

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

**NINJA**  
**Foodi**  
**2-BASKET AIR FRYER**

**QUICK  
START  
GUIDE**

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**+ COOKING CHARTS  
+ 15 IRRESISTIBLE RECIPES**

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# Using DualZone™ Technology

## SMART FINISH

Cooking 2 foods using 2 different functions, temps, or cook times?  
Program each zone and use SMART SET to have both zones finish at the same time.



### STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



### STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



### STEP 3: Program Zone 2

- Select Zone 2.
- Select a cooking function (e.g., ROAST), and repeat Step 2.



### STEP 4: Begin Cooking

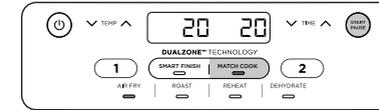
- Select SMART FINISH.
- Press START/PAUSE to begin cooking.
- The zone with the shorter cook time will display HOLD.



**NOTE:** To ensure a synchronized cook time completion, press the START/PAUSE button. Refer to page 6 for further instructions.

## MATCH COOK

Cooking the same food in each zone?  
Set Zone 1 and use MATCH COOK to automatically match settings to Zone 2.



### STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



### STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



### STEP 3: Begin Cooking

- Select MATCH COOK.
- Press START/PAUSE to begin cooking.



**NOTE:** To pause a zone or cancel time in a zone, refer to page 6 for further instructions.

## Using DualZone™ Technology — Cont.

Want to cook two foods, but don't want to do it back to back?  
Fill both zones and manually program each zone so they start at the same time.



### STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



### STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



### STEP 3: Program Zone 2

- Repeat Steps 1 and 2 for Zone 2.



### STEP 4: Begin Cooking

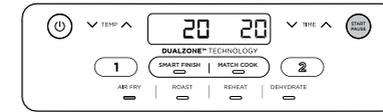
- Press START/PAUSE to begin cooking.



**NOTE:** To pause a zone or cancel time in a zone, refer to page 6 for further instructions.

## Using A Single Zone

Only cooking one thing?  
Fill a single zone and use it like a traditional air fryer.



### STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Select a cooking 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 Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



### STEP 3: Begin Cooking

- Press START/PAUSE to begin cooking.



## Pausing and Ending the Cook Times

### Pausing Time in a Single Zone (While Both Zones are Running)

#### STEP 1: Pausing a Single Zone

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



**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 again.



### Ending the Cook Time in One Zone (While Using Both Zones)



#### STEP 1: Select Zone

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



#### STEP 2: Adjust Time

- Press the down TIME arrow.
- Bring down the time to 0.



#### STEP 3: Resume Cooking

- After 3 seconds, END will appear on the display.
- Cooking will continue in the other zone.

# READY TO START COOKING?

Learn how to make complete meals that are done at the same time.

## FLIP TO FIND:

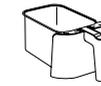
Single Zone & DualZone Technology™ Cooking Charts 8

