

# More flavor. Less smoke.

FOR LESS SMOKE, WE RECOMMEND USING OILS WITH A HIGH SMOKE POINT—LIKE CANOLA, AVOCADO, VEGETABLE, OR GRAPESEED OIL—INSTEAD OF OLIVE OIL. If you choose to cook ingredients at a higher temperature than recommended or when using olive oil, it may result in more smoke and food having a burnt, acrid flavor.



## LO (400°F)

Best for bacon and sausages, and when using thicker barbecue sauces.



### Sausages

6 sausages (3-4 oz. each)

Whole

LO, preset to PORK and set doneness

Frozen: LO, 10-14 mins  
When cooking frozen protein, flip 2 or 3 times while cooking.



### Bone-In Barbecue Chicken Thighs

4 thighs (7-9 oz. each)

LO, preset to CHICKEN  
When using the grill function, for best results flip meats.



### Bacon

5 strips, thick cut

LO, 9-11 mins



### Barbecue Marinated Pork Ribs

(store-bought, prepackaged)  
1 rack (24 oz.), cut in half

LO, 10-13 mins



## MED (450°F)

Best for frozen meats and marinated ingredients.



### Boneless Marinated/Chicken Breast

4 breasts (7-9 oz. each)

MED, preset to CHICKEN or set to LO if using a thick sauce  
When using the grill function, for best results flip meats.



### Frozen Boneless Pork Chops

4 chops (8 oz. each)

Pat dry. Rub with canola oil and season.  
Frozen: MED, 20-23 mins  
When cooking frozen protein, it is recommended to not use the thermometer.



### Frozen Pork Tenderloin

1 whole tenderloin (1 lb.)

Pat dry. Rub with canola oil and season.  
Frozen: MED, 20 mins  
When cooking frozen protein, it is recommended to not use the thermometer.



### Frozen Turkey Burgers

4 patties (4-6 oz. each)

Pat dry. Rub with canola oil and season.  
Frozen: MED, 11-13 mins  
When cooking frozen protein, it is recommended to not use the thermometer.



## HI (500°F)

Best for steaks, chicken, and burgers.



### New York Strip Steaks

2 steaks (14-16 oz. each, 1 1/4 in. thick)

Pat dry. Rub with canola oil and season.

HI, preset to BEEF and set doneness

Frozen: MED, 18-24 mins



### Boneless Chicken Breasts

4 breasts (7-9 oz. each)

HI, preset to CHICKEN

Frozen: MED, 20-25 mins



### 80% Lean Burgers

4 patties (4 oz. each)

HI, preset to BEEF and set doneness

Frozen: MED, 10-15 mins



### Bone-in Chicken Thighs

4 thighs (7-9 oz. each)

Pat dry. Rub with canola oil and season.

HI, preset to CHICKEN

Frozen: MED, 25-28 mins



## MAX (up to 510°F)

Best for veggies, fruit, fresh/frozen seafood, and pizza.



### Salmon

4 fillets (5-6 oz. each)

Pat dry. Rub with canola oil and season.

MAX, preset to FISH and set doneness

Frozen: MAX, 12-13 mins



### Fresh Asparagus

(1 bunch)

Toss with canola oil.  
Season with salt and pepper.  
MAX, 5-7 mins  
Spread evenly on grill grate. Do not flip.



### Fresh Corn on the Cob

(4-5 ears)

Brush lightly with canola oil.  
Season with salt and pepper.  
MAX, cook 12-13 mins



### Shrimp

1 lb. jumbo (16-18 count)

Pat dry. Rub with canola oil and season.

MAX, cook 4-6 mins

NINJA  
Foodi  
SMART  
GRILL

# QUICK START GUIDE

## How to place the thermometer

FOOD TYPE

PLACEMENT

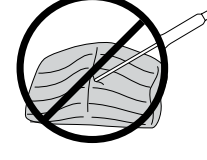
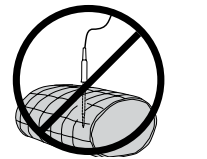
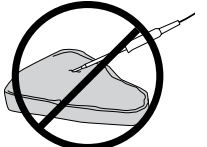
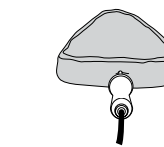
CORRECT

INCORRECT

**Steaks**  
**Pork chops**  
**Lamb chops**  
**Chicken breasts**  
**Burgers**  
**Tenderloins**  
**Fish fillets**

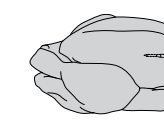
- Insert thermometer horizontally into the center of the thickest part of the meat.
- Make sure the tip of the thermometer is inserted straight into the center of the meat, not angled toward the bottom or top of it.
- Make sure the thermometer is close to (but not touching) the bone and away from any fat or gristle.

