

# How to build a sheet pan meal

Using the Air Roast function, fresh ingredients, and some guidelines below, create your own masterpieces in the Foodi® Digital Air Fry Oven.

## 1. Pick a protein

4 uncooked bone-in chicken thighs (6-8 ounces each)

6 uncooked salmon fillets, 1 inch thick (6 ounces each)

1 pound uncooked shrimp (fresh or frozen, thawed)

4 uncooked boneless skinless chicken breasts, cut in 1-inch pieces

1 pound uncooked flank steak, cut in 1/2-inch thick strips

## 2. Pick a vegetable/starch

2 bunches asparagus, cut in 1-inch pieces, ends trimmed

3 medium bell peppers, cut in 1-inch pieces

2 medium heads broccoli, cut in 1-inch florets

4 cups brussels sprouts, cut in half, ends trimmed

4 cups butternut squash, cut in 2-inch pieces

4 cups carrots, cut in 1-inch pieces

3 cups russet potatoes, cut in 1-inch pieces

## 3. Season/marinate

Barbecue

Teriyaki

Hoisin

Cajun blend

Mexican blend

Rosemary lemon marinade

Olive oil

Your favorite spice blend or marinade

## 4. Toss it up



Toss ingredients with seasonings or marinade, then spread them evenly in 1 layer on the sheet pan.



## 5. Cook

Air Roast at 400°F for 10-20 minutes for seafood and 20-30 minutes for poultry and red meat, or until proteins reach food-safe internal temperatures and your desired level of crispiness:

Chicken - 165°F  
Fish - 145°F  
Red meat - 160°F

# Air Fry Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
<b>FROZEN FOOD</b>					
Chicken nuggets	2 boxes (24 oz)	None	None	400°F	26-30 mins
Fish fillets (breaded)	1 package (10 fillets)	None	None	400°F	16-18 mins
Fish sticks	1 box (16 oz)	None	None	400°F	14-16 mins
French fries	16 oz	None	None	390°F	28-30 mins
Mozzarella sticks	2 boxes (16 oz)	None	None	375°F	12-15 mins
Pizza Rolls	1 bag (24.8 oz, 50 count)	None	None	375°F	11-13 mins
Popcorn shrimp	1 box (16 oz)	None	None	390°F	10-15 mins
Pot stickers	3 bag (30 count)	None	Toss with 1 Tbsp canola oil	390°F	18-20 mins
Tater tots	2 lbs	None	None	360°F	20-25 mins
<b>MEAT, POULTRY, FISH</b>					
Bacon	1/2 package (8 oz)	None	None	390°F	7-10 mins
Burgers	5 1/4-lb patties, 80% lean	1 inch thick	None	375°F	10-12 mins
Chicken drumsticks	6 drumsticks	Pat dry	Brush with oil	400°F	22-35 mins
Chicken thighs	5 thighs (4-6 oz each)	Pat dry	Brush with oil	390°F	22-28 mins
Chicken wings	2 lbs	Pat dry	1 Tbsp	400°F	28-30 mins
Crab cakes	6 cakes (6-8 oz each)	None	Brush with oil	390°F	15-18 mins
Salmon fillets	5 fillets (6-8 oz each)	None	Brush with oil	390°F	18-20 mins
Sausage	12 sausages, whole	None	None	390°F	12-14 mins
Shrimp	2 lbs	Pat dry	None	390°F	7-10 mins
<b>VEGETABLES</b>					
Asparagus	2 bunches	Cut in half, trim stems	2 Tbsp	420°F	12-15 mins
Beets	1.5 lbs	Peel, cut in 1/2-inch cubes	1 Tbsp	390°F	28-30 mins
Bell peppers (for roasting)	4 peppers	Cut in quarters, remove seeds	1 Tbsp	400°F	15-20 mins
Broccoli	1 large head	Cut in 1-2-inch florets	1 Tbsp	400°F	15-20 mins
Brussels sprouts	1 lb	Cut in half, remove stems	1 Tbsp	425°F	15-20 mins
Carrots	1 lb	Peel, cut in 1/4-inch rounds	1 Tbsp	425°F	10-15 mins
Cauliflower	1 head	Cut in 1-2-inch florets	2 Tbsp	400°F	20-22 mins
Corn on the cob	7 ears	Whole ears, remove husks	1 Tbsp	400°F	14-17 mins
Green beans	1 bag (12 oz)	Trim	1 Tbsp	420°F	18-20 mins
Kale (for chips)	4 oz	Tear into pieces, remove stems	None	325°F	5-8 mins
Mushrooms	16 oz	Rinse, slice thinly	1 Tbsp	390°F	25-30 mins
Potatoes, russet	1.5 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	25-30 mins
Potatoes, russet	1 lb	Hand-cut fries, soak 30 mins in cold water, then pat dry	1/2-3 Tbsp	400°F	25-28 mins
Potatoes, sweet	1 lb	Hand-cut fries, soak 30 mins in cold water, then pat dry	1 Tbsp	400°F	25-28 mins
Zucchini	1 lb	Cut in eighths lengthwise, then cut in half	1 Tbsp	400°F	15-20 mins

