



# NINJA SIZZLE™

PRO XL 20-INCH

INDOOR GRIDDLE + GRILL

## 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 Grill & Griddle.  
Here's where you'll find how-to's and recipes to unlock delicious  
grilled and 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

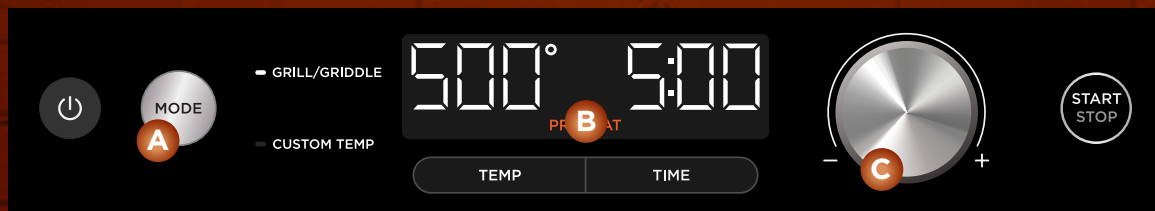


Vegetarian

# 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 grilling. 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

**GRILL/GRIDDLE:** Set Low, Medium, and High settings to use with your grill and griddle plates.

**CUSTOM TEMP:** Dial in your temperature to the specific degree for a precise cook.

## Setting up your XL Grill & Griddle by Function

### GRILL & GRIDDLE

- 1 Press the Power button.
- 2 Use the “Mode” button to select “Grill or Griddle”.
- 3 Press the Temp button and using the dial, choose Low, Medium, or High.
- 4 Press the Time button and using the dial, select your cooking time.
- 5 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 Press the Temp button and using the dial, choose your desired temperature.
- 4 Press the Time button and using the dial, select your cooking time.
- 5 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 grill or griddle plate from the heating element.

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

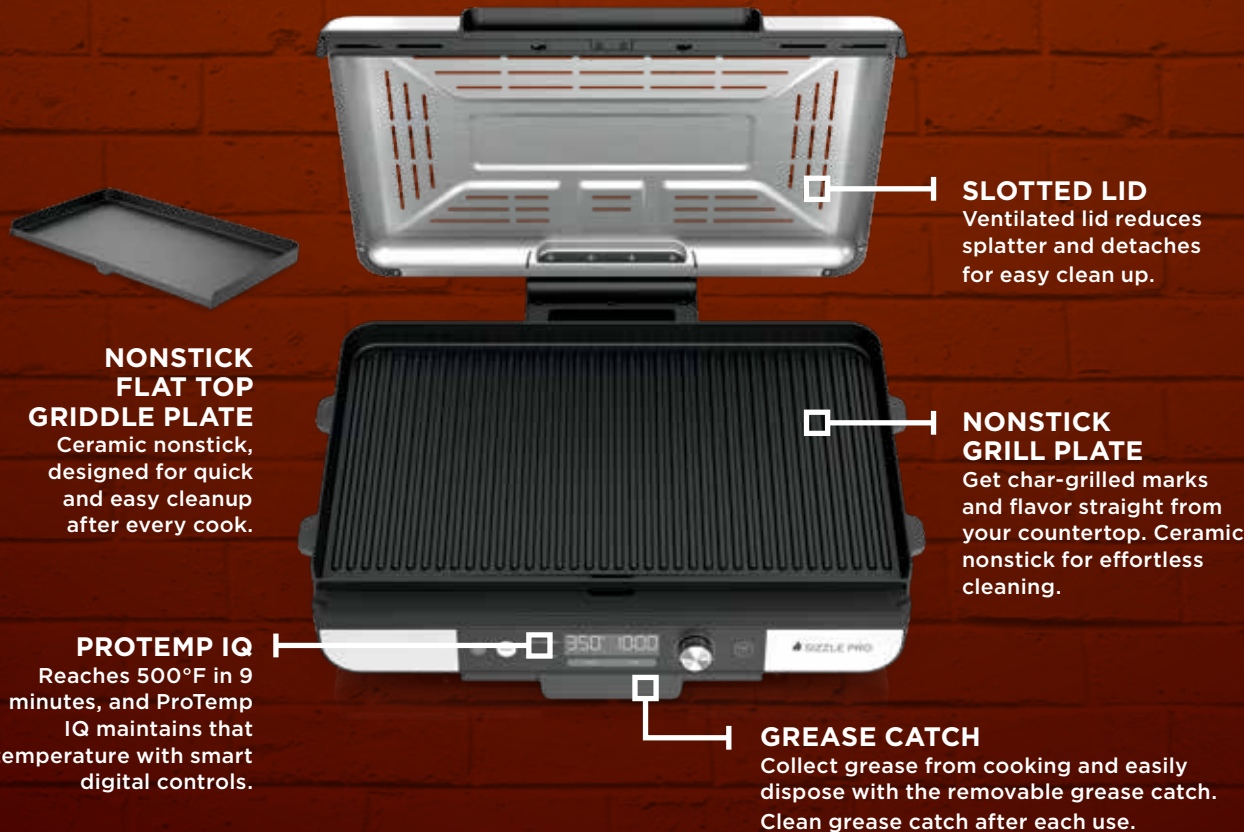
**Remove the ventilated lid** after it cools, easily wash by hand with soap and water.

