

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

NINJA®
Foodi®
SMART
2-BASKET AIR FRYER

**QUICK
START
GUIDE**

**+ IRRESISTIBLE RECIPES
+ COOKING CHARTS**



Make more of your air-fried favorites without the guesswork. Now with the Foodi® Smart Thermometer and the Smart Cook system, you can get the perfect doneness, from rare to well, at the touch of a button. Pair it with the Smart Finish setting to cook two foods, two ways and finish at the same time. Or easily carry over settings with Match Cook to double your cooking capacity.

Foodi® Smart Thermometer

Continuously monitors temp so you don't have to



Perfect doneness

From rare to well at the touch of a button



Perfectly done with the Foodi® Smart Thermometer



The leave-in Foodi Smart Thermometer continuously monitors the internal temperature of food in two places for more accurate cooking results.

How to place the thermometer

Before getting started, use below guide to ensure the Foodi® Smart Thermometer is inserted correctly. Be sure to insert thermometer into the thickest part of your protein.

| FOOD TYPE | PLACEMENT | CORRECT | INCORRECT |
|---|---|---------|-----------|
| Steaks Pork chops Chicken breasts Burgers Tenderloins Fish fillets | <ul style="list-style-type: none"> 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. <p>NOTE: <i>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.</i></p> | | |
| Whole chicken | <ul style="list-style-type: none"> 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 thinner than 1 inch.

Ninja® Beef Doneness Guide

Everyone's idea of doneness differs. This guide shows you what you can expect from each of our preset beef doneness settings.



NOTE: Beef Doneness Guide is based on New York Strip Steak. Using different cuts of steak and different sizes can alter the outcome.

| FOOD TYPE: | SET DONENESS TO: |
|----------------|---------------------|
| 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 | Rare (115°F) |
| | Medium Rare (125°F) |
| | Medium (130°F) |
| | Medium Well (145°F) |
| | Well Done (150°F) |

Single-basket cooking with the Foodi® Smart Thermometer

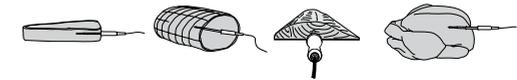
The Integrated Foodi® Thermometer continues to monitor doneness throughout the cooking process, unlike a traditional instant-read thermometer.

STEP 1 Setup

- Remove the thermometer storage compartment located on the left-hand side of the unit.
- Remove Zone 1 basket (before plugging in the thermometer).

STEP 2 Insert Thermometer

- Insert thermometer in protein using the guide on page 5 to ensure the thermometer is placed correctly.
- Place protein in basket and insert into unit.



STEP 3 Function Selection

- Plug thermometer into jack (located on the left-hand side of the control panel).
- Select Zone 1 and then desired cooking function (e.g. Air Fry)

NOTE: Cooking temperature will automatically default based on function selection. Temperature can be adjusted based on preference or recipe instructions.

STEP 4 Thermometer Selection

- **SMALL PRESET**
 - **LARGE PRESET**
 - **MANUAL**
- Use the PROBE button to select either Small or Large preset, depending on size of protein. Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.
- If using the Manual button, use recommended internal cook temperatures on page 6.



STEP 5 Start Cooking

- There is no preheat needed.
- Once you have made your selections, press the start/pause button to begin cooking.
- The screen will display the current thermometer temperature as well as the target temperature.

STEP 6 Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

Smart Finish with the Foodi® Smart Thermometer

Using the thermometer to make complete meals? Want to cook mains and sides using 2 different functions, temperatures, or cook times? Program each zone and pair the Foodi® Smart Thermometer with Smart Finish Technology to eliminate the guesswork and have both zones finish at the same time.

STEP 1 Set up Zone 1 with Thermometer

- Remove the thermometer storage compartment located on the left-hand side of the unit.
- Remove zone 1 basket (before plugging in the thermometer).
- Insert thermometer in protein using the guide on page 5 to ensure the thermometer is placed correctly.
- Place protein in basket and insert into unit.



STEP 2 Program Zone 1

- Plug thermometer into the jack (located on the left-hand side of the control panel).
- Select Zone 1 and the desired cook function (e.g., Air Fry).
- Use the PROBE button to select either the Small or Large preset, depending on the size of the protein. Reference the preset cooking chart on the following page for guidance.
- Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.

1

NOTE: You can't use the manual probe setting when selecting Smart Finish.

STEP 3 Program Zone 2

- Select Zone 2.
- Select function (e.g., Air Fry).
- Set cook temperature and time.

2

STEP 4 Start Cooking

- Select SMART FINISH.
- Press the START/PAUSE button to begin cooking.

NOTE: During the initial setup, the zone with the shorter cook time will display HOLD. When cooking begins, the display will always show the probe and target temperature in Zone 1 and progress bars in Zone 2 during cook cycle.

SMART FINISH

STEP 5 Cooking Complete

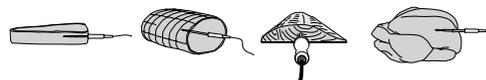
- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

Match Cook with the Foodi® Smart Thermometer

Cooking the same food in each zone? Set Zone 1 with thermometer and use Match Cook to automatically match settings to Zone 2.

STEP 1 Set up Zone 1 with Thermometer

- Remove the thermometer storage compartment located on the left-hand side of the unit.
- Remove Zone 1 basket (before plugging in the thermometer).
- Insert the thermometer in the protein according to the guide on page 5.
- Place protein in basket and insert into unit.
- Plug thermometer into jack (located on the left-hand side of the control panel).



STEP 2 Program Zone 1

- Select Zone 1 and the desired cook function (e.g., Air Fry).
- Use the PROBE button to select Small Preset or Large Preset, depending on the size of the protein. Reference the preset cooking chart below for guidance.
- If using the Manual button, use the recommended internal cook temperatures included on page 6.
- Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.
- Select MATCH COOK, then press the START/PAUSE button to begin cooking.

MATCH COOK

STEP 3 Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

Preset Cooking Chart

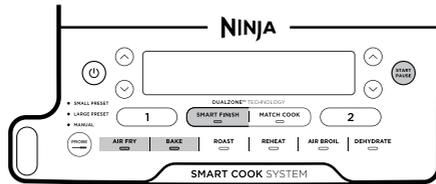
| PROTEIN | PRESET | WEIGHT (per basket) | EXAMPLES |
|---------|--------|--|-------------------------|
| Pork | Small | 4 each (4-6 ounces each) | Italian Sausages, |
| | | 2 each (10-12 ounces each) | Bone-In Pork Chops |
| | Large | 1 each (2 pounds) | Pork Tenderloin |
| | | 1 each (4-5 pounds) | Pork Loin/Roast |
| Chicken | Small | 3-4 each, depending on size (8-12 ounces each) | Boneless Chicken Breast |
| | Large | 3-4 each, depending on size (6-10 ounces) | Bone-In Chicken Thighs |
| Beef | Small | 1 each (5 pounds) | Whole Chicken |
| | Small | 2-4 each, depending on size (6-12 ounces each) | Steak |
| Fish | Large | 1 each (3-4 pounds) | Top Round |
| | Small | 3-4 each, depending on size (4 ounces each) | Salmon Fillets |
| | Large | 1 each (12-16 ounces each) | Side of Salmon |

Using DualZone™ Technology

(without the Foodi® Smart Thermometer)

Smart Finish

Cooking 2 foods using 2 different functions, temps, or cook times?
Program each zone and use SMART FINISH 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 by pressing 2.
- Select a cooking function (e.g., ROAST), and repeat Step 2.



STEP 4: Begin Cooking

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



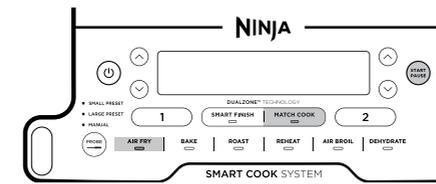
NOTE: To ensure a synchronized cook time completion, Press the START/PAUSE button. Refer to page 6 for further instructions.

Using DualZone™ Technology

(without the Foodi® Smart Thermometer)

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

- Press MATCH COOK.
- Press the START/PAUSE button to begin cooking.

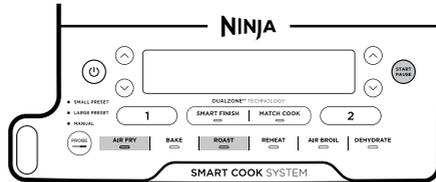


NOTE: To pause a zone or cancel time in a zone, refer to page 6 for further instructions.

Using Two Zones

Want to shorten cook time, but don't need both zones to finish at the same time?

When Smart Finish or Match Cook are not selected, technology is integrated into the design to automatically optimize the distribution of power when manually selecting two zones with different cook times. This means the food in the zone with the longer cook time may finish cooking before the set time ends. Check food frequently to avoid overcooking.



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 the START/PAUSE button to begin cooking.
- Check food frequently to avoid overcooking.

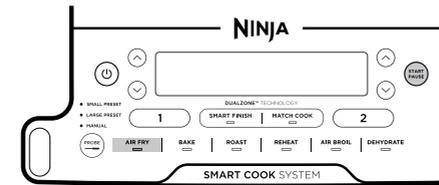


NOTE: For best results, start checking food for doneness before cook time ends. Stop cooking at any time if the desired level of crispiness has been achieved, but make sure any raw proteins have reached a food-safe temperature.

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 basket.
- 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 the START/PAUSE button to begin cooking.

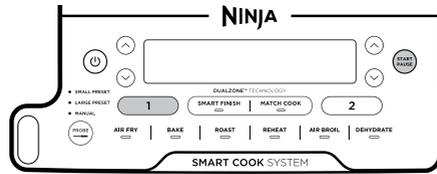


Pausing and Ending Cook Times

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 to pause cooking.



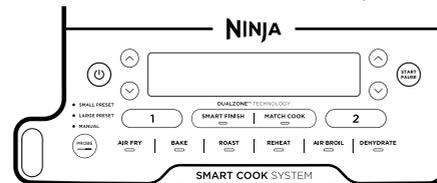
NOTE: In SMART FINISH mode, we recommend pressing the START/PAUSE button to pause both zones. Pausing only one zone will impact a synchronized finish time.

STEP 2: Resume Cooking

- To resume cooking, press the START/PAUSE button.



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 to bring time down 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:

Irresistible Recipes 16

SMART FINISH Recipe Charts 34

Single Zone & DualZone™ Technology Cooking Charts 36

KEY

Foodi® Smart Thermometer 

Rack 

CHICKEN BACON RANCH SANDWICHES



PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 30 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

4 uncooked boneless, skinless chicken breasts (6-8 ounces each)
2 tablespoons canola oil
1 packet (1 ounce) ranch seasoning
4 strips uncooked bacon, cut in half
4 slices cheddar cheese
4 Kaiser rolls

DIRECTIONS

- 1 Evenly coat the chicken breasts on all sides with canola oil and ranch seasoning. Place thermometer into the center of the thickest part of the largest chicken breast.
- 2 Install a crisper plate in both baskets. Place the chicken breast with the thermometer and 1 additional breast in the Zone 1 basket. Feed the thermometer cord through the cutout on the top left of the drawer, then place the thermometer into the jack on the bottom left of the display. Place the remaining 2 chicken breasts in the Zone 2 basket and insert into the unit.
- 3 Select Zone 1, select ROAST and set temperature to 360°F. Select PRESET, SMALL, then use the arrows on the left to select CHICKEN. Select MATCHCOOK and select the START/PAUSE button to begin cooking.
- 4 When internal temperature reaches 150°F (after about 20 minutes of cooking), select START/PAUSE to pause cooking. Place 2 half slices of bacon on top of each chicken breast followed by 2 half slices of cheese. Secure the toppings by inserting a toothpick through the center of the chicken breast. Reinsert baskets and select START/PAUSE to continue cooking.
- 5 When cooking is complete, remove the thermometer. Top sandwiches with desired toppings.

PESTO & BALSAMIC PORK LOIN WITH ASPARAGUS



PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 35 MINUTES (DEPENDING ON DESIRED DONENESS) | **MAKES:** 2 SERVINGS

INGREDIENTS

1 jar (6 ounces) pesto
2 tablespoons balsamic vinegar
2 tablespoons canola oil, divided
1 pork loin (approx. 2 pounds)
Kosher salt, as desired
Ground black pepper, as desired
1 bunch (16 ounces) asparagus, trimmed

DIRECTIONS

- 1 In a large bowl, prepare the marinade by whisking together the pesto, balsamic vinegar, and 1 tablespoon canola oil. Then place the marinade and pork loin in a large resealable plastic bag. Massage the outside of the bag to work the marinade over all parts of the pork, then place the bag in the refrigerator for 1 to 6 hours. Remove marinated pork from refrigerator 15 minutes cooking.
- 2 Install a crisper plate in both baskets. Place the thermometer into the center of the thickest part of the pork loin. Place the pork in the Zone 1 basket. Feed the thermometer cord through the cutout at the top left of the drawer, then place the thermometer into the jack on the bottom left of the display. Then insert the basket into the unit.
- 3 In a separate large bowl, toss asparagus with oil, salt, and pepper until evenly coated. Transfer the asparagus in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select ROAST, set temperature to 350°F, select PRESET, LARGE, then use the arrows on the left to select PORK, and the arrows on the left to select desired doneness.
- 5 Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 15 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 6 After about 20 minutes select START/PAUSE, remove basket from unit, and shake asparagus. Reinsert basket and select START/PAUSE to continue cooking.
- 7 When cooking is complete, use tongs to carefully remove the pork from the basket and allow pork to rest on a cutting board for 5 minutes.
- 8 Use oven safe mitts to remove the thermometer before slicing. Serve pork with asparagus.

BONELESS BARBECUE PORK CHOPS WITH SQUASH & GREEN BEAN MEDLEY



PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 40 MINUTES
MAKES: 2 SERVINGS

INGREDIENTS

1 package (12 ounces)
green beans, trimmed, cut in half
8 ounces pre-cut
butternut squash
1 tablespoons olive oil
Kosher salt, as desired
Ground black pepper, as desired
2 fresh boneless porkchops
(6-8 ounces each)
1/4 cup premade barbecue sauce

DIRECTIONS

- 1 In a medium bowl, add the green beans, butternut squash, olive oil, salt, and pepper and toss until combined.
- 2 Install a crisper plate in both baskets. Place the green bean mixture into the Zone 2 basket and place the basket into the unit.
- 3 Place the thermometer into the center of the thickest part of the largest pork chop. Place the pork with the thermometer and the remaining 3 pieces in the Zone 1 basket. Feed the thermometer cord through the cutout on the top left of the drawer, then place the thermometer into the jack on the bottom left of the display. Evenly coat each pork chop with barbecue sauce. Insert basket in unit.
- 4 Select Zone 1, select AIRFRY, set temperature to 375°F select PRESET, SMALL, then use the arrows on the left to select PORK, and arrows on the right to select desired doneness.
- 5 Select Zone 2, select AIR FRY, set temperature to 400°F, and set time to 25 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking. Continue to monitor Zone 2 and shake every 15 minutes during the cooking process. Press the START/STOP button to begin cooking.
- 6 When cooking is complete, use tongs to carefully remove the pork chops from the Zone 1 basket and allow to rest on a cutting board for 5 minutes.
- 7 Use oven safe mitts to remove the thermometer before slicing. Serve with green bean mixture.

BUFFALO TOFU WITH RANCH DIPPING SAUCE

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

2 packages (16 ounce each)
extra firm tofu, divided
2/3 cup cornstarch, divided
Nonstick cooking spray
1/2 cup Buffalo sauce
1/4 cup ranch dipping sauce

DIRECTIONS

- 1 Wrap whole tofu in paper towels and press for 30 minutes under a 5-pound weight. During 30-minute press time, re-wrap tofu with fresh paper towels every 10 minutes. Then cut in 1/4-inch pieces.
- 2 In a medium bowl, toss half the cubed tofu with 1/3 cup cornstarch until tofu is evenly coated. Then generously spray all sides of the tofu with nonstick cooking spray.
- 3 Install a crisper plate in both baskets. Place the prepared tofu in the Zone 1 basket, then insert basket in unit.
- 4 Repeat step 1 with the remaining cubed tofu and cornstarch. Place the prepared tofu in the Zone 2 basket, then insert the basket in the unit.
- 5 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 25 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 6 When the timer reaches 15 minutes, select START/PAUSE to pause cooking. Remove each basket from the unit and shake. Reinsert baskets and select START/PAUSE to resume cooking.
- 7 When the timer reaches 5 minutes, select START/PAUSE to pause cooking. Remove each basket from the unit and shake. Reinsert baskets and select START/PAUSE to resume cooking.
- 8 When cooking is complete, transfer tofu to large bowl and toss with Buffalo sauce until evenly coated.
- 9 Serve tofu with ranch dipping sauce.

HONEY GARLIC MEATBALLS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES

MAKES: 8 SERVINGS

INGREDIENTS

28 ounces of 1-ounce frozen prepared Italian meatballs, divided
8 cloves garlic, peeled, minced
1 cup honey
 $\frac{2}{3}$ cup ketchup
4 tablespoons soy sauce

DIRECTIONS

- 1 Install a crisper plate in both baskets. Place half the meatballs in the Zone 1 basket, then insert basket in unit. Place the other half of meatballs in Zone 2 basket, then insert basket in unit.
- 2 Select Zone 1, select AIR FRY, set temperature to 375°F, and set time to 25 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 3 In a medium bowl, all the remaining ingredients and whisk until well combined.
- 4 When timer reaches 15 minutes, select START/PAUSE to pause cooking. Remove each basket from the unit and shake. Reinsert baskets and select START/PAUSE to resume cooking.
- 5 When timer reaches 5 minutes, press START/PAUSE to pause cooking. Remove Zone 1 basket from unit and pour meatballs into a large bowl. Pour half the prepared honey garlic sauce into the bowl with the meatballs and toss to evenly coat. Place meatballs back into Zone 1 basket and reinsert basket to continue cooking.
- 6 Repeat step 5 with Zone 2 basket and press START/PAUSE to resume cooking.
- 7 When cooking is complete, transfer meatballs to a serving bowl and serve.

LEMON CAJUN-SPICED SALMON WITH ASPARAGUS & MUSHROOMS



PREP: 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES (DEPENDING ON DESIRED DONENESS) | **MAKES:** 2 SERVINGS

INGREDIENTS

1 bunch (16 ounces) asparagus, trimmed
1 small red onion, peeled, diced
4 ounces button mushrooms, thinly sliced
2 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
2 fresh salmon fillets (8 ounces each)
1 tablespoon Cajun seasoning
 $\frac{1}{2}$ lemon, sliced thin

DIRECTIONS

- 1 In a large bowl, add asparagus, red onion, mushrooms, oil, salt, and pepper and toss until evenly coated.
- 2 Rub tops of each salmon fillet with 1 teaspoon oil, then cover fillets generously with Cajun seasoning and top with 2 slices of lemon. Place thermometer into the center of the thickest part of the largest salmon fillet.
- 3 Install a crisper plate in both baskets. Place the fillets in Zone 1 basket, feeding the cord through the cutout on the top left of the drawer, then place the thermometer into the jack on the bottom left of the display. Place the asparagus mixture in the Zone 2 basket, then insert the basket in unit.
- 4 Select Zone 1, select AIRFRY and set temperature to 400°F. Select PRESET, SMALL, then use the arrows on the left to select FISH, and the arrows on the left to select desired doneness.
- 5 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.
- 6 Continue to monitor Zone 2 and shake asparagus every 10 minutes until cooking is complete.
- 7 When cooking is complete, remove the thermometer. Transfer fillets and asparagus mixture to a serving plate.

MEATLOAF WITH MAPLE GLAZED CARROTS

PREP: 20 MINUTES | **TOTAL COOK TIME:** APPROX. 38 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 pound 80/20 ground beef
1 large egg
1/2 cup bread crumbs
1/2 cup shredded Parmesan cheese
1/2 cup ketchup, divided
Kosher salt, as desired
Ground black pepper, as desired
1 pound baby carrots
1/4 cup pure maple syrup

DIRECTIONS

- 1 In a large bowl, add the ground beef, egg, bread crumbs, Parmesan cheese, 1/4 cup ketchup, salt, and pepper and mix until evenly combined. Form the mixture into an 8 X 5-inch loaf.
- 2 In medium bowl, add the carrots, maple syrup, salt, and pepper and toss until evenly coated.
- 3 Install crisper plates in both baskets. Place the thermometer into the center of the thickest part of the meatloaf. Place the loaf in the Zone 1 basket. Feed the thermometer cord through the cutout on the top left drawer, then place the thermometer into the jack on the bottom left of the display. Insert the basket in the unit.
- 4 Place the carrot mixture in the Zone 2 basket, then insert basket in unit.
- 5 Select Zone 1, select ROAST, set temperature to 330°F, using the probe button select Large Preset. The preset will default to BEEF which is the correct setting for this recipe. Use the arrows at the left to select WELL.
- 6 Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 38 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking. Continue to monitor Zone 2 and shake the carrots about every 15 minutes throughout the cooking process.
- 7 When thermometer reads 130°F on the display, press the START/PAUSE button to pause cooking. Open Zone 1 and add remaining ketchup to the top of the meatloaf. Reinsert the basket, press START/PAUSE to resume cooking.
- 8 When cooking is complete, carefully remove the thermometer with oven-safe mitts. Serve meatloaf with glazed carrots.

TURKEY BREAST WITH BACON BRUSSELS SPROUTS

PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 1 HOUR AIR FRY: 25 MINUTES
AIR ROAST: APPROX. 1 HOUR | **MAKES:** 4 SERVINGS

INGREDIENTS

1 medium yellow onion, peeled, quartered
1 pound Brussels sprouts, ends trimmed, halved
1 strip uncooked bacon, cut in 1/4-inch pieces
2 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
2 pounds boneless turkey breast, skin on, trussed
1 tablespoon rotisserie seasoning

DIRECTIONS

- 1 In a large bowl, add the onion, Brussels sprouts, chopped bacon, 1 tablespoon canola oil, salt, and pepper and toss until evenly combined.
- 2 Install a crisper plate in both baskets. Place the Brussels sprouts mixture into the Zone 2 basket and place the basket into the unit.
- 3 Rub the remaining 1 tablespoon canola oil on the turkey breast and season with rotisserie seasoning blend.
- 4 Place the thermometer into the center of the thickest part of the turkey breast. Place the turkey in the Zone 1 basket. Feed the thermometer cord through the cutout on the top left of the drawer, then place the thermometer into the jack on the bottom left of the display. Insert basket in unit.
- 5 Select Zone 1, select ROAST, set temperature to 330°F, select PRESET, LARGE, then use the arrows on the left to select CHICKEN.
- 6 Select Zone 2, select AIR FRY, set temperature to 400°F, and set time to 25 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking. Continue to monitor Zone 2 and shake Brussels sprouts every 15 minutes during the cooking process.
- 7 When cooking is complete, use tongs to carefully remove the turkey breast from the basket and allow to rest on a cutting board for 5 minutes.
- 8 Use oven safe mitts to remove the thermometer before slicing. Serve with Brussels sprouts

CRESCENT ROLL UPS WITH DELI TURKEY, SWISS CHEESE & MUSTARD

PREP: 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

1/4 cup all-purpose flour, for dusting
2 cans (8 ounces each) crescent roll, original
3 tablespoons Dijon mustard, plus more if desired
8 slices Swiss cheese
8 slices deli turkey meat
1 tablespoon sesame seeds, optional

DIRECTIONS

- 1 Lightly dust a clean work surface with flour. Spread the crescent rolls out and gently cut on the perforated lines. You should have 8 rectangles of dough, each of which is made up of 2 connected triangles. Be careful not to disconnect them.
- 2 Evenly spread 1 teaspoon of Dijon on each rectangle. Then top with 1 slice of cheese and 1 slice of turkey. Gently roll the short edge the rectangle into itself and continue to roll like a burrito. Once the roll up meets the last edge of dough, gently pinch together to create a seal. Repeat with the remaining dough.
- 3 Gently place 4 roll-ups seam-side down in the Zone 1 basket and the remaining 4 in the Zone 2 basket (without crisper plate). Lightly brush the tops with any remaining mustard and sprinkle with sesame seeds.
- 4 Insert both baskets in unit. Select Zone 1, select BAKE, set temperature to 325°F, and set time to 30 minutes. