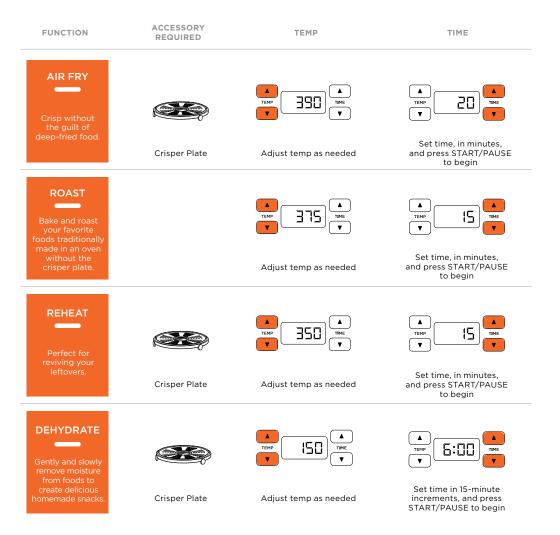
NINJA AIR FRYER QUICK START GUIDE

+ COOKING CHARTS + 10 IRRESISTIBLE RECIPES

Pull crispy meals out of thin air.

The Ninja® Air Fryer circulates super-hot air around your food to remove moisture from its surface to give it that golden-brown, crispy finish.

PREHEAT RECOMMENDATION: Let the unit preheat for 3 minutes before adding ingredients.



AIR FRY 101

For inspiring recipes and cooking charts, visit ninjakitchen.com.



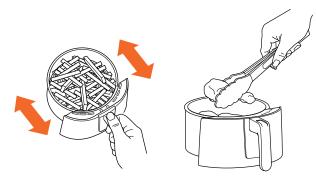
PREHEAT

For best cooking and crisping results, always preheat your Ninja Air Fryer for 3 minutes.



CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry.



SHAKE OR TOSS

For best results, frequently shake your food or toss it with silicone-tipped tongs to get it as crispy as you'd like.

AIR FRY TIPS & TRICKS



SHAKE, SHAKE, SHAKE

Check food and shake basket frequently for even browning. Remove food at desired



level of brownness.





FREESTYLING RECIPES

If you are cooking less food than the recipe calls for, remember to reduce the cook time. If you're cooking a bit more, increase the cook time. Check food frequently.



DON'T OVERCROWD

Evenly arrange and space ingredients out to ensure consistent browning.



CONVERT OVEN RECIPES

Convert oven recipes by using the Roast function and reducing the cooking temperature by 25°F. Check food frequently to avoid overcooking.



AIR FRYING FRESH INGREDIENTS

For best results with fresh vegetables, use at least 1 tablespoon of oil. Add a little more to achieve that perfect level of crispiness.



SECURE YOUR FOOD

Keep light foods from being blown around by the fan by securing them with toothpicks.



MORE EVEN BROWNING

Use an oil spritzer to evenly coat ingredients for more even browning.

DEHYDRATE TIPS & TRICKS



SLICING

Use a mandoline slicer to get consistent, thin fruit and vegetable slices. Fruits and veggies should be sliced as thinly as possible without falling apart.



DRY BEFORE YOU DEHYDRATE

Fruits and vegetables should be patted as dry as possible before being placed into the basket.



PREVENT OXIDATION

Fruits like apples and pears

quickly oxidize when cut.

To delay oxidation, soak them

in water for 5 minutes with a

squeeze of lemon juice.

Lav ingredients flat and close together to optimize space. Individual pieces should not overlap or be stacked.



TRIM THE FAT

Before dehydrating meat or poultry, make sure to trim off all fat, as it does not dry out and could turn rancid.



HOW LONG TO DEHYDRATE?

Most fruits and veggies take 6-8 hours, while jerky takes 5-7 hours. The longer you dehydrate ingredients, the crispier they will get.



PASTEURIZING JERKY

Finish off dehydrated meats and fish by using the Roast function at 330°F for 1 minute to fully pasteurize them.



STORAGE

To maximize longevity, store dehydrated foods at room temperature in an airtight container up to 2 weeks.