SMART FINISH Recipe Charts 14

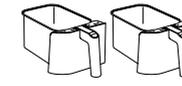
15 Irresistible Recipes 16

# 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.



**SINGLE ZONE**  
when cooking in one zone —  
not using the other zone.



**DUALZONE**  
when cooking in both zones —  
same or different foods.

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	TEMP		
<b>VEGETABLES</b>						
Asparagus	1 bunch	Whole, stems trimmed	2 tsp	390°F	8-12 mins	20-25 mins
Beets	6-7 small	Whole	None	390°F	30-35 mins	35-40 mins
Bell peppers (for roasting)	3 small peppers	Whole	None	390°F	10-15 mins	15-20 mins
Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	390°F	8-10 mins	15-17 mins
Brussels sprouts	1 lb	Cut in half, stem removed	1 Tbsp	400°F	15-20 mins	20-25 mins
Butternut squash	1 1/2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	20-25 mins	35-40 mins
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	13-16 mins	25-30 mins
Cauliflower	1 head	Cut in 1-inch florets	2 Tbsp	390°F	17-20 mins	20-25 mins
Corn on the cob	2 ears, cut in half	Husks removed	1 Tbsp	390°F	12-15 mins	18-20 mins
Green beans	1 bag (12 oz)	Trimmed	1 Tbsp	390°F	8-10 mins	10-15 mins
Kale (for chips)	5 cups, packed	Torn in pieces, stems removed	None	300°F	7-9 mins	15-20 mins
Mushrooms	8 oz	Rinsed, cut in quarters	1 Tbsp	390°F	7-9 mins	13-15 mins
Potatoes, russet	1 1/2 lbs	Cut in 1-inch wedges	1 Tbsp	400°F	20-22 mins	35-38 mins
	1 lb	Hand-cut fries*, thin	1/2-3 Tbsp, canola	400°F	20-24 mins	30-35 mins
	1 lb	Hand-cut fries*, thick	1/2-3 Tbsp, canola	400°F	19-24 mins	35-40 mins
Potatoes, sweet	3 whole (6-8 oz)	Pierced with fork 3 times	None	400°F	30-35 mins	37-40 mins
	1 1/2 lbs	Cut in 1-inch chunks	1 Tbsp	400°F	15-20 mins	30-35 mins
Potatoes, sweet	3 whole (6-8 oz)	Pierced with fork 3 times	None	400°F	36-42 mins	40-45 mins
	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-18 mins	25-28 mins
<b>POULTRY</b>						
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	390°F	25-30 mins	30-35 mins
	4 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	390°F	22-24 mins	25-28 mins
Chicken thighs	2 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins	26-29 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins	25-28 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	390°F	18-22 mins	43-47 mins
<b>FISH &amp; SEAFOOD</b>						
Crab cakes	2 cakes (6-8 oz each)	None	Brushed with oil	390°F	5-10 mins	10-13 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	390°F	5-8 mins	15-18 mins
Salmon fillets	3 fillets (4 oz each)	None	Brushed with oil	400°F	7-12 mins	13-17 mins
Shrimp	1 lb	Whole, peeled, tails on	1 Tbsp	390°F	7-10 mins	10-13 mins

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

To pause both zones while using **SMART FINISH** press the **START/PAUSE** button.

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

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

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

## Shake your food

We recommend shaking your food at least twice during the cooking cycle for best results.



**OR**

**Toss with silicone-tipped tongs**



\*After cutting potatoes, allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat fries dry. The drier the fries, the better the results.

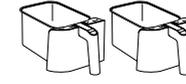
# Air Fry Cooking Chart, continued

**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.

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	TEMP		
<b>BEEF</b>						
Burgers	2 quarter-pound patties, 80% lean	1/2 inch thick	Brushed with oil	390°F	8-10 mins	10-13 mins
Steaks	2 steaks (8 oz each)	Whole	Brushed with oil	390°F	10-20 mins	14-18 mins
<b>PORK</b>						
Bacon	3 strips, cut in half	None	None	350°F	8-10 mins	9-12 mins
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brushed with oil	390°F	15-17 mins	23-27 mins
	2 boneless chops (8 oz each)	Boneless	Brushed with oil	390°F	14-17 mins	17-20 mins
Pork tenderloins	1 lb	None	Brushed with oil	375°F	15-20 mins	25-30 mins
Sausages	5 sausages	None	None	390°F	7-10 mins	17-22 mins
<b>FROZEN FOODS</b>						
Chicken cutlets	3 cutlets	None	None	400°F	18-21 mins	20-25 mins
Chicken nuggets	1 box (12 oz)	None	None	390°F	10-13 mins	18-21 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	14-16 mins	17-22 mins
Fish sticks	18 fish sticks (11 oz)	None	None	390°F	10-13 mins	16-19 mins
French fries	1 lb	None	None	400°F	18-22 mins	28-32 mins
French fries	2 lbs	None	None	400°F	32-36 mins	50-55 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	8-10 mins	10-12 mins
Pot stickers	2 bags (10.5 oz)	None	1 Tbsp	390°F	12-14 mins	16-18 mins
Pizza rolls	1 bag (20 oz, 40 count)	None	None	390°F	12-15 mins	15-18 mins
Popcorn shrimp	1 box (14-16 oz)	None	None	390°F	9-11 mins	14-18 mins
Sweet potato fries	1 lb	None	None	375°F	20-22 mins	30-32 mins
Tater tots	1 lb	None	None	375°F	18-22 mins	25-27 mins
Onion Rings	10 oz	None	None	375°F	13-16 mins	18-22 mins



**SINGLE ZONE**  
when cooking in one zone —  
not using the other zone.



**DUALZONE**  
when cooking in both zones —  
same or different foods.

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

To pause both zones while using **SMART FINISH**, press the **START/PAUSE** button.

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

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

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

## Shake your food

We recommend shaking your food at least twice during the cooking cycle for best results.



**OR**

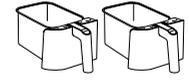
**Toss with  
silicone-tipped  
tongs**



# Dehydrate Chart



**SINGLE ZONE**  
when cooking in one zone —  
not using the other zone.



**DUALZONE**  
when cooking in both zones —  
same or different foods.

INGREDIENTS	PREPARATION	TEMP	
<b>FRUITS &amp; VEGETABLES</b>			<b>TIMES ARE THE SAME FOR BOTH ZONES</b>
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
<b>MEAT, POULTRY, FISH</b>			
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

## Using DualZone™ Technology: SMART FINISH

**SMART FINISH** eliminates the need for back-to-back cooking. Now you can cook two different foods with two different cook times, and watch as they finish at the same time. Simply program each zone, and let the **SMART FINISH** feature do the rest.

**NOTE:** For all recipes in this chart, season with salt and pepper as desired.

CHOOSE ANY TWO		ADD ONE RECIPE PER ZONE		SET BOTH ZONES AND USE SMART FINISH
RECIPE	AMOUNT	MIX OR COMBINE THESE INGREDIENTS	FUNCTION	TEMP/TIME
Crab Cakes	2 crab cakes	Brush with melted butter	Air Fry	390°F   15 minutes
Balsamic Roasted Tomatoes	2 pints cherry tomatoes	1/2 cup balsamic vinegar 1 Tbsp canola oil	Roast	390°F   15 minutes
Maple Sage Pork Chops	2-3 boneless pork chops (4 oz each)	1 Tbsp canola oil 1 Tbsp maple syrup	Roast	390°F   17-20 minutes
Cajun Russet Potatoes	4 medium potatoes, diced	2 Tbsp canola oil 2 Tbsp Cajun seasoning	Air Fry	400°F   30 minutes
Classic Meatloaf	1 lb meatloaf mix (beef, pork, veal)	1/4 cup ketchup, 1/4 cup yellow mustard, 1 egg, 1/2 cup panko breadcrumbs, 1/4 cup Parmesan cheese	Air Fry	330°F   35 minutes
Green Beans with Almonds	1 lb green beans, ends trimmed	2 Tbsp canola oil 1/2 cup sliced almonds	Air Fry	390°F   15 minutes
Miso Glazed Salmon	3 salmon fillets (6 oz each)	2 Tbsp miso paste, 1 teaspoon canola oil Rub onto salmon	Air Fry	390°F   15 minutes
Honey Hazelnut Brussels Sprouts	1 lb Brussels sprouts, cut in half	2 Tbsp canola oil, 1/4 cup honey, 1/2 cup chopped hazelnuts	Air Fry	390°F   23 minutes
Buffalo Chicken Thighs	4 boneless skin-on chicken thighs (4-5 oz each)	1 cup buffalo sauce, toss with chicken	Air Fry	400°F   27 minutes
Plant Based "Meat" Burger	1 lb plant-based ground "meat" (4 4-oz patties)	1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	375°F   20 minutes
Mediterranean Cauliflower	1 head cauliflower, cut in 1/2-inch florets	1/2 cup tahini, 2 Tbsp canola oil	Air Fry	390°F   35 minutes
French Fries	1 lb French fries	Season as desired	Air Fry	400°F   30 minutes

**NOTE:** For your own best results, start checking food for doneness 2 minutes before cook time is complete. Stop cooking at any time if the desired level of crispiness has been achieved, but make sure any raw proteins have reached a food-safe temperature.

