



NINJA SIZZLE™ PRO XL 20-INCH

INDOOR GRIDDLE

QUICK START GUIDE

with 5 chef developed
recipes + cooking charts



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

Your guide to the perfect SIZZLE

Welcome to the Ninja Sizzle Pro 20" XL Griddle.
Here's where you'll find how-to's and recipes to unlock delicious
griddled dishes right from your countertop.

Now let's get sizzling.

     @NinjaKitchen

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Recipe Key

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



Gluten-free



Dairy-free



Nut-free

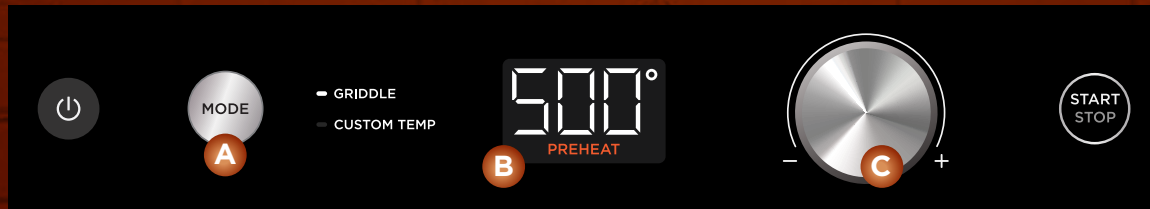


Vegetarian

Edge-to-edge 500°F heat with ProTemp IQ

Digital temperature control allows you to reach temperatures of up to 500°F in 9 minutes for high heat griddling . ProTemp IQ uses smart preheat detection to tell you when your temp is reached and helps maintain it.

Getting started with ProTemp IQ



A

MODE BUTTON

Easily select between cooking functions

B

PRECISION TEMP DISPLAY

Show the dialed in temperature of the cooking plate

C

SMART DIAL

Select between cook temperatures and/or time

Functions

GRIDDLE: Set Low, Medium, and High settings to use with your griddle plates.
CUSTOM TEMP: Dial in your temperature to the specific degree for a precise cook.

Setting up your XL Griddle by Function

GRIDDLE

- 1 Press the Power button.
- 2 Use the “Mode” button to select “Griddle”.
- 3 Using the dial, set cooking temperature to Low, Medium, or High.
- 4 Press the Start/Stop button to begin cooking.

CUSTOM TEMP

- 1 Press the Power button.
- 2 Use the “Mode” button to select “Custom Temp.”
- 3 Using the dial, choose your desired temperature.
- 4 Press the Start/Stop button to begin cooking.

NOTE: THE UNIT WILL BEGIN PREHEATING. ONCE PREHEATING IS COMPLETE, THE DISPLAY WILL READ “ADD FOOD.”

Cleaning Instructions

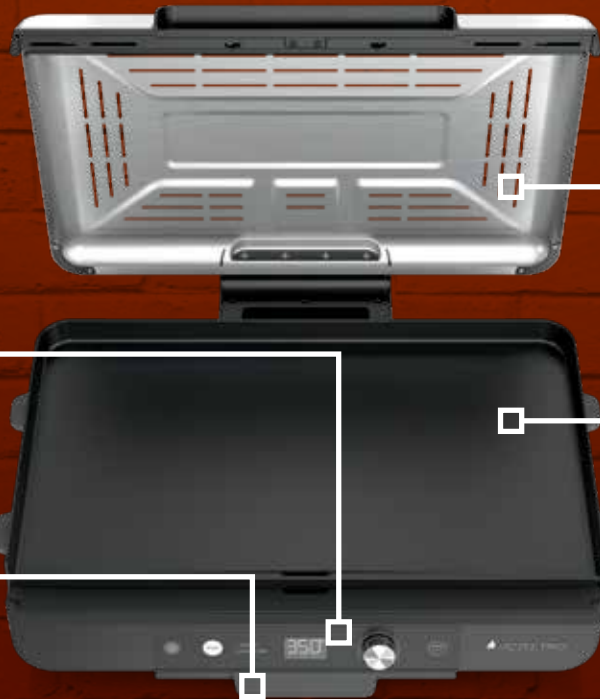
Once cooled, remove the griddle plate from the heating element.

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

Remove the ventilated lid after it cools, easily wash by hand with soap and water.

Get to know the Ninja SIZZLE™ PRO XL 20-INCH

PREHEATS IN
9 MINUTES



SLOTTED LID
Ventilated lid reduces splatter and detaches for easy clean up.

PROTEMP IQ
Reaches 500°F in 9 minutes, and ProTemp IQ maintains that temperature with smart digital controls.

NONSTICK GRIDDLE PLATE
20 inches of edge-to-edge, even heat.

GREASE CATCH
Collect grease from cooking and easily dispose with the removable grease catch. Clean grease catch after each use.

Tips for reducing smoke & splattering

Always use the recommended griddle settings

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

For best results, wait until the unit preheats and displays the message “Add Food”.

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

Always use the recommended fat/oil

Applying oil to food or the griddle plate can improve nonstick performance during cooking. If using oil, we recommend using oils with high smoke points instead of olive oil. Brush 1-2 tablespoons of oil to griddle before cooking.



Recommended:

Canola, Refined coconut, Avocado, Vegetable, Grapeseed



Not recommended:

Olive oil, Butter, Margarine, Cooking spray*

FOOD TYPE:	INTERNAL TEMP:
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/Lamb	Rare (115°F)
	Medium Rare (125°F)
	Medium (130°F)
	Medium Well (145°)
	Well Done (150°F)

*Use of these fats/oils may cause damage to the griddle surface

Cook with the lid up

Give a blast of concentrated heat for even griddling and a perfect sear.

BEST FOR: food that requires flipping and consistent attention while cooking.

Cook with the lid down

Drop the lid to retain heat and melt toppings.

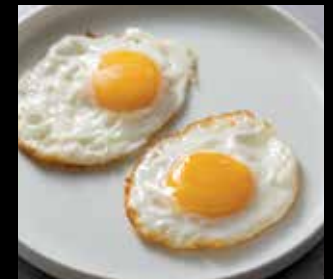
BEST FOR: no-flip griddling and melting cheese.



Stir-fry



Breakfast bar



Fried eggs



Grilled cheese

BRIOCHE FRENCH TOAST WITH BREAKFAST SAUSAGE

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4-8 SERVINGS
LID ORIENTATION: UP & DOWN

INGREDIENTS

- 6 large eggs, beaten
- 1 ½ cups whole milk
- ¼ cup granulated sugar
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- Kosher salt, as desired
- 1 tablespoon vegetable oil
- 1 loaf (1 pound) brioche bread, cut into ¾-inch thick slices (approx. 8 slices)
- 2 boxes (7 ounces each) precooked breakfast sausage links, frozen

TO SERVE

- Maple syrup
- Fresh berries

TIP Use cinnamon swirl brioche for extra cinnamon flavor.

TIP Swap breakfast sausage for bacon. Reference cooking charts for temp and time adjustments.

DIRECTIONS

- 1 Place griddle plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to 350°F. Press TIME button and turn dial to set time to 25 minutes. Press START/STOP to begin preheating (preheating will take approx. 7 minutes).
- 2 In a large bowl, add the eggs, milk, sugar, vanilla extract, cinnamon, nutmeg, and salt and whisk to combine.
- 3 When the unit beeps to signify it is preheated and ADD FOOD is displayed, open the lid and brush griddle with 1 tablespoon oil. Working with one slice of bread at a time, gently dredge bread in egg mixture, then place on griddle until all slices are arranged on griddle.
- 4 Press START to begin cooking. Cook French toast, lid up for 4 to 5 minutes, then flip and continue to cook for an additional 4-5 minutes.
- 5 When cooking is complete, transfer French toast to a serving platter and tent with foil to keep warm.
- 6 Add sausage to griddle and cook for 15 minutes, lid down, until golden brown and heated through.
- 7 When cooking is complete, transfer sausage to serving platter. Serve hot with French toast and toppings as desired.





STREET TACOS



BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 8 SERVINGS (24 TACOS)

LID ORIENTATION: UP & DOWN

INGREDIENTS

3 ½ pounds boneless, skinless chicken breast, cut in ½-inch cubes

2 tablespoons vegetable oil

1 packet (1 ounce) fajita or taco seasoning

24 corn tortillas (6-inch diameter)

½ cup cilantro leaves, chopped

1 small yellow onion, peeled, diced

Lime wedges, to serve

Salsa, to serve

DIRECTIONS

- 1 Place griddle plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to 400°F. Press the TIME button and turn dial to set time to 14 minutes. Press START/STOP to begin preheating (preheating will take approx. 7 minutes).
- 2 In a large bowl, add the chicken, oil, and taco seasoning. Toss to combine, then set aside.
- 3 When the unit beeps to signify it is preheated and ADD FOOD is displayed, add 8 tortillas to the griddle in an even layer. Warm for 30 seconds on each side with the lid up. Once warm, remove and wrap in a towel to keep warm. Repeat with remaining tortillas.
- 4 Add chicken to griddle in even layer. Close the lid and press START to begin cooking. Allow to cook undisturbed for 7 minutes.
- 5 After 7 minutes, flip chicken using silicone-tipped tongs. Cook for another 7 minutes, tossing as needed to ensure even cooking. Meanwhile, add cilantro and onion to a medium bowl and mix to combine.
- 6 When chicken is cooked through and reaches an internal temperature of 165°F on an instant-read thermometer, evenly distribute chicken amongst taco shells and place on serving platter. Top with cilantro and onion mixture and serve with lime wedges and salsa as desired.

CLASSIC STEAK & CHICKEN FAJITAS

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **MARINADE:** 1-2 HOURS | **PREHEAT:** APPROX. 8 MINUTES
COOK: APPROX. 22 MINUTES | **MAKES:** 5-6 SERVINGS | **LID ORIENTATION:** UP & DOWN

INGREDIENTS

- 1 pound thin sliced chicken breasts
- 1 pound skirt or flank steak
- 3 tablespoons vegetable oil, divided
- 1 packet (1.3 ounces) fajita or taco seasoning, divided
- 1 large yellow onion, peeled, cut in ½- inch slices
- 1 large red bell pepper, seeds removed, cut in ½- inch slices
- 1 large green bell pepper, seeds removed, cut in ½- inch slices
- Kosher salt, as desired
- Ground black pepper, as desired
- Flour tortillas, to serve

TOPPINGS (optional)

- Shredded lettuce
- Shredded cheddar cheese
- Sour cream
- Guacamole
- Salsa
- Hot sauce

TIP Make it gluten free by swapping the flour tortillas for corn.



DIRECTIONS

- 1 Place chicken and steak in separate bowls, then add 1 tablespoon oil and ½ of seasoning packet to each bowl. Using tongs, toss to coat and generously season proteins. Set aside.
- 2 In a large bowl, combine onions and peppers with 1 tablespoon oil, salt, and pepper as desired. Toss to combine.
- 3 Place griddle plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **425°F**. Press the TIME button and turn dial to set time to 22 minutes. Press START/STOP to begin preheating (preheating will take approx. 8 minutes).
- 4 When the unit beeps to signify it is preheated and ADD FOOD is displayed, place chicken on one side of griddle, and press START to begin cooking. Cook chicken for 2 minutes with lid up, then place steak on other side of griddle. Close the lid and cook for 5 minutes per side, and 2 to 3 more for well-done steak.
- 5 When cooking is complete, and both proteins are fully cooked, remove from griddle and set aside on a cutting board, covered with tin foil.
- 6 Using paper towels, wipe griddle clean if desired. Add pepper and onion mixture to the griddle. Cook for 10 minutes, until softened and browned, tossing occasionally.
- 7 When cooking is complete, transfer vegetables to serving platter. Slice proteins in ½-inch strips, then transfer to platter. Serve with tortillas and toppings as desired.

TIP To warm tortillas on griddle, cook for 1-2 minutes, flipping halfway through. Transfer to a towel-lined plate, and cover to keep warm.





STEAK AND CHEESE SANDWICHES



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 22 MINUTES | **MAKES:** APPROX. 8 SERVINGS

LID ORIENTATION: UP & DOWN

INGREDIENTS

2 tablespoons vegetable oil, divided
 1 large red bell pepper, seeded, sliced thin
 1 large green bell pepper, seeded, sliced thin
 2 medium yellow onions, peeled, sliced thin
 Kosher salt, as needed
 Ground black pepper, as needed
 3 pounds beef shaved steak
 10 slices American cheese
 8 sub rolls, split

DIRECTIONS

- 1 Place griddle plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to 400°F. Press the TIME button and turn dial to set time to 22 minutes. Press START/STOP to begin preheating (preheating will take approx. 7 minutes).
- 2 When the unit beeps to signify it is preheated and ADD FOOD is displayed, open the lid and brush griddle with 1 tablespoon oil. Place peppers and onions on griddle in an even layer and season with salt and pepper as desired. Press START to begin cooking. Cook for 10 minutes with lid up, tossing frequently.
- 3 When cooking is complete and 12 minutes remain on timer, transfer vegetables to bowl. Set aside.
- 4 Brush griddle with remaining 1 tablespoon oil, then place steak on griddle and season with salt and pepper as desired. Cook for 10 minutes with lid up, tossing frequently.
- 5 Transfer vegetables back to griddle and toss to combine with steak. Place cheese slices in single layer over steak and vegetables. Close the lid and cook for 2 minutes, allowing the cheese to melt.
- 6 When cooking is complete, transfer steak and cheese filling to sub rolls. Cut in half and serve hot.

SMASH BURGERS



INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 8 SERVINGS
LID ORIENTATION: UP & DOWN

INGREDIENTS

2 pounds 80/20 ground beef blend
Kosher salt, as desired
Ground black pepper, as desired
Garlic powder, as desired (optional)
Onion powder, as desired (optional)
2 teaspoons Montreal steak seasoning (optional)
2 cups very thinly sliced sweet onion
8 slices American or cheddar cheese
8 hamburger buns, split

SAUCE

½ cup mayonnaise
¼ cup ketchup
2 tablespoons sweet pickle relish
½ teaspoon hot sauce
2 teaspoons Dijon mustard

TOPPINGS (optional)

Tomato
Lettuce
Pickles
Onion

TIP For toasted buns: brush cut buns with oil and cook for 1-2 minutes, before cooking burgers.

DIRECTIONS

- 1 Place griddle plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **375°F**. Press the TIME button and turn dial to set time to 10 minutes. Press START/STOP to begin preheating (preheating will take approx. 7 minutes).
- 2 In a large bowl, add the ground beef, salt, pepper, garlic powder, onion powder, and Montreal steak seasoning and mix until evenly combined.
- 3 Separate ground beef into 8 equal portions. Working one portion at a time, shape the beef into flat, thin patties, 6 inches wide and ¼-inch thick.
- 4 When the unit beeps to signify it is preheated and ADD FOOD is displayed, add the burgers to the griddle. Evenly divide the shaved onions amongst the patties, placing onion on top of patties. Using a burger press or spatula, firmly press the onions into the patties.
- 5 Press START to begin cooking. Cook burgers, lid up for 3 to 4 minutes, then flip and continue to cook for an additional 3 to 4 minutes (if a more well-done burger is desired, cook for an additional 2 minutes). Place one slice of cheese on each burger, then close the lid and let the cheese melt for 1 to 2 minutes.
- 6 Meanwhile, add all sauce ingredients to a small bowl and mix to combine. Set aside.
- 7 When cheese is melted, transfer burgers to buns. Top with sauce and additional toppings as desired.



Flat Top Griddle Chart

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

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

TIP Food chart recommendations correspond to advised quantities and size specifications. If reducing ingredient volume or using smaller portions, be sure to reduce cook time to avoid over-cooking, and refer to internal temp chart on page 5 for temperature-based doneness guidelines.

TIP Cook with the lid down to reduce splatter.

TIP For best results, brush 1 Tbsp high smoke point oil (ex: Canola, Refined coconut, Avocado, Vegetable, Grapeseed) on griddle prior to cooking.

TIP Following preheat, press START to begin cooking.

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

Flat Top Griddle Chart, continued

TIP For best results, brush 1 Tbsp high smoke point oil (ex: Canola, Refined coconut, Avocado, Vegetable, Grapeseed) on Griddle prior to cooking.

INGREDIENT	AMOUNT	PREPARATION	GRIDDLE TEMP	COOK TIME	INSTRUCTIONS
VEGETABLE					
Asparagus	2 lbs, ends trimmed	1 Tbsp oil on griddle	HIGH	8-12 mins	Toss frequently during cooking
Bell peppers	3 each, thinly sliced	1 Tbsp oil on griddle	HIGH	6-9 mins	Toss frequently during cooking
Hash brown potatoes, fresh	2 lbs, diced in 1/2" cubes	2 Tbsps on griddle	MEDIUM	20-25 mins	Toss frequently during cooking
Hash brown potatoes, frozen	2 lbs	2 Tbsps on griddle	HIGH	12-16 mins	Toss frequently during cooking
Onions, white or red (sliced)	4 each, peeled, sliced	1 Tbsp oil on griddle	HIGH	6-9 mins	Toss frequently during cooking
Sweet potatoes, fresh	1 lb, diced in 1/2" cubes	2 Tbsps on griddle	MEDIUM	25-23 mins	Toss frequently during cooking
Zucchini or squash	2 lbs, cut in quarters lengthwise	1 Tbsp oil on griddle	HIGH	7-12 mins	Flip 2 or 3 times during cooking
FRUIT					
Apples	3 each	Cut in 1/4" slices	HIGH	8-10 mins	Flip at least once during cooking
Bananas	3 each	Cut in half lengthwise	HIGH	5-8 mins	Flip halfway through cooking
Peaches	6 each	Cut in quarters	HIGH	12-16 mins	Flip at least once during cooking
Pineapple	8 slices	Cut in 1-1 1/2" rings	LOW	6-8 mins	Flip at least once during cooking
BREAD/CHEESE					
Halloumi cheese	16-36 oz.	Cut in 1/2" slices, 1 Tbsp oil on griddle	HIGH	3-6 mins	Flip halfway through cooking

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


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TIP Following preheat, press START to begin cooking.

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

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