Air Fry Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	1 bunch	Whole, stems trimmed	2 tsp	390°F	8-12 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	25-30 mins
Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	390°F	10-12 mins
Brussels sprouts	1 lb	Cut in half, stem removed	1 Tbsp	390°F	15-20 mins
Butternut squash	1-1 ¹ / ₂ lbs	Cut in 1–2-inch pieces	1 Tbsp	390°F	20-25 mins
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	13-16 mins
Cauliflower	1 head	Cut in 1-inch florets	2 Tbsp	390°F	15-20 mins
Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	390°F	12-15 mins
Green beans	1 bag (12 oz)	Trimmed	1 Tbsp	390°F	8-10 mins
Kale (for chips)	6 cups, packed	Torn in pieces, stems removed	None	300°F	8-10 mins
Mushrooms	8 oz	Rinsed, cut in quarters	1 Tbsp	390°F	7-9 mins
	1 ¹ / ₂ lbs	Cut in 1-inch wedges	1 Tbsp	390°F	18-20 mins
5	1 lb	Hand-cut fries*, thin	¹ / ₂ -3 Tbsp, canola	390°F	20-24 mins
Potatoes, russet	1 lb	Hand-cut fries*, thick	¹ / ₂ -3 Tbsp, canola	390°F	23-26 mins
	4 whole (6-8 oz)	Pierced with fork 3 times	None	390°F	30-35 mins
Potatoes, sweet	1 ¹ / ₂ lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15-20 mins
	4 whole (6-8 oz)	Pierced with fork 3 times	None	390°F	30-35 mins
Zucchini	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-18 mins
POULTRY					
Chialan lanaaha	2 breasts ($^{3}/_{4}$ -1 $^{1}/_{2}$ lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
Chicken breasts	2 breasts ($^{1}/_{2}$ - $^{3}/_{4}$ lb each)	Boneless	Brushed with oil	375°F	18-22 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins
	4 thighs (4–8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	390°F	22-26 mins
FISH & SEAFOOD					
Crab cakes	2 cakes (6-8 oz each)	None	Brushed with oil	350°F	12-15 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	375°F	5-8 mins
	2 fillets (4 oz each)	None	Brushed with oil	390°F	10-13 mins
Salmon fillets	Z IIIIets (4 02 each)	110110			

^{*}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.

For best results, shake or toss often.

We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



OR



Toss with silicone-tipped tongs

Air Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
BEEF					
Burgers	4 quarter-pound patties, 80% lean	1 inch thick	None	375°F	8-10 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10-20 mins
PORK & LAMB					
Bacon	4 strips, cut in half	None	None	350°F	8-10 mins
Pork chops	2 thick-cut, bone-in chops (10-12 ounces each)	Bone in	Brushed with oil	375°F	15-17 mins
Pork chops	4 boneless chops (8 ounces each)	Boneless	Brushed with oil	375°F	14-17 mins
Pork tenderloins	2 tenderloins (1-1 ½ lbs each)	Whole	Brushed with oil	375°F	25-35 mins
Sausages	4 sausages	Whole	None	390°F	8-10 mins
FROZEN FOODS					
Chicken cutlets	5 cutlets	None	None	390°F	18-21 mins
Chicken nuggets	1 box (12 oz)	None	None	390°F	10-13 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	14-16 mins
Fish sticks	18 fish sticks (11 ounces)	None	None	390°F	10-13 mins
French fries	1 lb	None	None	350°F	20-25 mins
French fries	2 lbs	None	None	360°F	28-32 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	8-10 mins
Pot stickers	1 bag (24 oz, 20 count)	None	None	390°F	12-14 mins
Pizza rolls	1 bag (20 oz, 40 count)	None	None	390°F	12-15 mins
Popcorn shrimp	1 box (14-16 ounces)	None	None	390°F	9-11 mins
Frozen sweet potato fries	1 lb (20 oz)	None	None	375°F	20-22 mins
Tater tots	1 lb	None	None	360°F	18-22 mins

For best results, shake or toss often.

We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



Dehydrate Chart

INGREDIENTS	PREPARATION	ТЕМР	DEHYDRATE TIME
FRUITS & VEGETABLE	s		
Apples	Core removed, 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 (refer to Beef Jerky recipe, page 15)	150°F	5–7 hours
Chicken jerky	Cut in $^{1}\!/_{4}$ -inch slices, marinated overnight (refer to Beef Jerky recipe, page 15)	150°F	5–7 hours
Turkey jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe, page 15)	150°F	5-7 hours
Salmon jerky	Cut in ¹ / ₄ -inch slices, marinated overnight (refer to Beef Jerky recipe, page 15)	150°F	3-5 hours

FROZEN FRENCH FRIES

COOK: 20-25 MINUTES | MAKES: 5-6 SERVINGS

INGREDIENTS

1 pound frozen French fries



TIP: For crispier fries, shake or toss with siliconetipped tongs 2 separate times during cooking.



