 20 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

2 large zucchini, cut in sticks
 1/4 inch thick and 3 inches long
 2 teaspoons kosher salt
 1 1/2 cups all-purpose flour
 2 eggs, beaten
 2 cups seasoned bread crumbs
 1/4 cup grated Parmesan cheese
 1 tablespoon garlic powder
 2 teaspoons onion powder
 1/2 cup marinara sauce,
 for serving

DIRECTIONS

- 1 Place zucchini sticks on a plate and sprinkle with salt. Allow to sit at room temperature for 15 minutes to remove excess water. Pat dry.
- 2 Place flour in a shallow bowl. Place eggs in another shallow bowl. Combine bread crumbs, Parmesan cheese, garlic powder, and onion powder into a third bowl or plate, stirring to combine.
- 3 Working in small batches, toss zucchini sticks in flour. Tap off excess, then coat in egg. Then toss with bread crumbs, coating evenly. Set breaded zucchini sticks on a dry plate.
- 4 Cover plate with plastic wrap and freeze for 30 to 45 minutes, or until the breading has hardened.
- 5 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 6 After 3 minutes, place zucchini sticks on crisper plate. Select AIR FRY, set temperature to 360°F, and set time to 20 minutes. Select START/PAUSE to begin.
- 7 Halfway through cooking, remove basket from unit and toss zucchini sticks. Reinsert basket to resume cooking.
- 8 Cooking is complete when the sticks are evenly browned on all sides. Add more time if necessary. Serve immediately with marinara sauce.



Beef Jerky

PREP: 15 MINUTES | **MARINATE:** 8 HOURS | **COOK:** 5–8 HOURS
MAKES: 3 CUPS (6 OUNCES) DRIED JERKY

INGREDIENTS

1/4 cup soy sauce
 2 tablespoons
 Worcestershire sauce
 2 tablespoons dark brown sugar
 1 teaspoon ground black pepper
 1 teaspoon garlic powder
 1 teaspoon onion powder
 1 teaspoon paprika
 2 teaspoons kosher salt
 1 pound uncooked beef eye
 of round, cut in 1/4-inch slices

DIRECTIONS

- 1 Whisk together all ingredients, except beef. Place mixture into large resealable plastic bag.
- 2 Add beef to bag and rub to coat. Marinate in refrigerator for 8 hours or overnight.
- 3 Strain meat; discard excess marinade.
- 4 Remove the crisper plate from the basket. Lay half the sliced meat flat on the bottom of the basket in one layer. Place the crisper plate on top of the meat. Place remaining meat on the crisper plate.
- 5 Insert basket in unit. Select DEHYDRATE, set temperature to 150°F, and set time to 7 hours. Select START/PAUSE to begin. Check after 5 hours, then cook until desired texture is reached.
- 6 When cooking is complete, remove jerky and store in an airtight container.



Spice-Rubbed Chicken Breasts with Chimichurri

PREP: 15 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

2 teaspoons kosher salt
1 tablespoon ground paprika
1 tablespoon chili powder
1 tablespoon ground fennel
1 teaspoon fresh cracked black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
2 uncooked bone-in, skin-on chicken breasts (¾–1¼ pounds each)
1 tablespoon canola oil

CHIMICHURRI

¼ cup olive oil
½ bunch fresh cilantro
½ bunch fresh parsley
1 shallot, peeled, cut in quarters
4 cloves garlic, peeled
Zest and juice of 1 lemon
1 teaspoon kosher salt

DIRECTIONS

- 1 In a small mixing bowl, stir together all dried spices.
- 2 Pat the chicken breasts dry. Coat with canola oil, then season them liberally on all sides with spice mixture.
- 3 Insert crisper plate in basket and basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 300°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, add chicken to the basket. Select AIR FRY, set temperature to 300°F, and set time to 35 minutes. Select START/PAUSE to begin.
- 5 While chicken is cooking, combine the chimichurri ingredients in a food processor and process until finely minced, being careful not to over-process.
- 6 Cooking is complete when internal temperature reaches 165°F. Add more time if necessary. Remove basket and let chicken cool for 5 minutes, then serve with a generous amount of chimichurri.



