

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



NINJA® Double Stack XL SMART

2-BASKET AIR FRYER



Quick start guide

TIPS & TRICKS | COOKING CHARTS | 10 CHEF-CREATED RECIPES



Your guide to the perfect crisp

Welcome to the Ninja® Smart XL 2-Basket Air Fryer.

From here, you're just pages away from how-tos and recipes for cooking 4 foods at the same time. Get ready for crispy meals and snacks, all from one space-saving air fryer.

Now let's get cooking.

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Recipe Key

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



6 customizable cooking functions

AIR FRY



Best for fresh foods like chicken wings and your favorite frozen snacks.

AIR BROIL



Best for melting cheese and crisping toppings.
See page 25 for an Air Broil recipe.

BAKE



Best for making brownies, cookies, and other baked desserts.
See page 28 for a Bake recipe.

ROAST



Best for roasting vegetables and meats.

REHEAT



Best for leftovers.

DEHYDRATE



Best for making vegetable and fruit chips and jerky.

Using a single basket

Cooking only one thing? Fill a single basket and use it like a traditional air fryer.

Step 1

Select zone

- Place food in basket.
- Select Zone 1 or 2.
- Use the arrows to select a cook function (e.g., AIR FRY).

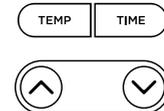


NOTE: If you would like to cook in Zone 2 only, first select Zone 2, then select a function.

Step 2

Set temp & time

- Select the TEMP button and use the arrows to set the temperature.
- Select the TIME button and use the arrows to set the cook time.



Step 3

Begin cooking

- Press the START/PAUSE button to begin cooking.



NOTE: When cooking a single layer of food, use **ONLY** the crisper tray in the lower or upper position. **DO NOT** use a Stacked Meal Rack.

For best results

When cooking a protein, make sure to place the crisper plate in the upper position.

Extra Crispy Top Layer
for proteins and fast cooking

Crispy Bottom Layer
for veggies and starches



Make more of your air-fried favorites without the guesswork. Now with the Ninja® Smart Thermometer and the Smart Cook system, you can get the perfect doneness, from rare to well, at the touch of a button. Pair it with the Smart Finish setting to cook two foods, two ways and finish at the same time. Or easily carry over settings with Match Cook to double your cooking capacity.

Ninja® Smart Thermometer

Continuously monitors temp so you don't have to



Perfect doneness

From rare to well at the touch of a button



Perfectly done with the Ninja® Smart Thermometer



The leave-in Ninja® Smart Thermometer continuously monitors the internal temperature of food in two places for more accurate cooking results.

How to place the thermometer

Before getting started, use below guide to ensure the Ninja® Smart Thermometer is inserted correctly. Be sure to insert thermometer into the thickest part of your protein.

FOOD TYPE	PLACEMENT	CORRECT	INCORRECT
Steaks Pork chops Chicken breasts Burgers Tenderloins Fish fillets	<ul style="list-style-type: none"> Insert thermometer horizontally into the center of the thickest part of the meat. Make sure the tip of the thermometer is inserted straight into the center of the meat, not angled toward the bottom or top of it. Make sure the thermometer is close to (but not touching) the bone and away from any fat or gristle. <p>NOTE: <i>The thickest part of the fillet may not be the center. It is important that the end of the thermometer hits the thickest part so desired results are achieved.</i></p>		
Whole chicken	<ul style="list-style-type: none"> Insert thermometer horizontally into the thickest part of the breast, parallel to, but not touching, the bone. Make sure the top reaches the center of the thickest part of the breast and doesn't go all the way through the breast into the cavity. 		

DO NOT use the thermometer with frozen protein or for cuts of meat thinner than 1 inch.

Ninja® Beef Doneness Guide

Everyone's idea of doneness differs. This guide shows you what you can expect from each of our preset beef doneness settings.



NOTE: Beef Doneness Guide is based on New York Strip Steak. Using different cuts of steak and different sizes can alter the outcome.

FOOD TYPE:	SET DONENESS TO:
Fish	Medium (130°F)
	Medium Well (140°F)
	Well Done (150°F)
Chicken/Turkey	Well Done (165°F)
Pork	Medium (130°F)
	Medium Well (150°F)
	Well Done (160°F)
Beef	Rare (115°F)
	Medium Rare (125°F)
	Medium (130°F)
	Medium Well (145°F)
	Well Done (150°F)

Single-basket cooking with the Ninja® Smart Thermometer

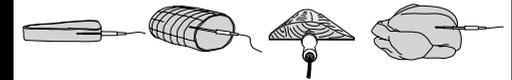
The Integrated Ninja® Thermometer continues to monitor doneness throughout the cooking process, unlike a traditional instant-read thermometer.

STEP 1 Setup

- Remove the thermometer storage compartment located behind the control panel.
- Remove Zone 2 basket (before plugging in the thermometer).

STEP 2 Insert Thermometer

- Insert thermometer in protein using the guide on page 9 to ensure the thermometer is placed correctly.
- Place protein in basket and insert into unit.



STEP 3 Function Selection

- Plug thermometer into jack (located just above the Zone 2).
- Select Zone 1 and then desired cooking function (e.g. Air Fry)

NOTE: Cooking temperature will automatically default based on function selection. Temperature can be adjusted based on preference or recipe instructions.

STEP 4 Thermometer Selection

- SMALL PRESET** • Use the PROBE button to select either Small or Large preset, depending on size of protein. Press the Protein button and use the arrow buttons to select your protein. Press the Doneness button and use the arrow buttons to set the internal doneness.
- LARGE PRESET**
- PROBE** • If using the Manual button, use recommended internal cook temperatures on page 6.



STEP 5 Start Cooking

- There is no preheat needed.
- Once you have made your selections, press the start/pause button to begin cooking.
- The screen will display the current thermometer temperature as well as the target temperature.

STEP 6 Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

Smart Finish with the Ninja® Smart Thermometer

Using the thermometer to make complete meals? Want to cook mains and sides using 2 different functions, temperatures, or cook times? Program each zone and pair the Ninja® Smart Thermometer with Smart Finish Technology to eliminate the guesswork and have both zones finish at the same time.

Match Cook with the Ninja® Smart Thermometer

Cooking the same food in each zone? Set Zone 1 with thermometer and use Match Cook to automatically match settings to Zone 2.

STEP 1

Set up Zone 2 with Thermometer

- Remove the thermometer storage compartment located behind the control panel.
- Remove zone 2 basket (before plugging in the thermometer).
- Insert thermometer in protein using the guide on page 5 to ensure the thermometer is placed correctly.
- Place protein in basket and insert into unit.



STEP 2

Program Zone 2

- Plug thermometer into the jack (located just above Zone 2).
- Select Zone 2 and the desired cook function (e.g., Air Fry).
- Use the PROBE button to select either the Small or Large preset, depending on the size of the protein. Reference the preset cooking chart on the following page for guidance.
- Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.



NOTE: You can't use the manual probe setting when selecting Smart Finish.

STEP 3

Program Zone 1

- Select Zone 1.
- Select function (e.g., Air Fry).
- Set cook temperature and time.



STEP 4

Start Cooking

- Select SMART FINISH.
- Press the START/PAUSE button to begin cooking.

NOTE: During the initial setup, the zone with the shorter cook time will display HOLD. When cooking begins, the display will always show the probe and target temperature in Zone 2 and progress bars in Zone 1 during cook cycle.



STEP 5

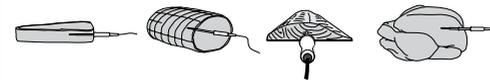
Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

STEP 1

Set up Zone 2 with Thermometer

- Remove the thermometer storage compartment located behind the control panel.
- Remove Zone 2 basket (before plugging in the thermometer).
- Insert the thermometer in the protein according to the guide on page 5.
- Place protein in basket and insert into unit.
- Plug thermometer into jack (located just above Zone 2).



STEP 2

Program Zone 2

- Select Zone 2 and the desired cook function (e.g., Air Fry).
- Use the PROBE button to select Small Preset or Large Preset, depending on the size of the protein. Reference the preset cooking chart below for guidance.
- If using the Manual button, use the recommended internal cook temperatures included on page 6.
- Press the Protein button and use the arrow buttons to select your protein. Press the Doneness button and use the arrow buttons to set the internal doneness.
- Select MATCH COOK, then press the START/PAUSE button to begin cooking.



STEP 3

Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

Preset Cooking Chart

PROTEIN	PRESET	WEIGHT (per basket)	EXAMPLES
Pork	Small	4 each (4-6 ounces each)	Italian Sausages,
		2 each (10-12 ounces each)	Bone-In Pork Chops
	Large	1 each (2 pounds)	Pork Tenderloin
		1 each (4-5 pounds)	Pork Loin/Roast
Chicken	Small	3-4 each, depending on size (8-12 ounces each)	Boneless Chicken Breast
	Large	3-4 each, depending on size (6-10 ounces)	Bone-In Chicken Thighs
Beef	Small	1 each (5 pounds)	Whole Chicken
	Large	2-4 each, depending on size (6-12 ounces each)	Steak
Fish	Small	1 each (3-4 pounds)	Top Round
	Large	3-4 each, depending on size (4 ounces each)	Salmon Fillets
		1 each (12-16 ounces each)	Side of Salmon

Smart Finish[®]

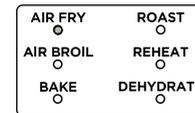
Cook 2 foods, 2 different ways
and have them finish
at the same time.



Step 1

Select function

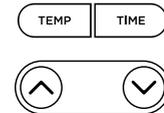
- Place food in basket.
- Select Zone 1.
- Use the arrows to select a cook function (e.g., AIR FRY).



Step 2

Set temp & time

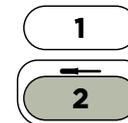
- Select the TEMP button and use the arrows to set the temperature.
- Select the TIME button and use the arrows to set the cook time.



Step 3

Program Zone 2

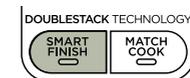
- Select Zone 2.
- Place food in basket.
- Use the arrows to select a cook function and repeat Step 2.



Step 4

Begin cooking

- Select **SMART FINISH**.
- Press the **START/PAUSE** button to begin cooking.
- The zone with the shorter cook time will display **HOLD** until it's time to start cooking.



NOTE: If you **DO NOT** select Smart Finish, foods **WILL NOT FINISH** cooking at the same time.

Match Cook[®]

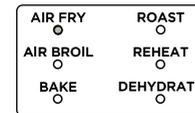
Sync your cook settings across both baskets to use the full 10-qt cooking capacity at once. Perfect for meal prep or to feed a crowd.



Step 1

Select function

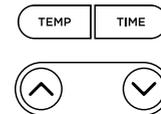
- Place food in basket.
- Select Zone 1.
- Use the arrows to select a cook function (e.g., AIR FRY).



Step 2

Set temp & time

- Select the TEMP button and use the arrows to set the temperature.
- Select the TIME button and use the arrows to set the cook time.



Step 3

Begin cooking

- Select **MATCH COOK**. Unit will automatically set Zone 2 to match Zone 1.
- Press the **START/PAUSE** button to begin cooking.

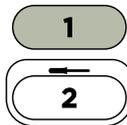


Pausing cook time

Step 1

Select zone

- Select the zone you want to pause (e.g., Zone 1).
- Press the START/PAUSE button to pause cooking.



NOTE: In SMART FINISH mode, we recommend pressing the START/PAUSE button to pause both zones. Pausing only one zone will impact a synchronized finish time.

Step 2

Resume cooking

- To resume cooking, press the START/PAUSE button.



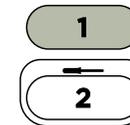
NOTE: After the cook cycle has completed, the unit will beep and display "COOL" for 60 seconds. During the cooling cycle, you are free to remove your food.

Ending cook time

Step 1

Select zone

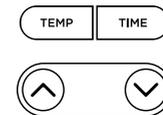
- Select the zone you want to stop cooking in (e.g., Zone 1).



Step 2

Adjust time

- Select the TIME button and use the arrows to bring time down to zero.
- After 3 seconds, END will appear on the display. Cooking will continue in the other zone.



Adding additional cook time

- Select the zone you want to add time to.
- Select the TIME button and use the up arrow to add more time.
- After 3 seconds, the new time will be set.

Everything you need TO COOK 4 FOODS AT ONCE



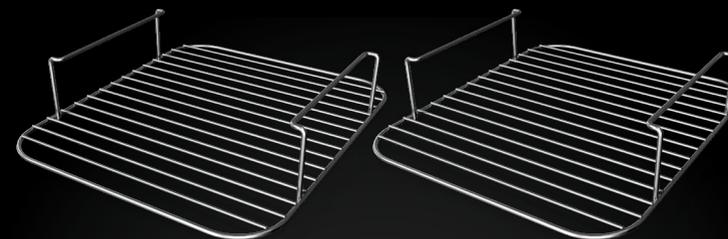
Crisper plates

Insert these at the bottom of each basket to help the rapid hot air surround your food and cook it to perfection.



Inserting crisper plates

Insert the crisper plates with feet facing down. Make sure to install the plates every time, no matter how many layers you're cooking.



Stacked Meal Racks

2 racks, one for each basket. Insert them for multi-layer cooking or leave them out for single-layer cooking.



Inserting Stacked Meal Racks

After inserting the crisper plates, gently place racks inside with the handles facing up. They should fit snugly into the side notches in the baskets.

Lower position (bottom of basket):

Allows air to surround food for even cooking and crisping. For proper placement, make sure the cutouts are aligned on the right and left sides of the basket.

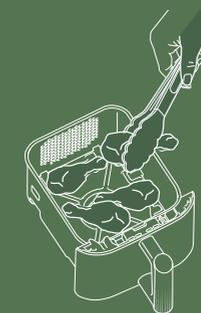
Upper position (elevated in basket):

For better browning and broiling results, we suggest using the upper position. Place the crisper plate in the basket with the cutouts facing the back of the basket.

NOTE: For best results when cooking a protein in a single zone, place the crisper plate in the upper position.

NOTE: For best results, **ONLY** use the racks when using **DOUBLE STACK PRO** in conjunction with the provided meal chart or recipes.

TIP: For easier cleanup, spray Stacked Meal Racks with nonstick cooking spray prior to use.



TIP: The Stacked Meal Racks will be hot after cooking. Use oven mitts or silicone-tipped tongs to remove them from the baskets.

DoubleStack™

Cook 4 foods at once in
2 independent air fry baskets for
crispy meals and snacks.



ZONE 1

Extra crispy top layer:
4 chicken thighs

Crispy bottom layer:
1 lb green beans

ZONE 2

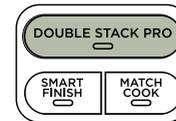
Extra crispy top layer:
12 oz frozen
chicken tenders

Crispy bottom layer:
1 lb frozen fries

Step 1

Select DOUBLE STACK PRO

- Place bottom layer of food in basket.
- Insert the Stacked Meal Rack and place the top layer of food on top. (Repeat with second basket if making two meals).
- Select **DOUBLE STACK PRO***



NOTE: Use **DOUBLE STACK PRO ONLY** in conjunction with the "Rack, Stack, Repeat." meal builder on pages 24 and 25 or Stacked Meal recipes.

Step 2

Set temp & time

- Select Zone 1 or 2.
- The cook temperature defaults to 450°F. If desired or instructed by recipe, select the TEMP button and use the arrows to change the temperature.
- Select the TIME button and use the arrows to set the cook time.



Step 3

Program Zone 2

- Repeat step 2 if making two meals.

Step 4

Begin cooking

- Press the START/PAUSE button to begin cooking.
- The zone with the shorter cook time will display HOLD.



*For **DOUBLE STACK PRO**, **SMART FINISH**, or **MATCH COOK** functionality, select **SMART FINISH** or **MATCH COOK** prior to starting cooking.

TIP: The Stacked Meal Racks will be hot after cooking. Use oven mitts or silicone-tipped tongs to remove them from the baskets.

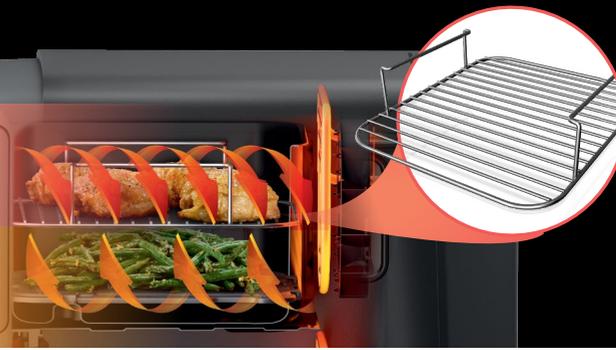
Rack. Stack. Repeat.

Create 2 full meals, each with a crispy bottom layer and extra-crispy top layer.*

*IF YOU WANT TO COOK A SINGLE MEAL IN A SINGLE ZONE, REDUCE COOK TIME BY 40-50%.

Extra Crispy Top Layer
for proteins and fast cooking

Crispy Bottom Layer
for veggies and starches



Extra Crispy Top Layer



1 box frozen chicken tenders
12 oz



2 chicken breasts
6-8 oz each



1 box frozen chicken nuggets
12 oz



2 salmon fillets
6 oz each



4 bone-in, skin-on chicken thighs
6-8 oz each



1 strip steak
16 oz, 1 1/2-inch thick



4 boneless pork chops
5-6 oz each



4 pork or chicken sausages

Mix and match your favorite proteins, sides, and vegetables.

1

Select **DOUBLE STACK PRO**

Unit will default to **AIR FRY** and **450°F**.

2

Then simply use the chart on the right to set the cook time.

FOOD TYPE

TIME

Chicken	35-40 mins
Pork	30-35 mins
Beef	25-30 mins
Seafood	25-30 mins
Frozen breaded chicken	35-45 mins

NOTE: If using only one zone to cook one layered meal, reduce recommended cook time by 40-50%. Keep an eye on food while cooking for desired results.



Looking for more? Scan the QR code for additional accessories, tips, and tricks.

Crispy Bottom Layer



Frozen shoestring fries
1 lb



Brussels sprouts
12 oz (approx. 3 cups, cut in half, stems removed)



Frozen onion rings
1 lb



Baby potatoes
1 lb (approx. 2 cups), cut in half



Green beans
1 lb, trimmed



Frozen tater tots
1 lb



Broccoli/cauliflower
1 head (about 2 cups), cut in 1-2-in. florets

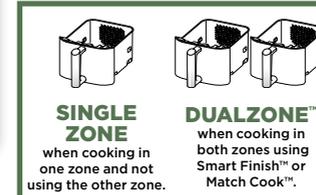
NOTE: For optimal results, we recommend not combining fresh and frozen ingredients in the same basket, and flipping proteins half way through cooking for even browning.

TIP: To cook 2 veggies at once, place one on a crisper plate and the other on a rack. For heartier veggies (e.g., potatoes, broccoli, cauliflower, Brussels sprouts), set time to 45-50 mins. For more delicate ones (e.g., green beans, asparagus), set time to 35-40 mins. If cooking both hearty and delicate veggies, add delicate one to rack after 10 mins of cooking.

Air Fry Cooking Chart

NOTE: Don't see the food you're looking for in the charts below? Find a similar food, and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. For best results, check on food often, increasing cook time if necessary.

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.



For best results, shake or toss often.

To pause both zones while using 2 zones, press **START/PAUSE** button.

To pause an individual zone while both zones are cooking, press the zone you would like to pause, then press **START/PAUSE** button.

To resume cooking, press **START/PAUSE** button.

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

Shake your food.

We recommend shaking food at least 3 times during cooking for best results.



OR

Toss with silicone-tipped tongs.

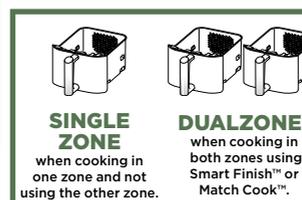


Bottom of basket	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	CRISPER PLATE POSITION*	TEMP		
VEGETABLES					*SEE PAGE 12 FOR CRISPER PLATE POSITION SETUP.		
Asparagus	2 bunches	Stems trimmed, cut in 2-inch pieces	2 tsp	Lower	390°F	10-15 mins	25-30 mins
Beets	6-7 small	Whole	None	Lower	390°F	35-40 mins	40-45 mins
Bell peppers (for roasting)	4 small peppers	Whole	None	Lower	390°F	20-25 mins	35-40 mins
Broccoli	2 heads	Cut in 1-inch florets	1 Tbsp	Lower	390°F	20-25 mins	40-45 mins
Brussels sprouts	2 lbs	Cut in half, stem removed	1 Tbsp	Lower	400°F	30-35 mins	60-65 mins
Butternut squash	2 lbs	Cut in 1-2-inch pieces	1 Tbsp	Lower	425°F	30-35 mins	55-60 mins
Carrots	2 lbs	Peeled, cut in 1/2-inch pieces	1 Tbsp	Lower	390°F	40-45 mins	1 hr-1 hr 5 mins
Cauliflower	1 head	Cut in 1-inch florets	1 Tbsp	Lower	390°F	15-20 mins	20-25 mins
	2 head	Cut in 1-inch florets	2 Tbsp	Lower	390°F	20-25 mins	45-50 mins
Corn on the cob	2 ears, cut in half	Husks removed	1 Tbsp	Lower	390°F	5-10 mins	15-20 mins
Green beans	2 bags (12 oz each)	Trimmed	1 Tbsp	Lower	390°F	15-20 mins	30-35 mins
Kale (for chips)	5 cups, packed	Torn in pieces, stems removed	None	Lower	300°F	15-20 mins	20-25 mins
Mushrooms	1 lb	Rinsed, cut in quarters	1 Tbsp	Lower	390°F	20-25 mins	30-35 mins
Potatoes, russet	1 lb	Thick hand-cut fries, about 1/2 inch thick, soaked in water for 30 minutes, then patted dry	1 Tbsp	Lower	400°F	55 mins-1 hr	1 hr 20 mins-1 hr 25 mins
	2 lbs	Cut in 1-inch wedges	1/2-3 Tbsp, canola	Lower	400°F	35-40 mins	55-60 mins
	2 lbs	Thin hand-cut fries, about 1/2 inch thick, soaked in water for 30 minutes, then patted dry	1/2-3 Tbsp, canola	Lower	400°F	40-45 mins	1 hr 45 mins-1 hr 50 mins
	2 lbs	Thick hand-cut fries, about 1/2 inch thick, soaked in water for 30 minutes, then patted dry	2-3 Tbsp	Lower	400°F	1 hr 5 mins-1 hr 10 mins	1 hr 25 mins-1 hr 30 mins
	3 whole (6-8 oz)	Pierced with fork 3 times	None	Lower	400°F	50-55 mins	50-55 mins
Potatoes, sweet	2 lbs	Cut in 1-inch chunks	1 Tbsp	Lower	400°F	25-30 mins	50-55 mins
	3 whole (6-8 oz)	Pierced with fork 3 times	None	Lower	400°F	35-40 mins	45-50 mins
Zucchini	2 lbs	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	Lower	425°F	20-25 mins	35-40 mins

Air Fry Cooking Chart, Continued

NOTE: Don't see the food you're looking for in the charts below? Find a similar food, and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. For best results, check on food often, increasing cook time if necessary.

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.



For best results, shake or toss often.

To pause both zones while using 2 zones, press **START/PAUSE** button.

To pause an individual zone while both zones are cooking, press the zone you would like to pause, then press **START/PAUSE** button.

To resume cooking, press **START/PAUSE** button.

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

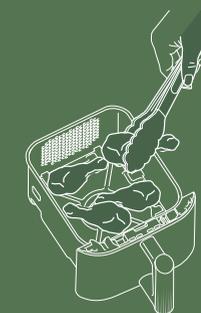
Shake your food.

We recommend shaking food at least 3 times during cooking for best results.



OR

Toss with silicone-tipped tongs.

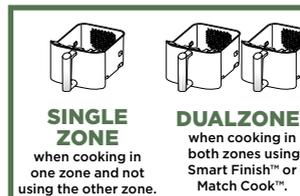


Brushed with oil	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	CRISPER PLATE POSITION*	TEMP		
POULTRY						*SEE PAGE 12 FOR CRISPER PLATE POSITION SETUP.	
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	Upper	390°F	25-30 mins	35-40 mins
	4 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	Upper	390°F	25-30 mins	35-40 mins
Whole chicken	4-5 lbs	Whole	Brushed with oil	Lower	350°F	45-50 mins	1 hr 5 mins-1 hr 10 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	Upper	390°F	25-30 mins	50-60 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	Upper	390°F	15-20 mins	25-30 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	Lower	390°F	35-40 mins	55 mins-1 hr
	3 lbs	Drumettes & flats	1 Tbsp	Lower	390°F	45-50 mins	1 hr 5 mins-1 hr 15 mins
	4 lbs	Drumettes & flats	1 Tbsp	Lower	390°F	50-55 mins	1 hr 15 mins-1 hr 20 mins
FISH & SEAFOOD							
Crab cakes	4 cakes (6-8 oz each)	None	Brushed with oil	Lower	390°F	10-15 mins	15-20 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	Lower	390°F	5-10 mins	15-20 mins
Salmon fillets	2 fillets (4 oz each)	None	Brushed with oil	Upper	400°F	10-15 mins	15-20 mins
	3 fillets (4 oz each)	None	Brushed with oil	Upper	400°F	10-15 mins	15-20 mins
	4 fillets (4 oz each)	None	Brushed with oil	Upper	400°F	10-15 mins	15-20 mins
Shrimp, jumbo (Frozen)	2 lbs	Whole, peeled, tails on	1 Tbsp	Lower	390°F	15-20 mins	30-35 mins
BEEF							
Burgers	2 quarter-pound patties, 80% lean	1/2 inch thick	Brushed with oil	Upper	390°F	10-15 mins	15-20 mins
Steaks	2 steaks (8 oz each)	Whole	Brushed with oil	Upper	390°F	15-20 mins	25-30 mins
PORK							
Bacon	4 strips, cut in half	None	None	Lower	350°F	10-15 mins	15-20 mins
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone-in	Brushed with oil	Upper	390°F	15-20 mins	25-30 mins
	4 boneless chops (6 oz each)	Boneless	Brushed with oil	Upper	390°F	20-25 mins	30-35 mins
Pork tenderloins	2 lbs	None	Brushed with oil	Lower	375°F	30-35 mins	35-40 mins
Sausages	5 sausages	None	None	Upper	390°F	10-15 mins	20-25 mins

Air Fry Cooking Chart, Continued

NOTE: Don't see the food you're looking for in the charts below? Find a similar food, and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. For best results, check on food often, increasing cook time if necessary.

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.



For best results, shake or toss often.

To pause both zones while using 2 zones, press **START/PAUSE** button.

To pause an individual zone while both zones are cooking, press the zone you would like to pause, then press **START/PAUSE** button.

To resume cooking, press **START/PAUSE** button.

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

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	CRISPER PLATE POSITION*	TEMP		
				*SEE PAGE 12 FOR CRISPER PLATE POSITION SETUP.			
FROZEN FOODS							
Chicken cutlets/patties	3 cutlets/patties	None	None	Lower	400°F	10-15 mins	30-35 mins
Chicken nuggets	2 boxes (12 oz each)	None	None	Lower	390°F	15-20 mins	30-35 mins
Fish fillets (breaded)	1 box (6 fillets)	None	None	Lower	390°F	15-20 mins	20-25 mins
Fish sticks	24 each	None	None	Lower	390°F	15-20 mins	20-25 mins
French fries	1 lb	None	None	Lower	400°F	20-25 mins	35-40 mins
	2 lbs	None	None	Lower	400°F	30-35 mins	1 hr-1 hr 5 mins
	3 lbs	None	None	Lower	400°F	50-55 mins	1 hr 30 mins-1 hr 35 mins
Mozzarella sticks	2 boxes (11 oz each)	None	None	Lower	375°F	10-15 mins	20-25 mins
Pot stickers	2 bags (10.5 oz each)	None	1 Tbsp	Lower	400°F	10-15 mins	20-25 mins
Pizza rolls	60 count bag	None	None	Lower	390°F	15-20 mins	25-30 mins
Popcorn Shrimp	2 boxes (14-16 oz)	None	None	Lower	390°F	15-20 mins	20-25 mins
Sweet potato fries	2 lbs	None	None	Lower	375°F	30-35 mins	55 mins-1 hr
Tater tots	2 lbs	None	None	Lower	375°F	25-30 mins	35-40 mins
Onion rings	1 lb	None	None	Lower	375°F	15-20 mins	25-30 mins

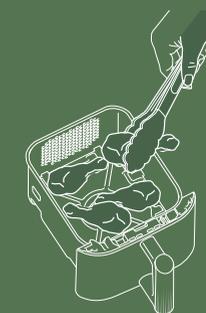
Shake your food.

We recommend shaking food at least 3 times during cooking for best results.



OR

Toss with silicone-tipped tongs.



TIP:

Swap chicken tenders for plant-based tenders if desired.



Caprese Chicken Breast with Garlic Green Beans & Chicken Tenders with French Fries

Prep: 10 minutes | **Cook:** 45 minutes | **Makes:** 2 servings of each meal

Kickstarter

Beginner Recipe ●○○



2 Crisper Plates

2 Stacked Meal Racks

Ingredients | Zone 1: Meal 1

On Crisper Plate

1 pound green beans, trimmed
1 tablespoon garlic, minced
1 tablespoon olive oil
Kosher salt, as desired
Ground black pepper, as desired

On Rack

2 boneless, skinless chicken breasts (6–8 ounces each)
1 tablespoon olive oil
Kosher salt, as desired
Ground black pepper, as desired
1 teaspoon garlic powder

1 teaspoon Italian seasoning
4 slices fresh mozzarella, ¼ inch thick
4 slices tomato, ¼ inch thick
Balsamic glaze, as desired
4 leaves basil, torn

Ingredients | Zone 2: Meal 2

On Crisper Plate

1 pound frozen shoestring French fries

On Rack

1 box (12 ounces) frozen breaded chicken tenders



- 1 Insert a crisper plate in the bottom of each basket.
- 2 In a large bowl, add green beans, olive oil, minced garlic, salt, and pepper and toss until combined. Add green beans to the bottom of one basket, then place one Stacked Meal Rack in the basket over the beans.
- 3 Coat the chicken breasts with olive oil and then season with salt, pepper, garlic powder, and Italian seasoning. Place chicken breasts on top of the rack and insert basket in Zone 1.
- 4 Add the frozen fries to the bottom of the other basket, then place the other Stacked Meal Rack in the basket over the fries. Place frozen chicken tenders on the rack and insert basket in Zone 2.
- 5 Select **DOUBLE STACK PRO** (unit will default to **AIR FRY** function and 450°F temperature), then set Zone 1 time to 40 minutes. Select Zone 2, set time to 45 minutes, select **SMART FINISH**, then press **START/PAUSE** to begin cooking (Zone 1 will read **HOLD** until it's time to start cooking).
- 6 When the time reaches 10 minutes, remove Zone 2 basket. Flip chicken tenders with tongs and shake the basket in a back-and-forth motion to toss fries. Reinsert basket to continue cooking.
- 7 When cooking is complete, remove both baskets from the unit. Place 2 slices of mozzarella and 2 slices of tomato on each chicken breast, then reinsert basket in Zone 1. Select Zone 1, then use the arrows to select **AIR BROIL**, set temperature to 450°F, and set time to 3 minutes. Press **START/PAUSE** to melt cheese.
- 8 Use an instant-read thermometer to ensure internal temperature of the chicken breasts and tenders has reached at least 165°F. Use tongs to remove chicken breasts and tenders and place on plates. To remove racks, use tongs to grab the center of them, or wear oven mitts and lift the racks out using the handles on their sides. Remove the green beans and fries and add to the plates with chicken breasts and tenders.
- 9 Drizzle balsamic glaze over chicken breasts, garnish with torn basil, and serve hot with garlic green beans. Serve chicken tenders with fries and desired dipping sauces.

TIP:
Use gluten-free bread and/or dairy replacements as desired.



Maple French Toast Sticks with Candied Bacon

Prep: 5 minutes | **Cook:** 18 minutes | **Makes:** 2-4 servings

Kickstarter

Beginner Recipe ●○○



2 Crisper Plates

Ingredients

Nonstick cooking spray
1 large egg
¼ cup whole milk
¼ teaspoon ground cinnamon

2 teaspoons maple syrup, plus additional for serving
10 bread pieces (preferably brioche, challah, or French bread), approx. 1 inch x 3 inches

4 thick-cut bacon strips, cut in half
3 tablespoons light brown sugar
½ teaspoon ground black pepper



- 1 Insert a crisper plate in the bottom of each basket and spray generously with nonstick cooking spray.
- 2 In a large bowl, whisk together the egg, milk, cinnamon, and maple syrup until combined. Dip bread pieces in batter until saturated (about 15-20 seconds each).
- 3 Remove bread pieces from batter and place on the crisper plate in one basket in a single layer. Spray them with nonstick cooking spray, then insert basket in Zone 1.
- 4 In a medium bowl, toss the bacon strips with the brown sugar and black pepper until evenly coated. Place strips in an even layer on the crisper plate in the other basket and insert basket in Zone 2.
- 5 Select Zone 1, then use the arrows to select **AIR FRY**, set temperature to 350°F, and set time to 18 minutes. Select Zone 2, then use the arrows to select **AIR FRY**, set temperature to 390°F, and set time to 15 minutes. Select **SMART FINISH**, then press START/PAUSE to begin cooking (Zone 2 will read HOLD until it's time to start cooking).
- 6 When the time reaches 7 minutes, remove baskets one at a time, then flip and rotate the French toast sticks and bacon. Reinsert baskets to continue cooking.
- 7 When cooking is complete, serve French toast sticks with maple syrup and candied bacon.



Whole Roasted Chicken with Baby Potatoes & Honey-Roasted Brussels Sprouts

Prep: 15 minutes | **Cook:** 1 hour 25 minutes | **Makes:** 4 servings

Stacked Meal

Beginner Recipe ●○○



2 Crisper Plates

1 Stacked Meal Rack

Ingredients

- 1 whole chicken (4–5 pounds), giblets removed, trussed
- 4 tablespoons canola oil, divided
- 1 tablespoon poultry seasoning
- Kosher salt, as desired
- Ground black pepper, as desired
- 3 cups Brussels sprouts, trimmed, cut in half
- 2 tablespoons honey
- 1 teaspoon garlic powder
- 2 cups baby potatoes, cut in half

Directions

- 1 Insert a crisper plate in the bottom of each basket.
- 2 Evenly coat the whole chicken with 2 tablespoons oil, then liberally season with poultry seasoning, salt, and pepper. Place the chicken in one of the baskets, then place probe into thickest part of the chicken, feed probe cord through cut out in top of basket, then place probe in the socket. Insert basket into Zone 2.
- 3 In a large bowl, toss the Brussels sprouts with 1 tablespoon oil, honey, garlic powder, salt, and pepper. Add Brussels sprouts to the other basket, then place one Stacked Meal Rack in the basket over the Brussels sprouts.
- 4 In a medium bowl, toss the baby potatoes with remaining 1 tablespoon oil, salt, and pepper and place on the rack. Insert basket in Zone 1.
- 5 Select **DOUBLE STACK PRO** (unit will default to **AIR FRY 450°F**) Select Zone 1 and set time to 45 minutes. Select Zone 2, use arrows to select **ROAST** and set temperature to 360°F. press **PROBE** and use arrows to select **LARGE**. Press **PROTEIN** and use arrows to select **CHICKEN** (selection will default to **WELL DONE**). Select **SMART FINISH** and press **START/PAUSE** to begin cooking (Zone 1 will read HOLD until its time to start cooking) press smart finish button and then start.
- 6 When the time reaches 15 minutes, remove Zone 1 basket and shake in a back-and-forth motion to toss Brussels sprouts and potatoes. Reinsert basket to continue cooking.
- 7 When cooking is complete allow chicken to rest for 5 minutes before slicing and serving. Remove baby potatoes from the rack. To remove rack, use tongs to grab the center of it, or wear oven mitts and lift the rack out using the handles on its sides. Serve chicken with baby potatoes and Brussels sprouts.

Shrimp Fajitas & Beef Taquitos with Cotija Cheese

Prep: 15 minutes | **Cook:** 25 minutes | **Makes:** 4-5 servings

Ingredients

1 red bell pepper, seeded, cut in ½-inch strips
1 green bell pepper, seeded, cut in ½-inch strips
1 medium yellow onion, trimmed, peeled, cut in thin slices
2 tablespoons olive oil
Kosher salt, as desired
Ground black pepper, as desired
3 ears of corn, shucked, broken in half
10 taco tortillas (corn or flour, 5-inch diameter), divided

Directions

- 1 Insert a crisper plate in the bottom of each basket.
- 2 In a medium bowl, toss the peppers and onions with 1 tablespoon oil, salt, and pepper. Add to the bottom of the other basket and place the basket in Zone 1.
- 3 Wrap each corn half in aluminum foil and place in the bottom of the other basket. Place one Stacked Meal Rack in the basket over the corn.
- 4 In a medium bowl, combine ground beef, 1 packet of taco seasoning, and shredded Mexican cheese blend. Divide amongst 6 tortillas in portions the length of the tortillas, then roll the tortillas up and around the meat filling to create the taquitos. Secure each with a wooden toothpick, then spray the taquitos with nonstick cooking spray. Place the taquitos on the rack over the corn. Insert basket in Zone 2.
- 5 Select **DOUBLE STACK PRO** (unit will default to **AIR FRY** function and 450°F temperature), then set Zone 1 time to 25 minutes. Select **MATCH COOK**, and then press **START/PAUSE** to begin cooking (unit will automatically set Zone 2 to match Zone 1).

Stacked Meal

Intermediate Recipe ●●○



2 Crisper Plates

2 Stacked Meal Racks

8 ounces ground beef
2 packets (1 ounce each) taco seasoning
Nonstick cooking spray
1 cup shredded Mexican cheese blend
2 tablespoons mayonnaise
1 tablespoon sour cream
1 teaspoon chili powder
1 pound frozen raw jumbo shrimp, peeled, deveined, tails off
¼ cup Cotija cheese
¼ cup fresh cilantro, chopped

- 6 While food is cooking, in a small bowl, combine the mayonnaise, sour cream, and chili powder, then set aside.
- 7 In a medium bowl, toss the frozen shrimp with the remaining 1 tablespoon oil and the other packet of taco seasoning.
- 8 When the time reaches 15 minutes, remove Zone 1 basket, place the other Stacked Meal Rack in basket over the peppers and onions, and place shrimp on the rack. Reinsert basket to continue cooking.
- 9 When cooking is complete, use an instant-read thermometer to ensure internal temperature of taquitos reaches at least 165°F. Remove shrimp and taquitos from the racks and set aside. To remove racks, use tongs to grab the center of them, or wear oven mitts and lift the racks out using the handles on their sides. Remove foil from corn, brush corn with mayonnaise mixture, then evenly sprinkle with Cotija cheese and cilantro. Fill the remaining 4 tortillas with shrimp, peppers, and onions. Serve the fajitas and taquitos with the Cotija corn.



Teriyaki Tofu & Teriyaki Chicken Stir-Fry with Broccoli & Peppers

Prep: 10 minutes | **Marinate:** 1 hour | **Cook:** 35 minutes
Makes: 4-6 servings

Ingredients

1 package (16 ounces) extra-firm tofu, cut in 1-inch cubes
1 pound boneless, skinless chicken breasts, cut in 1-inch pieces
1 ½ cups prepared teriyaki sauce, divided, plus additional for serving
1 red bell pepper, seeded, cut in ½-inch pieces
1 yellow bell pepper, seeded, cut in ½-inch pieces
4 cups broccoli, cut in 1-2-inch florets
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired
2 packages (8.5 ounces each) microwavable white rice, prepared
Sesame seeds, for serving
Sliced green onions, for serving

Directions

- 1 Insert a crisper plate in the bottom of each basket.
- 2 Place tofu in one quart-sized resealable plastic bag and chicken in another. Add ½ cup teriyaki sauce to each bag, seal, and place in a refrigerator for at least 1 hour to marinate.
- 3 In a large bowl, add the vegetables, oil, salt, pepper, and remaining teriyaki sauce. Mix to combine, divide evenly between both baskets, and place a Stacked Meal Rack in each basket over the vegetables. Place the tofu on one rack and insert basket in Zone 1. Place the chicken on the other rack and insert the basket in Zone 2.
- 4 Select **DOUBLE STACK PRO** (unit will default to **AIR FRY** and 450°F). Select Zone 1, set Zone 1 time to 35 minutes. Select **MATCH COOK**, and then press **START/PAUSE** to begin cooking (unit will automatically set Zone 2 to match Zone 1).
- 5 When the time reaches 10 minutes, remove baskets one at a time and shake them in a back-and-forth motion to toss proteins and vegetables. Reinsert baskets to continue cooking.
- 6 When cooking is complete, remove the tofu and chicken from the racks and set aside. To remove racks, use tongs to grab the center of them, or wear oven mitts and lift the racks out using the handles on their sides. Add the tofu to the vegetables in the Zone 1 basket and the chicken to the vegetables in the Zone 2 basket. Serve warm with prepared white rice. Garnish with additional teriyaki sauce, sesame seeds, and sliced green onions.

Stacked Meal

Beginner Recipe ●○○



2 Crisper Plates

2 Stacked Meal Racks

Classic Meatloaf with Crispy Smashed Potatoes

Prep: 15 minutes | **Cook:** 45 minutes | **Makes:** 4-6 servings

Ingredients

1 pound ground beef
½ cup seasoned bread crumbs
2 tablespoons whole milk
1 large egg
1 tablespoon fresh parsley, chopped
1 small yellow onion, peeled, finely chopped (about ⅓ cup)
Kosher salt, as desired
Ground black pepper, as desired
2 tablespoons ketchup
1 tablespoon olive oil
1 bag (24 ounces) baby potatoes
½ teaspoon onion powder

Directions

- 1 Insert a crisper plate in the bottom of each basket.
- 2 In a large bowl, add the ground beef, bread crumbs, milk, egg, parsley, onion, salt, pepper, and ketchup. Mix with a large spoon or your hands until evenly combined. Shape into a rectangular loaf (about 7" x 4") and place in one of the baskets. Place probe into the center of the meatloaf, feed probe cord through cut out in top of drawer, then place probe in the socket. Insert basket into Zone 2
- 3 In a medium bowl, toss the baby potatoes with oil, salt, pepper, and onion powder. Add the potatoes to the bottom of the other basket, then insert basket in Zone 1.
- 4 Select Zone 1, then use the arrows to select **ROAST**, set temperature to 400°F, and set time to 45 minutes. Select Zone 2, then use the arrows to select **ROAST**, and 400°F. Then press **PROBE** and use arrows to select **LARGE**. Press **PROTEIN** and use arrows to select **BEEF**, then select **WELL DONE**. Select **SMART FINISH** and press **START/PAUSE** to begin cooking (Zone 1 will read HOLD until its time to start cooking)
- 5 When the time reaches 15 minutes, remove Zone 1 basket. Transfer baby potatoes to a cutting board, then use the bottom of a cup or drinking glass to gently smash each potato to break the skin and lightly flatten. Place potatoes back in the basket, then reinsert basket to continue cooking.
- 6 When cooking is complete, serve meatloaf hot with crispy smashed potatoes.

DualZone™ Meal

Intermediate Recipe ●●○○



2 Crisper Plates

Roasted Salmon with Parmesan Asparagus

Prep: 10 minutes | **Cook:** 30 minutes | **Makes:** 4 servings

Ingredients

2 tablespoons Montreal Seasoning
3 tablespoons light brown sugar
4 frozen salmon fillets (6 ounces each)
2 tablespoons canola oil, divided
2 pounds asparagus, ends trimmed
Kosher salt, as desired
Ground black pepper, as desired
¼ cup shredded Parmesan cheese, divided

Directions

- 1 In one basket, insert a crisper plate in the upper position. In the other basket, insert a crisper plate in the bottom of the basket.
- 2 In a small bowl, combine Montreal seasoning and brown sugar. Evenly coat the salmon fillets with 1 tablespoon oil and the prepared seasoning, then place fillets skin side down in the basket with the crisper plate in the upper position. Insert basket in Zone 2.
- 3 In a large bowl, toss asparagus with remaining 1 tablespoon oil, salt, and pepper, then place in other basket. Insert basket in Zone 1.
- 4 Select Zone 1, then use the arrows to select **ROAST**, set temperature to 400°F, and set time to 45 minutes. Select Zone 2, then use the arrows to select **ROAST**, and 400°F. Then press **PROBE** and use arrows to select **LARGE**. Press **PROTEIN** and use arrows to select **BEEF**, then select **WELL DONE**. Select **SMART FINISH** and press **START/PAUSE** to begin cooking (Zone 1 will read HOLD until its time to start cooking)
- 5 When the time reaches 7 minutes, remove Zone 1 basket and shake in a back-and-forth motion to toss asparagus. Sprinkle 2 tablespoons Parmesan cheese over the asparagus and toss lightly to combine. Reinsert basket to continue cooking.
- 6 When cooking is complete, transfer salmon and asparagus to a serving plate. Sprinkle the remaining 2 tablespoons Parmesan cheese over the asparagus and serve.

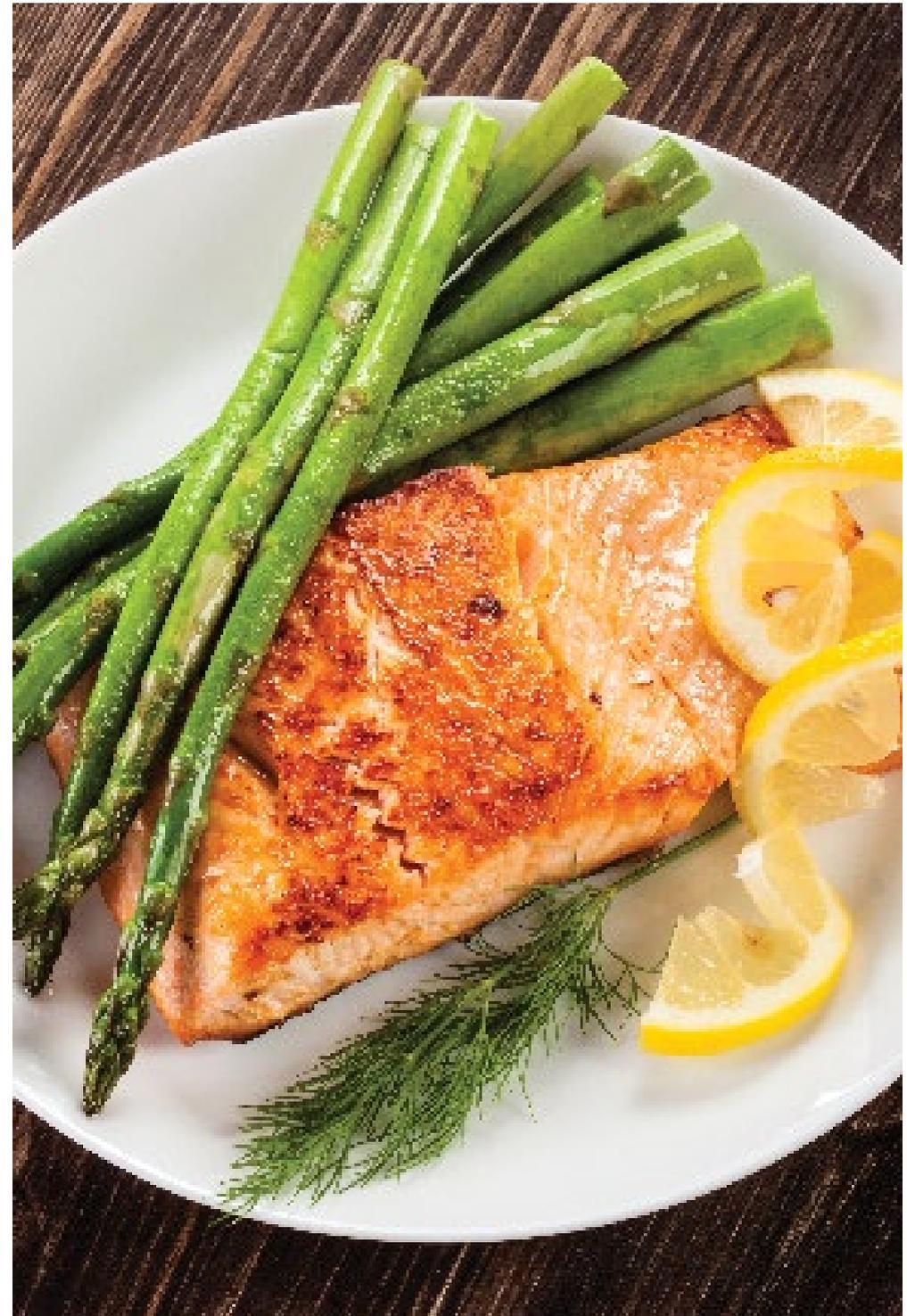
TIP: If you prefer fresh salmon fillets, use the same temperature, but reduce Zone 1 cook time to 20 minutes.

DualZone™ Meal

Beginner Recipe ●○○



2 Crisper Plates



2 Wings, 2 Ways

Prep: 5 minutes | **Cook:** 1 hour | **Makes:** 6-8 servings

Ingredients

4 pounds fresh chicken wings
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired
½ cup prepared Buffalo sauce
(or sauce of choosing)
½ cup prepared lemon garlic
marinade (or marinade/sauce of
choosing)

Directions

- 1 Insert a crisper plate in the bottom of each basket.
- 2 In a large bowl, toss together the chicken wings, oil, salt, and pepper. Divide the wings evenly between the 2 baskets, then insert baskets in unit.
- 3 Select Zone 1, then use the arrows to select **AIR FRY**, set temperature to 390°F, and set time to 60 minutes. Select **MATCH COOK**, then press START/PAUSE to begin cooking (unit will automatically set Zone 2 to match Zone 1).
- 4 When the time reaches 25 minutes, remove baskets one at a time and shake them in a back-and-forth motion to toss wings. Reinsert baskets to continue cooking. Repeat this step when the time reaches 10 minutes, and again when the time reaches 5 minutes (use an external timer if needed).
- 5 When cooking is complete, ensure wings have reached your desired level of crispiness, and use an instant-read thermometer to ensure internal temperature of wings reaches at least 165°F. Place wings in 2 separate bowls and toss each in a different desired sauce, then serve while hot.

Snack

Beginner Recipe ●○○



2 Crisper Plates

Cinnamon-Sugar Bites with Icing Dip

Prep: 5 minutes | **Cook:** 12 minutes | **Makes:** 4-6 servings

Ingredients

1 tube (12.4 ounces)
refrigerated prepared
cinnamon rolls with icing
1 tablespoon salted butter,
melted
2 tablespoons granulated sugar
¼ teaspoon ground cinnamon

Directions

- 1 Insert a crisper plate in the bottom of each basket.
- 2 On a clean cutting board, cut each individual cinnamon roll into 4 pieces. Divide the dough pieces evenly between the baskets, then insert baskets in unit.
- 3 Select Zone 1, then use the arrows to select **AIR FRY**, set temperature to 350°F, and set time to 12 minutes. Select **MATCH COOK**, then press START/PAUSE to begin cooking (unit will automatically set Zone 2 to match Zone 1).
- 4 When the time reaches 5 minutes, remove baskets one at a time and shake them in a back-and-forth motion to toss dough pieces. Reinsert baskets to continue cooking.
- 5 In a small bowl, combine sugar and cinnamon and set aside.
- 6 When cooking is complete, add cinnamon roll pieces to a large bowl, drizzle them with melted butter, then toss with cinnamon sugar to coat. Serve cinnamon-sugar bites warm with icing for dipping.

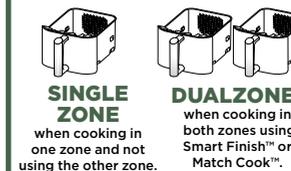
Dessert

Beginner Recipe ●○○



2 Crisper Plates

Dehydrate Chart



INGREDIENTS	PREPARATION	TEMP	
FRUITS & VEGETABLES			TIMES ARE THE SAME FOR BOTH ZoneS
Apples	Cored, 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	150°F	5-7 hours
Chicken jerky	Cut in 1/4-inch slices, marinated overnight	150°F	5-7 hours
Turkey jerky	Cut in 1/4-inch slices, marinated overnight	150°F	5-7 hours
Salmon jerky	Cut in 1/4-inch slices, marinated overnight	150°F	3-5 hours

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