Insert crisper plate in basket and insert basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 350°F, and setting the time to 3 minutes. Select START/PAUSE to begin.



After 3 minutes, add fries to basket; reinsert basket. Select AIR FRY, set temperature to 350°F, and set time to 23 minutes. Select START/PAUSE to begin.



After 10 minutes, remove basket from unit and shake fries or toss them with silicone-tipped tongs. Reinsert basket and select START/PAUSE to resume cooking for 10 more minutes. Check for desired crispiness, cooking for an additional 3 minutes if needed. When cooking is complete, serve with your favorite dipping sauce.

HAND-CUT FRIES

BASICS

PREP: 10 MINUTES | COOK: 20-24 MINUTES | MAKES: 5-6 SERVINGS

INGREDIENTS

1 pound russet or Idaho potatoes, cut in thin 2-inch strips 1/2-3 tablespoons canola oil

DIRECTIONS

- Soak cut potatoes in cold water for 30 minutes to remove excess starch. Drain well, then pat with a paper towel until very dry.
- Place all ingredients into a large mixing bowl; toss to combine. Use at least 1/2 tablespoon oil. For crispier results, use up to 3 tablespoons oil.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 390°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- **4** After 3 minutes, place fries on the crisper plate; reinsert basket. Select AIR FRY, set temperature to 390°F, and set time to 25 minutes. Select START/PAUSE to begin.
- **5** After 10 minutes, remove basket from unit and shake fries or toss them with silicone-tipped tongs. Reinsert basket to resume cooking.
- **6** Check fries after 20 minutes. For crispier fries, continue cooking for up to 25 minutes.
- **7** When cooking is complete, serve immediately with your favorite dipping sauce.



TIP: Shaking the fries is key for getting them crisp and golden brown, so shake or toss with silicone-tipped tongs frequently.

BASICS

JALAPEÑO POPPERS

BEEF JERKY

BASICS

PREP: 15 MINUTES | COOK: 15 MINUTES | MAKES: 8 SERVINGS

INGREDIENTS

1/2 block (4 ounces) cream cheese, softened

1/2 bag (4 ounces) shredded cheddar cheese

1 tablespoon kosher salt

8 jalapeño peppers, cut in half lengthwise, seeds and membranes removed

8 strips uncooked bacon

DIRECTIONS

- 1 In a small mixing bowl, mix together the cream cheese, cheddar, and salt.
- 2 Using a small teaspoon or coffee spoon, fill each jalapeño half with the cheese mixture.
- **3** Place 2 pepper halves together, then wrap each pepper with 1 piece of bacon. Repeat with remaining peppers.
- 4 Insert crisper plate in basket and basket in unit.
 Then preheat the unit by selecting AIR FRY,
 setting the temperature to 400°F, and setting the
 time to 3 minutes. Select START/PAUSE to begin.
- 5 After 3 minutes, place peppers on crisper plate; reinsert basket. Select AIR FRY, set temperature to 400°F, and set time to 15 minutes. Select START/PAUSE to begin.
- **6** After 7 minutes, remove basket from unit and rotate the peppers to ensure the bacon crisps on all sides. Reinsert basket to resume cooking.
- 7 Cooking is complete when bacon is crisp and peppers are beginning to shrivel. Remove peppers and allow to cool for 10 minutes, then serve warm.

INGREDIENTS

1/4 cup soy sauce
2 tablespoons
Worcestershire sauce
2 tablespoons dark brown sugar
1 teaspoon ground black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon paprika
2 teaspoons kosher salt
1 pound uncooked beef eye of round, cut in 1/4-inch slices

DIRECTIONS

PREP: 15 MINUTES | MARINATE: 8 HOURS | COOK: 5-8 HOURS

MAKES: 3 CUPS (6 OUNCES) DRIED JERKY

- Whisk together all ingredients, except beef.
 Place mixture into large resealable plastic bag.
- **2** Add beef to bag and rub to coat. Marinate in refrigerator for 8 hours or overnight.
- 3 Strain meat: discard excess marinade.
- 4 Remove the crisper plate from the basket.
 Lay half the sliced meat flat on the bottom of
 the basket in one layer. Place the crisper plate
 on top of the meat. Place remaining
 meat on the crisper plate.
- 5 Insert basket in unit. Select DEHYDRATE, set temperature to 150°F, and set time to 7 hours. Select START/PAUSE to begin. Check after 5 hours, then cook until desired texture is reached.
- **6** When cooking is complete, remove jerky and store in an airtight container.



