

# 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
<b>FROZEN FOOD</b>					
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
<b>MEAT, POULTRY, FISH</b>					
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
<b>VEGETABLES</b>					
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.

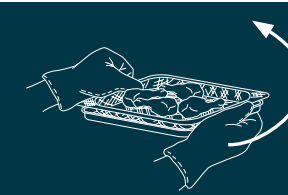
Use these cook times as a guide, adjusting to your preference.

**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.

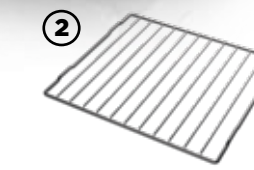


# Let's get crisping

## 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



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

- Time and Temperature display**
- Light button:** Turn oven light on or off.
- SLICE and SHADE display:** Illuminates here when TOAST or BAGEL function is selected.
- PRE** will display on clock when oven is preheating.
- HOT** will display on clock when oven is hot.
- 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](http://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.



### KEY

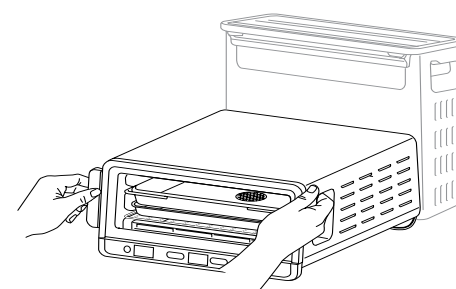


## STEAM

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.

# 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

- In a large bowl, toss chicken, peppers, and carrots with stir fry sauce until evenly coated.
- Arrange chicken, peppers, and carrots on the Ninja® Sheet Pan in a single layer.
- Select AIR ROAST, set temperature to 400°F, and set time to 20 minutes. Press START/STOP to begin preheating.
- When unit has preheated, place pan in oven.
- 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.
- 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

- In a bowl, stir together all ingredients, except chicken wings.
- 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.
- Select AIR FRY, set temperature to 400°F, and set time to 25 minutes. Press START/STOP to begin preheating.
- Place the air fry basket on the sheet pan. Then arrange wings in basket, making sure they are not crowding each other.
- 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.
- 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.
- When cooking is complete, toss wings in reserved sauce and serve immediately.

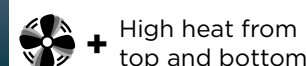


FUNCTION

## AIR FRY



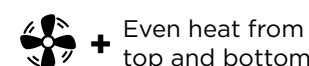
See Air Fry Cooking Chart on back for temperature and time recommendations.



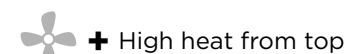
## AIR ROAST



See Build a Sheet Pan Meal section on back for temperature and time recommendations.



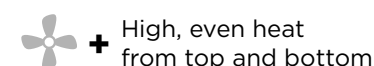
## BROIL



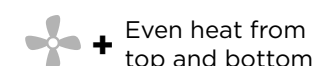
## BAKE



If using a baking mix, follow the mix's instructions.



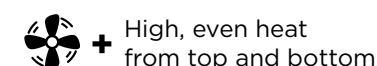
## TOAST OR BAGEL



## PIZZA



Cooks 1-2 minutes faster. Adjust time as needed.



## DEHYDRATE



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

**Top-down heat for a crispy finish.**  
Steaks  
Fish  
Nachos  
Casserole finishing

**Overall even cooking with light browning.**  
Cakes  
Cookies

**Quick and even browning on both sides.**  
Bread  
English muffins  
Frozen waffles

**Even heating for fresh and frozen pizzas.**

**Removes moisture to make jerky and dried fruit.**

ACCESSORIES



Air fry basket with or without sheet pan\*



Sheet pan on wire rack



Sheet pan on wire rack



Sheet pan on wire rack



Wire rack



Wire rack

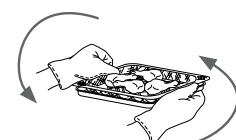


Air fry basket with sheet pan\*

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 sheet pan meals, cut ingredients to the same size.



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



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.