### For best results, shake, flip, or rotate often

We recommend frequently checking your food and shaking, rotating, or flipping it to ensure desired results.

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



Shake your food

AND



Toss or flip with silicone-tipped tongs

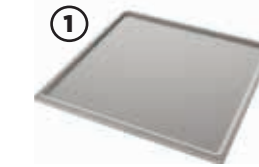
Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

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

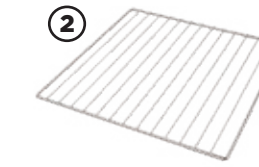
**NINJA**  
**Foodi**  
**DIGITAL**  
**AIR FRY OVEN**

**Let's get**  
**crisping**

## Here's what's in the box



**Crumb Tray**  
Must always stay under the bottom elements. *Hand-wash only.*



**Wire Rack**  
Keep installed in bottom rails. *Hand-wash only.*



**Sheet Pan**  
Place on top of the wire rack. *Hand-wash recommended.*



**Air Fry Basket**  
Slide into top rails when air frying or dehydrating. *Hand-wash recommended.*



**Owner's Guide**

**Reclaim your counter space**  
Flip up to store and clean



**Foodi Digital Air Fry Oven**  
2 rail heights for perfect crisping and cooking



## Get to know the control panel

See your Owner's Guide for complete instructions

- To turn on the unit, press the **POWER** button.
  - To select a cooking function, turn the **START/PAUSE** dial.
  - To select cook time or number of slices, press **TIME/SLICE** button and use the dial to adjust.
  - To select temperature or darkness level, press the **TEMP/DARKNESS** button and use the dial to adjust.
  - To begin cooking, press the **START/PAUSE** button. While cooking, turn the dial to add more time, or press the button to pause time.
  - Press the **LIGHT** button to turn the interior light on or off while cooking. The light will automatically turn on 30 seconds before the cook time ends.
- A** Time and temperature display  
**B** SLICE and DARK will illuminate here when the TOAST or BAGEL function is selected.  
**C** PRE will pulse when oven is preheating.  
**D** HOT will appear when the unit is hot.  
**E** FLIP will appear when unit is ready to be flipped up for storage.

For more accessories, visit [ninjakitchen.com](http://ninjakitchen.com)

Go to [ninjakitchen.com/support](http://ninjakitchen.com/support) for how-to videos



# Digital Crisp Control Technology

Precision-controlled temperature, heat source, and airflow for ultimate versatility and optimum cooking performance.

## PREHEAT

The unit preheats quickly, so prep all ingredients before preheating. Time will start counting down immediately after the unit is preheated. To add time simply turn the dial.