BREAKFAST

FRENCH TOAST BREAD PUDDING

BACON & PEPPER BREAKFAST HASH

BREAKFAST

PREP: 10 MINUTES | CHILL: 30 MINUTES-8 HOURS COOK: 40 MINUTES | MAKES: 4-6 SERVINGS

INGREDIENTS

4 eggs

3/4 cup heavy cream

1 tablespoon sugar

2 teaspoons orange liqueur

1 teaspoon kosher salt

1/4 teaspoon ground cloves

9 precooked pecan sticky
or cinnamon buns

(2 1/4 ounces each),
cut in quarters

1/2 cup dried cherries

DIRECTIONS

- 1 In a large mixing bowl, whisk together eggs, heavy cream, and sugar until smooth. Add orange liqueur, salt, and ground cloves and whisk to incorporate.
- 2 Add sticky buns and cherries to the egg mixture and liberally coat. Cover the bowl and refrigerate for 30 minutes to 8 hours.
- **3** Remove the crisper plate from the basket and insert basket in unit. Preheat the unit by selecting ROAST, setting the temperature to 400°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, remove the basket and spray liberally with cooking spray. Pour the bread mixture directly into the bottom of the basket. Pat the mixture down evenly using a spatula; reinsert basket.
- **5** Select ROAST, set temperature to 325°F, and set time to 45 minutes. Select START/PAUSE to begin.
- **6** After 20 minutes, remove basket from unit and cover the surface of bread pudding with aluminum foil to allow the eggs to fully set without burning the tops. Reinsert basket to resume cooking.
- 7 Check every 5 minutes. Cooking is complete when a toothpick fully inserted comes out clean and the internal temperature reaches 160°F. Remove basket and let bread pudding cool for 10 minutes before serving.

INGREDIENTS

1/2 package (8 ounces) uncooked bacon, cut in 1/4-inch pieces
1 small yellow onion, peeled, diced
1 red bell pepper, diced
2 russet potatoes, peeled, diced
1 teaspoon paprika
1 teaspoon black pepper, plus more for seasoning
1 teaspoon celery or garlic salt
1 teaspoon kosher salt, plus more for seasoning
4 eggs

DIRECTIONS

PREP: 15 MINUTES | COOK: 43-45 MINUTES | MAKES: 4 SERVINGS

- 1 Remove the crisper plate from the basket and insert basket in unit. Preheat the unit by selecting ROAST, setting the temperature to 300°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 2 After 3 minutes, add bacon to the basket. Reinsert basket. Select ROAST, set temperature to 300°F, and set time to 45 minutes. Select START/PAUSE to begin. Cook for 5 minutes, or until bacon is crispy, stirring occasionally.
- **3** After 5 minutes, remove basket from unit and add the onion, pepper, potatoes, and spices. Stir to incorporate. Reinsert basket to resume cooking.
- 4 Cook for 35 minutes, stirring occasionally, until potatoes are cooked through and golden brown.
- 5 Once vegetables are browned, remove basket from unit, and crack eggs onto the surface of the hash and season with additional salt and pepper, to taste. Reinsert basket to resume cooking.
- **6** Cook for 3 to 5 minutes, or until egg whites are set, adding more time if needed. Serve immediately.

MAINS

PORK LOIN WITH VEGETABLES

SPICE-RUBBED CHICKEN BREASTS WITH CHIMICHURRI

PREP: 15 MINUTES | COOK: 35 MINUTES | MAKES: 2 SERVINGS

MAINS

PREP: 15 MINUTES | COOK: 40 MINUTES | MAKES: 2 SERVINGS

INGREDIENTS

1 medium zucchini, cut in 1-inch pieces

1 medium yellow squash, cut in 1-inch pieces

1 red onion, peeled, cut in eighths

3 teaspoons kosher salt, divided

- 3 teaspoons ground black pepper, divided
- 2 teaspoons fresh oregano, diced
- 1 tablespoon olive oil 1 uncooked pork loin roast (24 ounces)

DIRECTIONS

- 1 In a large mixing bowl, toss zucchini, squash, and onion (making sure to separate the onion layers) with 1 teaspoon salt, 1 teaspoon pepper, oregano, and olive oil. Season the pork loin on all sides with the remaining salt and pepper.
- 2 Insert crisper plate in basket and basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 325°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- **3** After 3 minutes, place vegetables on the crisper plate. Lay the pork, fat-side down, on top of the vegetables; reinsert basket.
- **4** Select AIR FRY, set temperature to 325°F, and set time to 40 minutes. Select START/PAUSE to begin.
- **5** After 20 minutes, remove basket from unit and flip pork. Reinsert basket to resume cooking.
- **6** Cooking is complete when internal temperature reaches 145°F. Remove basket and let the pork cool for 5 to 10 minutes before serving.