**NOTE:** The thickest part of the fillet may not be the center. It is important that the end of the thermometer hits the thickest part so desired results are achieved.



**Whole chicken**

- Insert thermometer horizontally into the thickest part of the breast, parallel to, but not touching, the bone.
- Make sure the top reaches the center of the thickest part of the breast and doesn't go all the way through the breast into the cavity.

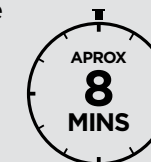


DO NOT use the thermometer with frozen protein or for cuts of meat 1 inch thick or thinner.

Turn for instructions on cooking with the thermometer

### Preheat for better results

For best grilling results, preheat the Foodi Smart Grill before adding food. It will take approximately 8 minutes. Adding food before preheating is complete may lead to overcooking and smoke.



### How to turn off Preheat

We do not recommend skipping preheating, as it will impact cooking results, but if you would like to not preheat the unit, press the START/STOP button and the preheat button.

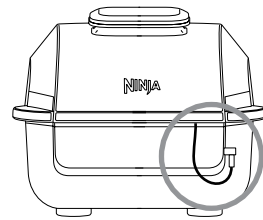
For more charts and individual cook times, refer to the Inspiration Guide.

# Let's Start Cooking

The Foodi® Smart Thermometer continues to monitor doneness throughout the cooking process, unlike a traditional instant-read thermometer.

## STEP 1 Setup

- Remove magnetic storage compartment from unit.
- Note: The storage compartment is magnetic and can be placed on either side of the unit.**
- Unwind cord and remove thermometer.
- Plug thermometer into the socket of the right side of the control panel.



## STEP 2 Select Cook Function

- Press the desired cooking function (eg. Grill).
- Use the left arrows to select desired cook temperature (setting a time is not necessary when using the thermometer).



## STEP 3 Program Thermometer

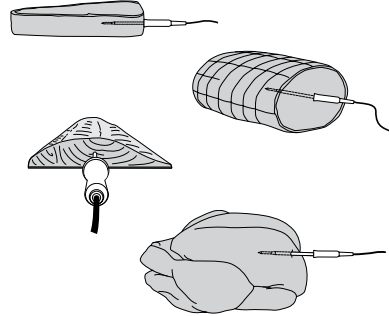
- Press the thermometer button. PRESET will fully illuminate.
- Use the right arrows to choose the desired protein.
- Use the left arrows to choose the desired doneness.



**NOTE:** To use MANUAL, select the thermometer button again. Use the internal cook temperatures recommended in the Owner's Guide.

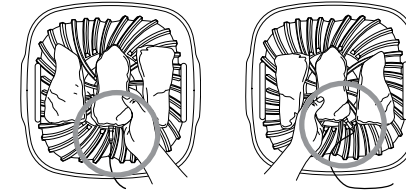
## STEP 4 Thermometer Placement

- Press the START/STOP button to begin preheating.
- Wait until unit is fully preheated before adding food.
- Insert thermometer in protein **using the guide on the front page.**



## STEP 5 Add Food

- Once unit has preheated, "ADD FOOD" will appear on the screen.
- Add the food with thermometer grip fully inside the unit, and close hood over cord to begin cooking (images below).



## STEP 6 Track Progress

- The progress bar at the top of the display will track doneness.
- Flashing doneness indicates progression to that doneness.
- When using Roast and Grill, the unit will beep and display FLIP. Flipping is optional, but recommended.

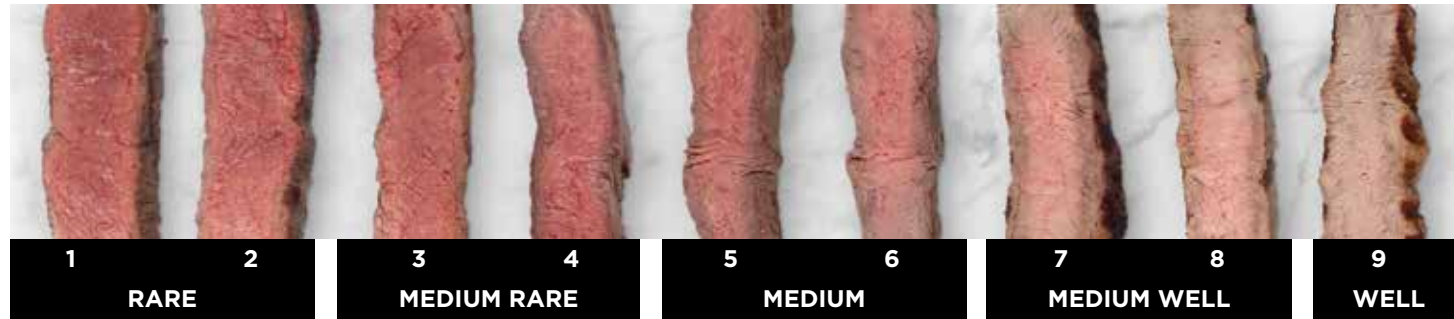


## STEP 7 Carry-Over Cook & Rest

- Unit will beep and show "GET FOOD", indicating it's time to carry-over cook and rest food on a plate for 3-5 minutes.
- Carry-over cooking is when food retains heat and continues to cook after being removed from the source of heat.

## Ninja Beef Doneness Guide

Perception of what a specific internal doneness looks like differs from person to person, even restaurant to restaurant. This guide shows what to expect with each preset beef doneness level (we have provided a wide range of options so you can customize doneness to your liking).



**Note:** This guide is based on New York strip steak. Using different cuts and/or sizes of beef can alter outcome. For cuts 2 inches or thicker (e.g., filet mignon), we recommend selecting the lower temperature setting within the desired doneness category (e.g., Rare 1 instead of Rare 2).

## Using the thermometer in different cooking scenarios

### SAME PROTEINS & SIZE DIFFERENT DONENESS

- Use PRESET to the highest desired level of doneness.
- Insert the thermometer in the protein with the higher desired level of doneness.
- When the lesser level of doneness is reached, remove the protein without thermometer.
- Continue cooking until the next level of doneness is reached.

### SAME PROTEINS DIFFERENT SIZES

- Use PRESET to the desired level of doneness for the smaller protein.
- Then refer to steps 4-7 above.
- Using oven mitts, transfer thermometer to the larger protein and use the arrows to the left of the display to choose the other protein's doneness. Select Start/Stop to begin.

### 2+ DIFFERENT PROTEINS

- Insert thermometer in the protein with the lowest desired level of doneness.
- Use MANUAL to choose the desired internal temperature (refer to Owner's Guide).
- Using oven mitts, transfer thermometer to the other protein, and use the arrows to the left of the display to change the desired internal temperature.

## Did you know?

### Meat keeps cooking when you remove it from the grill.

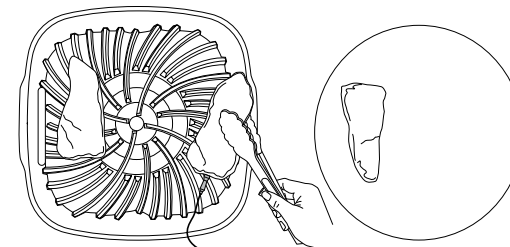
To prevent overcooking, the unit will beep right before your food reaches desired doneness, taking carry-over cooking into account.

#### Removing your food



Transfer meat to a plate using silicone-tipped tongs with the thermometer still inserted.

**WARNING:** Thermometer and grip will be hot.

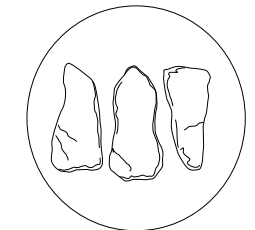


**NOTE:** Skipping carry-over cooking and cutting into food right away may result in a rarer level of doneness.

#### Carry-over cooking & resting



Allow protein to carry-over cook and rest for 3-5 minutes. "REST" will appear and timer will count up.



**To check the internal temperature of other pieces of protein, press and hold the thermometer button and insert the thermometer into each piece of meat.**

For more instructions on cleaning the unit, refer to your Owner's Guide.