Maximum fan speed

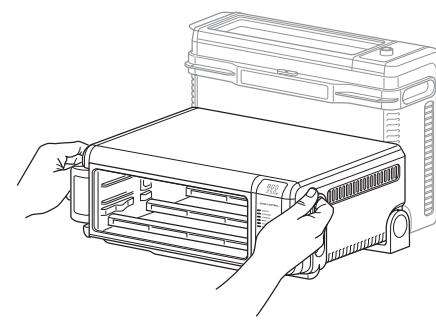


Medium fan speed

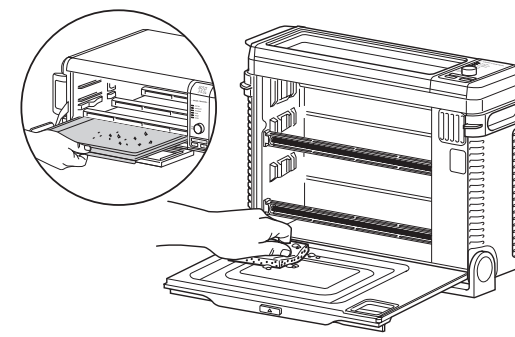


No fan

KEY



Flip up and away to store and save space on your countertop.



Removable crumb tray and hinged back panel allow you to easily access the interior for deep cleaning.

# Kickstarter Recipes

## Chicken Stir Fry

BEGINNER RECIPE ●○○

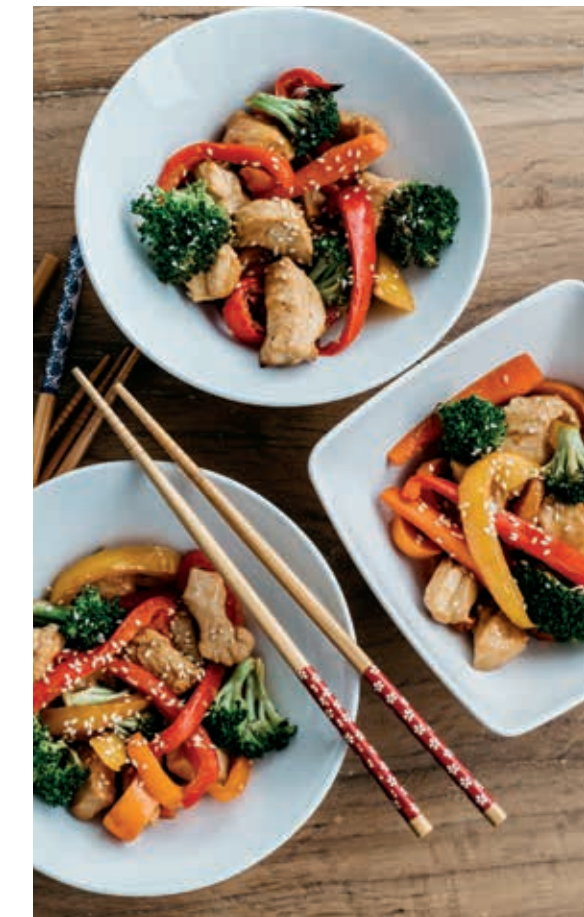
PREP: 20 MINUTES | AIR ROAST: 18-20 MINUTES | MAKES: 4 SERVINGS

### INGREDIENTS

1 pound uncooked boneless, skinless chicken breasts, cut in cubes  
 1 red bell pepper, thinly sliced  
 1 yellow bell pepper, thinly sliced  
 1 orange bell pepper, thinly sliced  
 2 carrots, thinly sliced  
 1/2 cup stir fry sauce  
 1 head broccoli, cut in florets  
 1 teaspoon sesame seeds, for garnish

### DIRECTIONS

- In a large bowl, toss chicken, peppers, and carrots with stir fry sauce until evenly coated.
- Arrange chicken, peppers, and carrots on the Ninja® Sheet Pan in a single layer.
- Select AIR ROAST, set temperature to 400°F, and set time to 18 minutes. Press START/PAUSE to begin preheating.
- When unit has preheated, place pan in oven.
- After 10 minutes, press START/PAUSE to pause the unit. Add broccoli to pan, return pan to oven, and press START/PAUSE to resume cooking for 8 more minutes.
- Cooking is complete when chicken's internal temperature reaches 165°F. If necessary, return pan to oven and cook for 2 more minutes. When cooking is complete, remove pan from oven. Garnish with sesame seeds and allow to cool for 2 minutes before serving.