INGREDIENTS

1 tablespoon ground paprika
1 tablespoon chili powder
1 tablespoon ground fennel
1 teaspoon fresh cracked
black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
2 uncooked bone-in,
skin-on chicken breasts

1 tablespoon kosher salt

CHIMICHURRI

 $(\frac{3}{4} - 1\frac{1}{4} \text{ pounds each})$

1/4 cup olive oil
1/2 bunch fresh cilantro
1/2 bunch fresh parsley
1 shallot, peeled, cut in quarters
4 cloves garlic, peeled
Zest and juice of 1 lemon
1 teaspoon kosher salt

DIRECTIONS1 In a small mi

- In a small mixing bowl, stir together all dried spices.
- **2** Pat the chicken breasts dry and season them liberally on all sides with spice mixture.
- 3 Insert crisper plate in basket and basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 300°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, place chicken in basket; reinsert basket. Select AIR FRY, set temperature to 300°F, and set time to 35 minutes. Select START/PAUSE to begin.
- 5 While chicken is cooking, combine the chimichurri ingredients in a food processor and process until finely minced, being careful not to over-process.
- **6** Cooking is complete when internal temperature reaches 165°F. Add more time if necessary. Remove basket and let chicken cool for 5 minutes, then serve with a generous amount of chimichurri.



MAINS

LEMON & HERB PANKO CRUSTED COD

BAKED APPLES

DESSERT

PREP: 5 MINUTES | COOK: 12 MINUTES | MAKES: 2 SERVINGS

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INGREDIENTS

2 uncooked cod fillets (6 ounces each)

3 teaspoons kosher salt, divided 3/4 cup panko bread crumbs 2 tablespoons butter, melted 1/4 cup fresh parsley, minced Zest and juice of 1 lemon

DIRECTIONS

- 1 Season each cod fillet on all sides with 1 teaspoon salt.
- 2 In a mixing bowl, stir together bread crumbs, butter, parsley, lemon zest and juice, and remaining 1 teaspoon salt. Mix thoroughly so the bread crumbs are coated with lemon and butter.
- **3** Generously pack the top of each cod fillet with seasoned breading.
- 4 Insert crisper plate in basket and basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- **5** After 3 minutes, place the fillets, breaded side up, in the basket. Insert basket in unit.
- **6** Select AIR FRY, set temperature to 360°F, and set time to 12 minutes. Select START/PAUSE to begin.
- 7 Cook for 12 to 15 minutes. Cooking is complete when the top is evenly browned and internal temperature reaches 145°F. Remove fillets and serve immediately.

INGREDIENTS

2 apples (Fuji, Gala, or other baking apples), cut in half, core removed, skin left on Juice of 1 lemon 4 teaspoons light brown sugar 1/2 stick (1/4 cup) butter,

8 teaspoons granulated sugar

TOPPINGS

cut in 16 pieces

Vanilla ice cream
Carmel syrup
Chopped peanuts
Crushed vanilla wafers
Crumbled graham crackers

DIRECTIONS

PREP: 5 MINUTES | COOK: 45 MINUTES | MAKES: 4 SERVINGS

- 1 Pierce each apple half with a fork 6 times.
- 2 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 325°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 3 Place aluminum foil into the basket, over crisper plate. Place apple halves onto foil, cut-side up. Sprinkle with lemon juice and brown sugar and top each apple half with 4 pieces of butter.
- 4 Select AIR FRY, set temperature to 325°F, and set time to 45 minutes. Press START/PAUSE to begin.
- 5 After 25 minutes, remove basket from unit and sprinkle granulated sugar on top of the apples. Reinsert basket to resume cooking for another 20 minutes, or until centers of apples are softened.
- **6** When cooking is complete, serve apples with your favorite toppings.

NOTES		NOTES



For questions or to register your product, visit us online at ninjakitchen.com

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