Lemon & Herb Panko Crusted Cod

PREP: 5 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

2 uncooked cod fillets (6 ounces each)
3 teaspoons kosher salt, divided
¾ cup panko bread crumbs
2 tablespoons butter, melted
¼ cup fresh parsley, minced
Zest and juice of 1 lemon

DIRECTIONS

- 1 Insert crisper plate in basket and basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 2 While unit is preheating, season each cod fillet on all sides with 1 teaspoon salt.
- 3 In a mixing bowl, stir together bread crumbs, butter, parsley, lemon zest and juice, and remaining 1 teaspoon salt. Mix thoroughly so the bread crumbs are coated with lemon and butter.
- 4 Generously pack the top of each cod fillet with seasoned breading.
- 5 After 3 minutes, place the fillets, breaded side up, in the basket. Insert basket in unit.
- 6 Select AIR FRY, set temperature to 360°F, and set time to 15 minutes. Select START/PAUSE to begin.
- 7 Cook for 12 to 15 minutes. Cooking is complete when the top is evenly browned and internal temperature reaches 145°F. Remove fillets and serve immediately.

Pork Loin with Vegetables

PREP: 15 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

1 medium zucchini, cut in 1-inch pieces
 1 medium yellow squash, cut in 1-inch pieces
 1 red onion, peeled, cut in eighths
 3 teaspoons kosher salt, divided
 3 teaspoons ground black pepper, divided
 2 teaspoons fresh oregano, chopped
 1 tablespoon olive oil
 1 uncooked pork loin roast (24 ounces)

DIRECTIONS

- 1 In a large mixing bowl, toss zucchini, squash, and onion (making sure to separate the onion layers) with 1 teaspoon salt, 1 teaspoon pepper, oregano, and olive oil. Season the pork loin on all sides with the remaining salt and pepper.
- 2 Insert crisper plate in basket and basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 325°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 3 After 3 minutes, place vegetables on the crisper plate. Lay the pork, fat-side down, on top of the vegetables.
- 4 Select AIR FRY, set temperature to 325°F, and set time to 40 minutes. Select START/PAUSE to begin.
- 5 After 20 minutes, remove basket from unit and flip pork loin. Stir vegetables. Reinsert basket to resume cooking.
- 6 Cooking is complete when internal temperature reaches 145°F. Remove basket and let the pork cool for 5 to 10 minutes before serving.

French Bread Pizza

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

INGREDIENTS

1 (12-inch) baguette, cut in half lengthwise, then cut in half across to make 4 pizza crusts
 ½ cup pizza or marinara sauce
 1 cup shredded mozzarella cheese, divided

TOPPINGS

12 pieces sliced pepperoni or sausage
 ½ green bell pepper, thinly sliced
 2 button mushrooms, thinly sliced
 Black olives

GARNISHES

Grated Parmesan cheese
 Dried oregano
 Crushed red pepper

DIRECTIONS

- 1 Coat each piece of bread with 2 tablespoons pizza sauce, allowing bread to absorb sauce.
- 2 Cover each piece of bread with 2 tablespoons cheese. Add desired toppings, then cover with the remaining cheese.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 400°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, place 2 pizzas on crisper plate; insert basket in unit. Select AIR FRY, set temperature to 400°F, and set time to 4 minutes. Select START/PAUSE to begin.
- 5 Check pizza frequently to avoid burning the cheese. Remove when melted and browned. Repeat step 4 with remaining pizzas.
- 6 Serve pizzas warm with desired garnishes.

Loaded Baked Potatoes

PREP: 15 MINUTES | **COOK:** 38 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

2 russet potatoes
 1/2 cup shredded cheddar cheese
 1/2 can (7.5 ounces) chili without beans
 2 teaspoons kosher salt

FOR SERVING

2 tablespoons cooked bacon bits
 2 tablespoons sour cream
 Fresh scallions, thinly sliced

DIRECTIONS

- 1 Pierce each potato 4 times with a fork.
- 2 Insert crisper plate in basket and place potatoes on crisper plate; insert basket in unit. Select AIR FRY, set temperature to 390°F, and set time to 35 minutes. Select START/PAUSE to begin.
- 3 After 35 minutes, remove potatoes from crisper plate. Slice them in half and spoon chili and cheese into each one. Return potatoes to crisper plate.
- 4 Select AIR FRY, set temperature to 390°F, and set time to 3 minutes. Select START/PAUSE to begin.
- 5 When cooking is complete, remove potatoes from crisper plate and top each with bacon bits, sour cream, and sliced scallions.



Beef & Broccoli

PREP: 10 MINUTES | **MARINATE:** 30 MINUTES
COOK: 15 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1 jar (12 ounces) teriyaki sauce, divided
 1 tablespoon garlic powder
 1/4 cup soy sauce
 1 teaspoon crushed red pepper (optional)
 1 pound uncooked sirloin steak, thinly sliced
 1 head broccoli, cut in 1-inch florets
 1 tablespoon canola oil
 1 teaspoon kosher salt
 1 teaspoon pepper
 Cooked rice, for serving

DIRECTIONS

- 1 In a large resealable plastic bag, mix together 3/4 cup teriyaki sauce, garlic powder, soy sauce, crushed red pepper, and beef. Let marinate in the refrigerator for at least 30 minutes, or up to 24 hours.
- 2 In a large mixing bowl, toss the broccoli with canola oil, salt, and pepper.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 375°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, place broccoli on the crisper plate; reinsert basket. Select AIR FRY, set temperature to 375°F, and set time to 15 minutes. Select START/PAUSE to begin.
- 5 After 5 minutes, remove basket from unit and move broccoli to one side of the crisper plate. Place beef on the other side. Reinsert basket to resume cooking.
- 6 Cook beef and broccoli for remaining 10 minutes, stirring once halfway through.
- 7 Cooking is complete when the beef is browned and cooked through. Add more time if needed. serve immediately with remaining teriyaki sauce and rice.



Homemade Fish Sticks

PREP: 15 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

4 frozen tilapia fillets
(4 ounces each)
1 cup all-purpose flour
2 large eggs, beaten
1 1/2 cups seasoned bread
crumbs
1 tablespoon kosher salt

FOR SERVING

1 lemon, cut in wedges
Tartar sauce
Ketchup

DIRECTIONS

- 1 Remove tilapia from freezer. Allow to sit at room temperature for 10 minutes, then cut each fillet into 4 equal sized pieces.
- 2 Place flour in a shallow bowl. Add eggs to another bowl. Combine bread crumbs and salt in a third bowl.
- 3 Working in small batches, dredge tilapia in flour. Tap off excess, then coat in egg. Then coat evenly with bread crumbs.
- 4 Insert crisper plate in basket. Preheat unit by selecting AIR FRY, setting the temperature to 390°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 5 After 3 minutes, place 8 fish sticks on crisper plate; insert basket in unit.
- 6 Select AIR FRY, set temperature to 390°F, and set time to 12 minutes. Select START/PAUSE to begin.
- 7 Halfway through cooking, remove basket from unit and flip fish sticks. Reinsert basket to resume cooking.
- 8 Cooking is complete when fish sticks are browned on all sides and cooked to 145°F. Remove fish sticks from crisping plate. Squeeze lemon wedges over them and serve immediately with tartar sauce or ketchup.
- 9 Repeat steps 4 through 8 with remaining fish sticks. They can also be placed in a resealable plastic bag and frozen for cooking later.

Homemade Fish Sticks

PREP: 15 MINUTES | **COOK:** 1 HOUR | **MAKES:** 6-8 SERVINGS

INGREDIENTS

1/2 cup all-purpose flour
1/4 cup unsweetened
cocoa powder
3/4 teaspoon kosher salt
2 large eggs
1 tablespoon water
1/2 cup granulated sugar
1/2 cup packed dark brown sugar
1 tablespoon vanilla extract
1/2 bag (6 ounces) semisweet
chocolate chips, melted
1 1/2 sticks (3/4 cup) unsalted
butter, cut in pieces, melted

DIRECTIONS

- 1 In a medium bowl, whisk together flour, cocoa powder, and salt.
- 2 In a separate large bowl, whisk together eggs, water, sugars, and vanilla until smooth.
- 3 In a separate bowl, stir together melted chocolate and butter until evenly combined, then whisk into the egg mixture. Slowly add dry ingredients to the mixture, stirring just until incorporated.
- 4 Spray a 7-inch round baking pan with cooking spray and add batter to the pan.
- 5 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 300°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 6 After 3 minutes, place baking pan on crisper plate; reinsert basket. Select AIR FRY, set temperature to 300°F, and set time to 1 hour. Select START/PAUSE to begin.
- 7 Begin checking brownies after 45 minutes. Cooking is complete when a wooden toothpick inserted in center comes out clean. Allow brownies to cool to room temperature before removing them from the pan.



Notes

Notes

NINJA[®]

AIR FRYER

PRO 3-IN-1

For questions or to register your product,
visit us online at ninjakitchen.com

NINJA is a registered trademark of SharkNinja Operating LLC.
©2023 SharkNinja Operating LLC.

AF140_IG_QSG_17Recipe_MP_Mv4