## Honey Sriracha Lime Chicken Wings

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | MARINATE: 1-24 HOURS | AIR FRY: 20-25 MINUTES  
 MAKES: 4-6 SERVINGS

### INGREDIENTS

3 tablespoons sriracha sauce  
 1/4 cup honey  
 2 tablespoons soy sauce  
 1 tablespoon brown sugar  
 1 tablespoon ground ginger  
 Zest and juice of 2 limes  
 2 1/2 pounds fresh uncooked chicken wings

### DIRECTIONS

- In a bowl, stir together all ingredients, except chicken wings.
- Coat chicken wings with half the sauce in a large resealable plastic bag; reserve remaining sauce. Let marinate in the refrigerator for at least 1 hour and up to 24 hours.
- Select AIR FRY, set temperature to 400°F, and set time to 25 minutes. Press START/PAUSE to begin preheating.
- Place the airy fry basket on the sheet pan. Then arrange wings in basket, making sure they are not crowding each other.
- When unit has preheated, slide both the basket and pan into the oven at the same time. The basket will slide into the top rail while the pan fits directly on top of the wire rack to catch any grease during cooking.
- After 10 minutes, use tongs to flip the wings. Return pan to oven and cook for an additional 10 to 15 minutes, until desired level of crispiness is achieved.
- When cooking is complete, toss wings in reserved sauce and serve immediately.



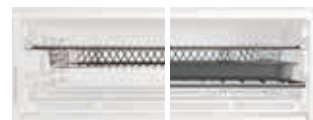
## Air Fry



+ High heat from top and bottom

**Fast, extra-crispy results with little to no oil.**

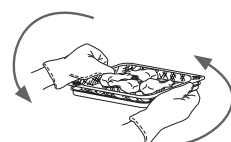
French fries (frozen or hand cut)  
 Chicken wings or nuggets  
 Breaded foods



Air fry basket with or without sheet pan\*



Spray basket with nonstick cooking spray to minimize sticking.



Rotate air fry basket 180° or flip ingredients halfway through cooking.

## Air Roast



+ Even heat from top and bottom

**Crispy outside, juicy inside.**

Sheet pan meals  
 Whole proteins  
 Vegetables



Sheet pan on wire rack

**-30% TIME** + **-25°F TEMP**

Food cooks faster with **Air Roast**, so for traditional oven recipes, lower cook time by 30% and temperature by 25°F.



For sheet pan meals, cut ingredients to the same size.

## Air Broil



+ High heat from top

**Top-down heat for a crispy finish.**

Steaks  
 Fish  
 Nachos  
 Casserole finishing



Sheet pan on wire rack



For marinades containing sugar, honey, or other sweeteners, brush onto proteins halfway through broiling to avoid burning.

## Bake



+ High, even heat from top and bottom

**Overall even cooking with light browning.**

Cakes  
 Cookies  
 Frozen pizza



Sheet pan on wire rack



Space ingredients, like spoonfuls of cookie dough, equally apart on the sheet pan.  
 For best results with baked goods such as cookies, line the Ninja® Sheet Pan with parchment paper.

## Toast



+ Even heat from top and bottom

**Quick and even browning on both sides.**

Bread  
 English muffins  
 Frozen waffles



Wire rack

**1-9 SLICES**

Select the exact number of bread slices.

## Bagel



+ Slightly lower heat from top than bottom

**Quick and even browning on both sides.**

Bagels  
 Artisan breads



Wire rack

**2 SLICES**

Place bagels cut-side up on the rack.

**1-6 SLICES**

Select the exact number of bagel slices.

FUNCTION

BEST FOR

ACCESSORIES

BEST PRACTICES

\*Place ingredients in the air fry basket. If ingredients are fatty, oily, or marinated, place the sheet pan under the basket first.