# SALT & PEPPER TORTELLINI WITH LEMONY BROCCOLINI

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 17 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

1 bunch broccolini  
(approx. 8 ounces)  
4 teaspoons canola oil, divided  
2 teaspoons kosher salt, divided  
2 teaspoons ground black pepper, divided  
½ teaspoon crushed red pepper  
1 bag fresh tortellini  
(approx. 10 ounces)  
2 tablespoons grated Parmesan cheese  
Juice of ½ lemon  
(approx. 1 tablespoon)

## DIRECTIONS

- 1 In a mixing bowl, toss broccolini with 2 teaspoons canola oil, 1 teaspoon salt, 1 teaspoon pepper, and crushed red pepper.
- 2 In a separate bowl, toss tortellini with remaining canola oil, salt, and pepper.
- 3 Install a crisper plate in both baskets. Place broccolini in the Zone 1 basket, then insert basket in unit. Place tortellini in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 17 minutes. Select Zone 2, select AIR FRY, set temperature to 350°F, and set time for 12 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When 6 minutes remain on both zones' timers, remove the Zone 1 basket and use rubber-tipped tongs to flip broccolini. Reinsert basket to continue cooking. Remove the Zone 2 basket and shake ingredients. Reinsert basket to continue cooking.
- 6 When cooking is complete, toss broccolini with lemon juice and toss tortellini with Parmesan cheese. Serve immediately.

# SPICY ITALIAN SAUSAGE, BELL PEPPER & ONION SUBS

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 18 MINUTES | **MAKES:** 5 SERVINGS

## INGREDIENTS

½ yellow onion, peeled, thinly sliced  
1 red bell pepper, thinly sliced  
1 green bell pepper, thinly sliced  
½ teaspoon kosher salt  
¼ teaspoon ground black pepper  
1 tablespoon canola oil  
5 uncooked spicy Italian sausage links  
5 sub rolls

## DIRECTIONS

- 1 Toss together onions, bell peppers, salt, black pepper, and canola oil in a bowl.
- 2 Install a crisper plate in both baskets. Place sausages in the Zone 1 basket, then insert basket in unit. Place onion and bell peppers in the Zone 2 basket, then insert basket in unit.
- 3 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 18 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 4 When cooking is complete, remove baskets from unit. Divide the onion and bell peppers between the buns, then place sausages in buns and serve.

# AIR FRYER DOUGHNUTS

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 10 MINUTES | **MAKES:** 4-8 SERVINGS

## INGREDIENTS

1 cup granulated sugar  
2 tbsp ground cinnamon  
1 can refrigerated flaky buttermilk biscuits  
1/4 cup (1/2 stick) unsalted butter, melted

## DIRECTIONS

- 1 In a small shallow bowl, mix together sugar and cinnamon and set aside.
- 2 Remove the biscuits from the can, separate them, and place them on a cutting board. Use a 1-inch round biscuit cutter (or similarly-sized bottle cap) to cut holes out of the center of each biscuit.
- 3 Install a crisper plate in both baskets. Place 4 donuts in a single layer in each basket.
- 4 Select Zone 1, select AIR FRY, set temperature to 360°F, and set time to 10 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Select START/PAUSE to begin.
- 5 Once timer has finished, remove donuts from drawers.
- 6 Dip both sides of the warm donuts into the melted butter, place in the cinnamon sugar, and flip to coat both sides. Serve warm.
- 7 Repeat step 4-6 to cook the donut holes. Set time for 5 minutes.
- 8 Alternatively, donuts can be topped with a powdered sugar glaze or a chocolate glaze with toppings of choice such as sprinkles.

# JERK-RUBBED PORK LOIN WITH CARROTS & SAGE

**PREP:** 10 MINUTES | **MARINATE:** 10 MINUTES-8 HOURS  
**TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 1/2 pounds pork loin  
3 teaspoons canola oil, divided  
2 tablespoons jerk seasoning  
1 pound carrots, peeled, cut in 1-inch pieces  
1 tablespoon honey  
1/2 teaspoon kosher salt  
1/2 teaspoon fresh chopped sage

## DIRECTIONS

- 1 Place pork loin in a pan or high-walled dish. Blot pork dry with a paper towel. Use your hands to rub 2 teaspoons canola oil evenly over pork. Then use your hands to rub the jerk seasoning evenly over it. Wrap pork loin in plastic wrap or seal in a plastic bag and allow to marinate for a minimum of 10 minutes or up to 8 hours in the refrigerator.
- 2 In a medium bowl, toss carrots with remaining canola oil and 1/2 teaspoon salt.
- 3 Install a crisper plate in both baskets. Place marinated pork loin in the Zone 1 basket, then insert basket in unit. Place carrots in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 25 minutes. Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 16 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 5 When zones have finished cooking, check pork loin for doneness. Cooking is complete when the internal temperature of the loin reaches 145°F on an instant-read thermometer. Transfer pork loin to a plate or cutting board and let rest for at least 5 minutes.
- 6 Transfer carrots to a bowl and combine with sage.
- 7 When resting is complete, cut pork loin into slices of your desired thickness and serve with carrots.

# CAULIFLOWER PIZZA BAKE WITH TEXAS TOAST

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 28 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

1 head of cauliflower, cut in 2-inch pieces, green leaves and stem removed  
1 tablespoon canola oil  
1 teaspoon kosher salt  
1 teaspoon ground black pepper  
1 teaspoon dried oregano  
1 cup prepared pizza sauce, divided  
1/2 cup shredded cheese, like mozzarella or four-cheese blend  
12 slices pepperoni or Genoa salami  
4 slices frozen prepared Texas toast

## DIRECTIONS

- 1 In a mixing bowl, toss cauliflower with canola oil, salt, pepper, and oregano.
- 2 Install a crisper plate in both baskets. Place cauliflower in the Zone 1 basket and insert basket in unit. Place Texas toast in the Zone 2 basket and insert basket in unit.
- 3 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 28 minutes. Select Zone 2, select AIR FRY, set temperature to 360°F, and set time for 7 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 4 When 10 minutes remain on the Zone 1 timer, press START/PAUSE, remove basket, and add half the pizza sauce to cauliflower. Shake basket well to coat cauliflower evenly with sauce, then spoon remaining sauce evenly over the top. Sprinkle cheese evenly over the top of cauliflower, then add pepperoni or salami slices on top. Reinsert basket and press START/PAUSE to continue cooking.
- 5 When cooking is complete, serve cauliflower with Texas toast.

# CHICKEN FRIED PORK WITH SWEET POTATO FRIES

**PREP:** 20 MINUTES | **TOTAL COOK TIME:** 31 MINUTES | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

1 cup all-purpose flour  
1 teaspoon smoked paprika  
1 teaspoon garlic powder  
1 teaspoon kosher salt  
1 teaspoon ground black pepper  
2 large eggs  
2-4 uncooked boneless pork chops, cut in half lengthwise, pounded 1/2 inch thick  
1 pound frozen sweet potato fries

## DIRECTIONS

- 1 Place flour, paprika, garlic powder, salt, and pepper in a bowl and mix well.
- 2 Place eggs in a shallow bowl and whisk thoroughly for 60 seconds. Place seasoned flour in a second shallow bowl.
- 3 Working one at a time, dredge the pork chops in egg, then in seasoned flour, then again in egg, then again in flour. Set aside.
- 4 Install a crisper plate in both baskets. Place pork chops in the Zone 1 basket, then insert basket in unit. Place sweet potato fries in the Zone 2 basket, then insert basket in unit.
- 5 Select AIR FRY, set temperature to 400°F, and set time to 15 minutes. Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 31 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 6 When the Zone 2 time reaches 10 minutes, press START/PAUSE and remove basket from unit and shake basket for 10 seconds. Reinsert basket and press START/PAUSE to continue cooking.
- 7 When the Zone 1 time reaches 7 minutes, press START/PAUSE and remove basket from unit and flip pork chops using silicone-tipped tongs. Reinsert basket and press START/PAUSE to continue cooking.
- 8 When cooking is complete, transfer pork chops to a plate. Serve with sweet potato fries.

# SWEET POTATO SAUSAGE HASH

**PREP:** 20 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 1/2 pounds sweet potatoes, peeled, diced into 1/2-inch pieces  
1 tablespoon minced garlic  
1 teaspoon kosher salt plus more, as desired  
Ground black pepper, as desired  
2 tablespoons canola oil  
1 tablespoon dried sage  
1 pound uncooked mild ground breakfast sausage  
1/2 large onion, peeled, diced  
1/2 teaspoon ground cinnamon  
1 teaspoon chili powder  
4 large eggs, poached or fried (optional)

## DIRECTIONS

- 1** In a bowl, toss sweet potatoes with garlic, salt, pepper, and canola oil.
- 2** Install a crisper plate in the Zone 1 basket, then place potatoes in the basket and insert basket in unit. Spread out the ground sausage in the Zone 2 basket (without a crisper plate installed), then insert basket in unit.
- 3** Select Zone 1, select AIR FRY, set temperature to 400°F, and set time to 30 minutes. Select Zone 2, select ROAST, set temperature to 400°F, and set time to 20 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 4** When the Zone 1 and Zone 2 times reach 10 minutes, press START/PAUSE and remove baskets from unit and shake for 10 seconds.
- 5** In Zone 1, stir in half the sage. In Zone 2, add onion and stir to combine. Once complete, press START/PAUSE and reinsert baskets to continue cooking.
- 6** When cooking is complete, remove both baskets from the unit and add potatoes to the sausage mixture. Add cinnamon, sage, chili powder, and salt as desired and mix thoroughly.
- 7** When cooking is complete, stir hash, then serve immediately with a poached or fried egg on top, if desired.

**TIP:** If you're not a fan of sausage, you can replace with your favorite meatless option or chicken sausage alternative.

# CHICKEN TENDERS & CURLY FRIES

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 pound frozen chicken tenders  
1 pound frozen curly French fries  
Dipping sauces of your choice

## DIRECTIONS

- 1** Install a crisper plate in both baskets. Place chicken tenders in the Zone 1 basket, then insert basket in unit. Place curly French fries in the Zone 2 basket, then insert basket in unit.
- 2** Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 22 minutes. Select Zone 2, select AIR FRY, set temperature to 400°F, and set time to 30 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 3** When the Zone 1 and 2 times reach 8 minutes, press START/PAUSE to pause the unit. Remove the baskets from unit and shake for 10 seconds. Reinsert baskets in unit and press START/PAUSE to resume cooking.
- 4** When cooking is complete, serve immediately with your favorite dipping sauces.

# MAPLE-GLAZED TURKEY BREASTS & GREEN BEAN CASSEROLE

**PREP:** 20 MINUTES | **TOTAL COOK TIME:** 40 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

### TURKEY

2 tablespoons pure maple syrup, warmed  
1 tablespoon canola oil  
2 teaspoons chili powder  
½ tablespoon smoked paprika  
1 teaspoon kosher salt  
½ teaspoon ground black pepper  
1 uncooked split turkey breast (2 pounds), fat trimmed, bone removed

### GREEN BEAN CASSEROLE

1 bag (16 oz) French-style frozen green beans  
1 can (10.5 ounces) cream of mushroom soup  
½ cup milk  
Kosher salt and ground black pepper, to taste  
1 cup store-bought crispy fried onions, divided

## DIRECTIONS

- 1 In a bowl, stir together the maple syrup and all turkey breast seasonings. Toss turkey breasts in the mixture.
- 2 In a separate bowl, whisk together the mushroom soup, milk, salt, and pepper for the green bean casserole. Add green beans and ½ cup fried onions and toss together.
- 3 Install a crisper plate in the Zone 1 basket, then place turkey breasts in the basket and insert basket in unit. Place green bean mixture in the Zone 2 basket (without a crisper plate installed), then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 360°F, and set time to 40 minutes. Select Zone 2, select ROAST, set temperature to 350°F, and set time to 30 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 5 When the Zone 1 and Zone 2 times reach 15 minutes, remove Zone 1 basket from unit and flip turkey breasts using silicone-tipped tongs. Reinsert basket to continue cooking. Remove Zone 2 basket from unit and stir green bean mixture then cover the top with remaining onions. Reinsert basket to continue cooking.
- 6 When the Zone 1 time reaches zero, check turkey breasts for doneness. Cooking is complete when their internal temperature reaches at least 165°F on an instant-read thermometer. Serve green bean casserole with the turkey breasts.

# GARLIC SHRIMP & BLISTERED ROSEMARY TOMATOES

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 11 MINUTES | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

1 pound uncooked large shrimp, peeled, deveined  
10 cloves garlic, peeled, finely chopped  
2 teaspoons dried thyme  
½ tablespoon chili powder  
2 tablespoons canola oil  
Kosher salt, as desired  
Ground black pepper, as desired  
2 pints cherry tomatoes  
1 tablespoon dried rosemary

## DIRECTIONS

- 1 In a bowl, toss shrimp with garlic, thyme, chili powder, 1 tablespoon canola oil, salt, and pepper.
- 2 In a separate bowl, toss tomatoes with remaining oil, rosemary, salt, and pepper.
- 3 Install a crisper plate in both baskets. Place shrimp in the Zone 1 basket, then insert basket in unit. Place tomatoes in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 11 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 5 When the Zone 1 and Zone 2 times reach 5 minutes, press START/PAUSE to pause the unit. Remove the baskets from unit and shake for 10 seconds. Reinsert baskets in unit and press START/PAUSE to resume cooking.
- 6 When cooking is complete, serve immediately over salad greens or toasted bread.

# ROASTED SALMON & PARMESAN ASPARAGUS

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 17 MINUTES | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

2 tablespoons Montreal Steak Seasoning  
3 tablespoons brown sugar  
3 uncooked salmon fillets (6 ounces each)  
2 tablespoons canola oil, divided  
1 pound asparagus, ends trimmed  
Kosher salt, as desired  
Ground black pepper, as desired  
1/4 cup shredded Parmesan cheese, divided

## DIRECTIONS

- 1 In a small bowl, mix together steak seasoning and brown sugar.
- 2 Rub tops of each salmon fillet with 1 teaspoon oil, then cover fillets generously with sugar mixture. Set aside.
- 3 In a bowl, toss asparagus with remaining 1 tablespoon oil, salt, and pepper.
- 4 Install a crisper plate in both baskets. Place the fillets in the Zone 1 basket, skin side down, then insert basket in unit. Place the asparagus in the Zone 2 basket, then insert basket in unit.
- 5 Select Zone 1, select ROAST, set temperature to 390°F, and set time to 17 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 6 When the Zone 2 time reaches 7 minutes, remove basket from unit and flip asparagus using silicone-tipped tongs. Reinsert basket to continue cooking.
- 7 When the Zone 2 time reaches 2 minutes, remove basket from unit and sprinkle half the parmesan cheese over the asparagus and give the basket a light toss. Reinsert basket to continue cooking.
- 8 When cooking is complete, transfer fillets and asparagus to a serving plate. Sprinkle the remaining Parmesan cheese over the asparagus and serve.

# CHEESY SPINACH STUFFED MUSHROOMS & VEGETABLE MEDLEY

**PREP:** 20 MINUTES | **TOTAL COOK TIME:** 27 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

### MUSHROOMS

1 (12 oz) bag frozen chopped spinach, defrosted  
1/4 cup cream cheese  
1/4 cup shredded parmesan cheese  
1/2 cup shredded mozzarella cheese, divided  
1 tablespoon minced garlic  
1/2 teaspoon kosher salt  
1/2 teaspoon ground black pepper  
2 large portobello mushrooms, cleaned, stems removed

### VEGETABLE MEDLEY

1 zucchini, diced in 1/2 inch pieces  
1 red bell pepper, diced in 1/2 inch pieces  
1 onion, sliced in wedges and petals separated  
2 tablespoons canola oil  
1 tablespoon dried thyme  
Kosher salt and ground black pepper, to taste

## DIRECTIONS

- 1 Wrap spinach in a cotton towel or paper towels and squeeze out excess liquid.
- 2 In a bowl, mix together cream cheese, parmesan cheese, 1/4 cup mozzarella cheese, garlic salt, and pepper. Add spinach and mix well.
- 3 Fill the mushrooms with the spinach and cheese mixture.
- 4 In a separate bowl, combine all vegetable medley ingredients and toss well.
- 5 Install a crisper plate in both baskets. Place prepared mushrooms in the Zone 1 basket, then insert basket in unit. Place vegetables in the Zone 2 basket, then insert basket in unit.
- 6 Select Zone 1, select ROAST, set temperature to 360°F, and set time to 15 minutes. Select Zone 2, select AIR FRY, set temperature to 360°F, and set time to 27 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 7 When the Zone 1 and Zone 2 times reach 10 minutes, press START/PAUSE to pause the unit. Remove the Zone 2 basket from unit and shake for 10 seconds. Reinsert basket in unit and press START/PAUSE to resume cooking.
- 8 When cooking is complete, serve immediately.