# Get to know the Ninja

# SIZZLE™

## PRO XL 20-INCH

PREHEATS IN  
9 MINUTES



# Tips for reducing smoke & splattering

## Always use the recommended grill settings

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

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



Recommended:

Canola, Refined coconut, Avocado, Vegetable, Grapeseed



Not recommended:

Olive oil, Butter, Margarine, Cooking spray\*

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

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)



## Cook with the lid up

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



## Cook with the lid down

Drop the lid to retain heat and melt toppings.

**Note:** With ProTemp IQ, the cooking surface remains at the programmed temperature in both lid up and lid down cooking.

### Grill

Best for cooking delicate foods or lean proteins to develop char-grilled textures.



Grilled salmon

Grilled chicken

### Flat Top Griddle

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



Stir-fry

Breakfast bar

### Grill

Best for cooking thick cuts of meat or frozen protein.

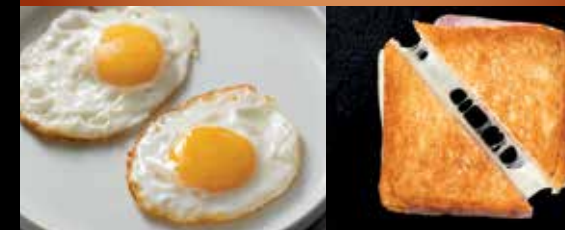


NY strip steaks & asparagus

Frozen shrimp

### Flat Top Griddle

Best for no-flip griddling and melting cheese.



Fried eggs

Grilled cheese

# HIBACHI CHICKEN AND VEGETABLES



BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 4-6 SERVINGS  
**LID ORIENTATION:** UP

## INGREDIENTS

- 1 medium zucchini, quartered, cut in ½ -inch pieces
- 1 medium yellow squash, quartered, cut in ½ -inch pieces
- 1 medium carrot, peeled, cut in half moons ½-inch thick
- Vegetable oil, as needed
- Kosher salt, as desired
- Ground black pepper, as desired
- 2 pounds boneless, skinless chicken breasts, cut in ¾-inch pieces
- 2 scallions, sliced thin, white and greens separated
- ¼ cup teriyaki sauce
- Steamed rice, to serve

### PROTEMP IQ:

Automatically monitors grill/griddle temperatures to adjust and maintain heat throughout cooking cycle.

**TIP** Swap zucchini and squash for equal amounts of your favorite vegetables.

## 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 15 minutes. Press START/STOP to begin preheating (preheating will take approx. 7 minutes).
- 2 In a large bowl, add the zucchini, squash, carrots, 1 tablespoon oil, salt, and pepper. Toss to combine.
- 3 In a separate medium bowl, add the chicken, 1 tablespoon oil, scallion whites, salt, and pepper. Toss to combine.
- 4 When the unit beeps to signify it is preheated and ADD FOOD is displayed, add vegetables to one side of griddle in even layer, and add chicken next the vegetables. Press START to begin cooking. Cook with the lid up, tossing frequently.
- 5 When 2 minutes remain on the timer, add teriyaki sauce to chicken and vegetables. Toss to combine.
- 6 When cooking is complete, garnish with scallion greens and serve with rice.





# 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.



# 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.







# SURF & TURF WITH CHARRED ASPARAGUS



INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 14 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 6-8 SERVINGS  
**LID ORIENTATION:** DOWN

## CHIMICHURRI

2 garlic cloves, peeled, minced  
 ½ cup parsley, chopped fine  
 ½ cup extra virgin olive oil  
 Kosher salt, as desired  
 Ground black pepper, as desired  
 Crushed red pepper, as desired (optional)

## INGREDIENTS

4 strip steaks (10-12 oz. each, 1 ¼ - 1 ½ -inches thick)  
 Vegetable oil, as desired  
 Kosher salt, as desired  
 Ground black pepper, as desired  
 1 pound jumbo shrimp (21-25 per pound), fresh, peeled, deveined  
 1-2 teaspoons Cajun seasoning  
 1 bunch asparagus, ends trimmed

## DIRECTIONS

- 1 In a medium bowl, add all chimichurri ingredients and mix to combine. Set aside.
- 2 Place grill 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 7 minutes. Press START/STOP to begin preheating (preheating will take approx. 7 minutes).

- 3 Brush steaks with oil and season with salt and pepper as desired. To a large bowl, add shrimp, 1 tablespoon oil and Cajun seasoning and toss to evenly combine. Toss asparagus with 1 teaspoon oil, and season with salt and pepper as desired.
- 4 When the unit beeps to signify it is preheated and ADD FOOD is displayed, add steak to grill plate, gently pressing down with tongs to maximize grill marks. Close the lid and press START to begin cooking. Cook the steak for 5 to 7 minutes per side for medium doneness, and 2 to 3 more for well done.
- 5 When cooking is complete, open lid and transfer steaks to cutting board and covered with foil, allowing to rest.
- 6 Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **500°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).
- 7 When the unit beeps to signify it is preheated and ADD FOOD is displayed, add shrimp to one side of the grill plate, and place asparagus next to the shrimp. Close the lid and press START to begin cooking. Cook shrimp for 5 minutes, flipping halfway. Remove from grill once cooking is complete. Cook asparagus for 10 minutes or until charred, tossing frequently.
- 8 When cooking is complete, open lid and transfer shrimp and asparagus to serving platter. Slice steak and transfer to platter. Top shrimp and steak with chimichurri and serve immediately.

# TANDOORI CHICKEN WITH GRILLED CAULIFLOWER



INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 9 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 6 SERVINGS

## INGREDIENTS

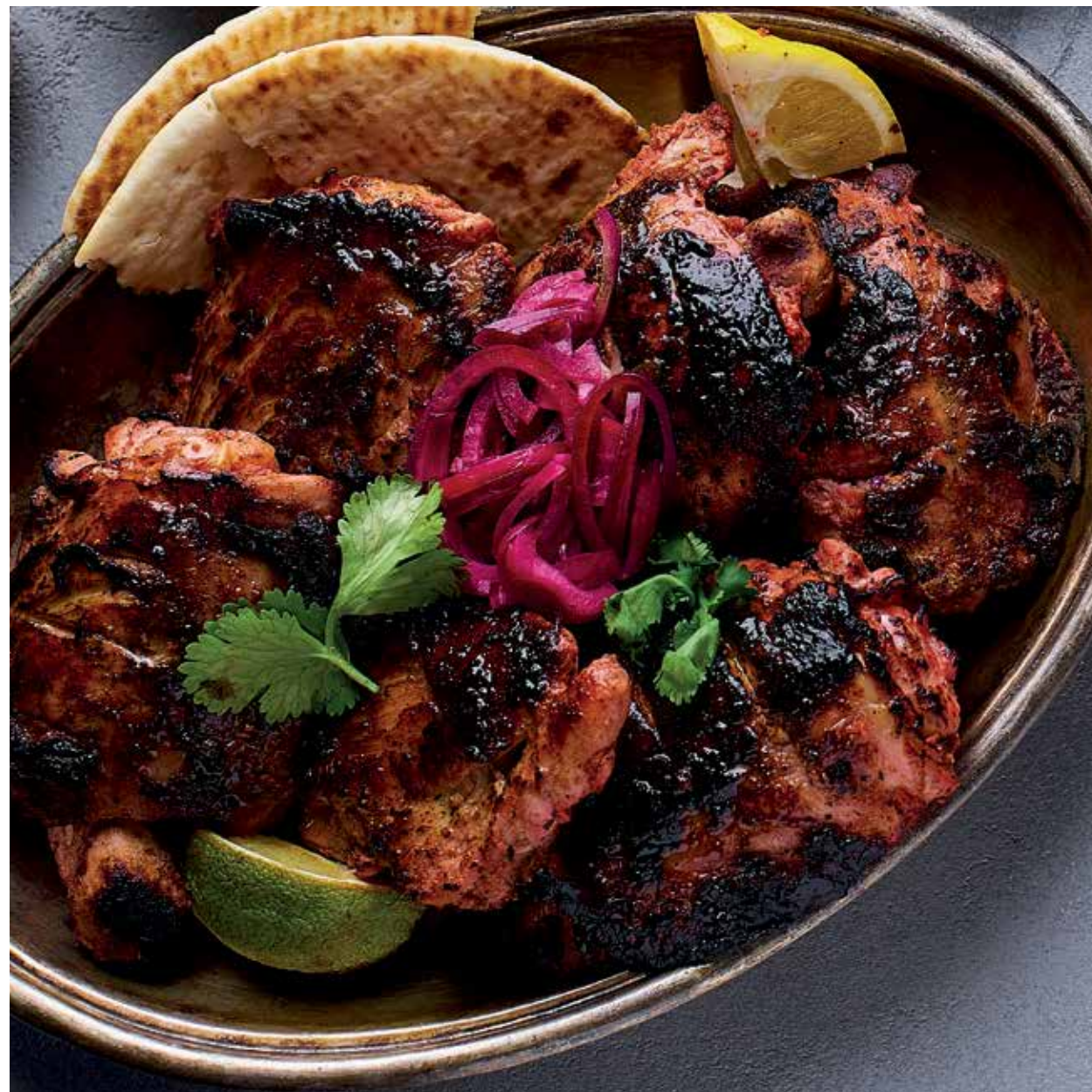
¾ cup Greek yogurt  
¼ cup olive oil  
Juice of 1 lemon  
½ teaspoon garam masala  
½ teaspoon curry powder  
½ teaspoon chili oil  
Kosher salt, as desired  
Ground black pepper, as desired  
6 boneless, skinless chicken thighs (6-8 oz. each)  
1 head cauliflower, leaves trimmed, cut in 4-5 steaks,  
½-¾ -inches thick  
1 tablespoon vegetable oil

## TO SERVE (optional)

Steamed rice  
Pita bread  
Plain yogurt  
Prepared raita  
Cilantro

## DIRECTIONS

- 1** In a medium bowl, prepare the marinade by whisking together all ingredients except the chicken, cauliflower, and vegetable oil. Then place the marinade and chicken in a large resealable plastic bag. Massage the outside of the bag to work the marinade over all parts of the chicken, then place the bag in the refrigerator for 30 minutes to marinate.
- 2** Place grill plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **500°F**. Press the TIME button and turn dial to set time to 20 minutes. Press START/STOP to begin preheating (preheating will take approx. 9 minutes).
- 3** Meanwhile, season cauliflower with salt, pepper, and vegetable oil. Set aside.
- 4** When the unit beeps to signify it is preheated and ADD FOOD is displayed, open the lid and using silicone-tipped tongs, place chicken on one side of the grill plate, discarding excess marinade. Place the cauliflower next to the chicken, gently pressing down to maximize grill marks. Close the lid and press START to begin cooking. Allow to cook undisturbed for 8 minutes.
- 5** After 8 minutes, flip the chicken and cauliflower, then cook for an additional 8 minutes.
- 6** When cooking is complete, open lid and remove chicken and cauliflower from grill. Serve hot.



# Grill Chart

**TIP** Following preheat, press START to begin cooking.

**TIP** Clean grease catch after each use.

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

INGREDIENT	AMOUNT	PREPARATION	GRILL TEMP	COOK TIME	INSTRUCTIONS
<b>CHICKEN</b>					
Chicken breasts, boneless	8-10 breasts (7-9 oz. each)	Coat lightly with canola oil, season as desired	MEDIUM	25-30 mins	Flip 2-3 times during cooking
Chicken sausage	10 sausages	Season as desired	MEDIUM	25-30 mins	Flip 2-3 times during cooking
Chicken tenderloins	15 tenderloins	Coat lightly with canola oil, season as desired	MEDIUM	8-11 mins	Flip halfway through cooking
Chicken thighs, boneless	8-10 thighs (4-7 oz. each)	Coat lightly with canola oil, season as desired	MEDIUM	15-20 mins	Flip halfway through cooking
Chicken thighs, bone-in	8-10 thighs (5-8 oz. each)	Coat lightly with canola oil, season as desired	MEDIUM	25-30 mins	Flip 2-3 times during cooking
Turkey burgers	8 patties	Season as desired	MEDIUM	15-20 mins	Flip halfway through cooking
<b>BEEF</b>					
Beef burgers	8 patties, 1" thick	Season as desired	LOW	11-15 mins	Flip halfway through cooking
Filet mignon	8 steaks (6-8 oz. each), 1 1/4-1 1/2" thick	Season as desired	MEDIUM	10-15 mins	Flip halfway through cooking
Flat iron or flank steak	2 steaks (18-24 oz. each), 1 1/4-1 1/2" thick	Season as desired	MEDIUM	10-20 mins	Flip halfway through cooking
Hot dogs	16 each	N/A	MEDIUM	10-16 mins	Turn frequently during cooking
New York strip steak	6 steaks (10-12 oz. each), 1 1/4-1 1/2" thick	Season as desired	MEDIUM	10-15 mins	Flip halfway through cooking
Ribeye	3 steaks (14-16 oz. each), 1 1/4" thick	Season as desired	MEDIUM	10-15 mins	Flip halfway through cooking
Skirt steak	4 steaks (10-12 oz. each), 3/4-1" thick	Season as desired	MEDIUM	12-18 mins	Flip halfway through cooking
Steak tips	3 lbs	Season as desired	LOW	15-20 mins	Flip halfway through cooking
<b>PORK</b>					
Pork chops, boneless	8 boneless chops (8 oz. each)	Season as desired	MEDIUM	18-23 mins	Flip halfway through cooking
Pork chops, bone-in	6 thick cut, bone in (10-12 oz. each)	Season as desired	MEDIUM	20-25 mins	Flip halfway through cooking
Sausage	14 each	N/A	LOW	16-23 mins	Turn frequently during cooking
<b>SEAFOOD</b>					
Halibut	8-10 fillets (5-6 oz. each)	Coat lightly with canola oil, season as desired	HIGH	6-10 mins	Flip halfway through cooking
Salmon	8 fillets (6 oz. each)	Coat lightly with canola oil, season as desired	MEDIUM	7-11 mins	Flip halfway through cooking
Scallops	18 each	Coat lightly with canola oil, season as desired	HIGH	6-9 mins	Flip halfway through cooking
Shrimp (large or jumbo)	2 lbs	Coat lightly with canola oil, season as desired	HIGH	4-5 mins	Flip halfway through cooking
Swordfish	3-4 steaks (11-12 oz. each)	Coat lightly with canola oil, season as desired	HIGH	6-8 mins	Flip halfway through cooking
Tuna	6-8 steaks (4-6 oz. each)	Coat lightly with canola oil, season as desired	HIGH	7-10 mins	Flip halfway through cooking

**TIP** Cook with the lid down to reduce splatter.

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

# Grill Chart, continued

**TIP** Clean grease catch after each use.

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

INGREDIENT	AMOUNT	PREPARATION	GRILL TEMP	COOK TIME	INSTRUCTIONS
<b>VEGETABLES</b>					
Asparagus	2 bunches, trimmed	Coat lightly with canola oil, season as desired	HIGH	10-15 mins	Toss frequently during cooking
Baby bok choy	1 1/2 lbs	Coat lightly with canola oil, season as desired	HIGH	9-13 mins	Toss frequently during cooking
Bell peppers	5 peppers, cut in quarters	Coat lightly with canola oil, season as desired	HIGH	10-15 mins	Toss frequently during cooking
Broccoli	2 heads, cut in 1" pieces	Coat lightly with canola oil, season as desired	HIGH	12-16 mins	Toss frequently during cooking
Brussels sprouts	2 lbs, trimmed and cut in half	Coat lightly with canola oil, season as desired	HIGH	12-16 mins	Toss frequently during cooking
Corn on the cob	6-7 cobs	Coat lightly with canola oil, season as desired	HIGH	25-30 mins	Toss frequently during cooking
Crimini mushrooms	1 lb	Coat lightly with canola oil, season as desired	HIGH	5-10 mins	Toss frequently during cooking
Eggplant	3 medium, cut in 1" slices	Coat lightly with canola oil, season as desired	HIGH	8-12 mins	Flip halfway through cooking
Green beans	2 lbs, trimmed	Coat lightly with canola oil, season as desired	HIGH	12-16 mins	Toss frequently during cooking
Portobello mushrooms	1 lb, cleaned	Coat lightly with canola oil, season as desired	HIGH	9-14 mins	Flipping not necessary
Squash or zucchini	1 lb, cut in quarters lengthwise	Coat lightly with canola oil, season as desired	HIGH	8-14 mins	Toss frequently during cooking
Tomatoes	5 each, cut in half	Coat lightly with canola oil, season as desired	HIGH	8-10 mins	Toss frequently during cooking
<b>FRUIT</b>					
Bananas	6 each	Peel, cut in half lengthwise	HIGH	8 mins	Flip halfway through cooking
Lemons & limes	5 each	Cut in half lengthwise	HIGH	3 mins	Flip halfway through cooking
Mango	4 each	Skin and pit removed	HIGH	6-8 mins	Flip halfway through cooking
Melon	6-8 spears	N/A	HIGH	4-6 mins	Flip halfway through cooking
Pineapple	6-8 slices or spears	Cut in 2" pieces	HIGH	5-8 mins	Flip halfway through cooking
Stone fruit	5-6 each	Cut in half, remove pit, press down on grill plate	HIGH	5-7 mins	Flipping not necessary
<b>BREAD/CHEESE</b>					
Bread (baguette or ciabatta)	1 16" loaf	Cut in 1 1/2 slices, brushed with canola oil	HIGH	4-8 mins	Flip halfway through cooking

**TIP** Cook with the lid down to reduce splatter.

**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

**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
<b>GRIDDLE BASICS</b>					
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
<b>SEAFOOD</b>					
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
<b>POULTRY</b>					
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
<b>BEEF/PORK</b>					
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** For best results, brush 1 Tbsp high smoke point oil (ex: Canola, Refined coconut, Avocado, Vegetable, Grapeseed) on grill prior to cooking.

**TIP** Following preheat, press START to begin cooking.

**TIP** Cook with the lid down to reduce splatter.

**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 grill prior to cooking.

INGREDIENT	AMOUNT	PREPARATION	GRIDDLE TEMP	COOK TIME	INSTRUCTIONS
<b>VEGETABLE</b>					
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
<b>FRUIT</b>					
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
<b>BREAD/CHEESE</b>					
Halloumi cheese	16-36 oz.	Cut in 1/2" slices, 1 Tbsp oil on griddle	HIGH	3-6 mins	Flip halfway through cooking

**TIP** Cook with the lid down to reduce splatter.


**TIP** Following preheat, press START to begin cooking.

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