# BUFFALO TOFU WITH CHEESY RANCH BROCCOLI

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 35 MINUTES  
**MAKES:** 3 SERVINGS

## INGREDIENTS

1 container (14 ounces) extra firm tofu, cut into 1/4 -inch pieces  
1/2 cup buffalo sauce, divided  
12 ounces broccoli florets  
1 packet (1 ounce) ranch seasoning and dressing mix  
3 tablespoon canola oil  
1/4 cup shredded cheddar cheese  
1/4 cup blue cheese crumbles  
2 tablespoons sliced scallions

## DIRECTIONS

- 1 In a bowl, toss tofu with 1/4 cup Buffalo sauce until tofu is coated. In a separate bowl, toss broccoli with ranch seasoning and oil.
- 2 Install a crisper plate in both baskets. Place tofu in the Zone 1 basket, then insert basket in unit. Place broccoli in the Zone 2 basket, then insert basket in unit.
- 3 Select Zone 1, select AIR FRY, set temperature to 400°F, and set time to 35 minutes. Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 20 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 4 After 10 minutes, remove Zone 1 basket from unit and shake for 10 seconds. Reinsert basket to continue cooking.
- 5 After 10 more minutes, remove Zone 1 basket from unit and shake again for 10 seconds. Reinsert basket to continue cooking.
- 6 When 10 minutes are remaining in both zones, remove each basket from unit and shake for 10 seconds. Reinsert baskets to continue cooking.
- 7 When 1 minute remains in both zones, remove Zone 2 basket and add cheddar cheese, tossing to incorporate into the broccoli. Reinsert basket to continue cooking.
- 8 When cooking is complete, remove tofu from Zone 1 basket and toss tofu with remaining buffalo sauce and half the blue cheese. Serve tofu topped with remaining blue cheese and scallions.

# COCONUT-LIME COD WITH GREEN PEPPER CAULIFLOWER RICE

**PREP:** 10 MINUTES | **MARINATE:** 20 MINUTES | **TOTAL COOK TIME:** 20 MINUTES  
**MAKES:** 4 SERVINGS

## INGREDIENTS

1 can (13.5 ounces) unsweetened coconut milk  
1 1/2 teaspoons lime juice  
4 cod fillets (4 ounces each)  
3 teaspoons kosher salt, divided  
1/2 white onion, peeled, diced  
1/2 teaspoon garlic powder  
4 teaspoons canola oil, divided  
10 ounces cauliflower rice  
1/2 green bell pepper, chopped  
1/2 cup fresh cilantro, stems removed, for garnish

## DIRECTIONS

- 1 Install a crisper plate in the Zone 1 basket. In a medium bowl, combine coconut milk and lime juice. Season each fillet with 1/2 teaspoon salt, then place them in coconut milk mixture and marinate for 20 minutes. After fillets have marinated, place them in the Zone 1 basket.
- 2 In a small bowl, gently toss diced onion and garlic powder with 1 teaspoon canola oil and place in the Zone 2 basket (with no crisper plate installed).
- 3 Select Zone 1, select AIR FRY set temperature to 375°F, and set time to 20 minutes. Select Zone 2, select ROAST, set temperature to 325°F, and set time to 16 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 4 In a separate medium bowl, gently toss cauliflower rice, bell pepper, remaining salt, and remaining canola oil.
- 5 When the Zone 2 time reaches 10 minutes, remove basket from unit and add cauliflower rice mixture to the onion and stir to combine. Reinsert basket to continue cooking.
- 6 When cooking is complete, serve cauliflower rice in a bowl, gently placing cod fillets on top. Garnish with fresh cilantro, if desired.

**TIP:** Salmon can be substituted for cod in this recipe if desired.



# NINJA Foodi

2-BASKET AIR FRYER

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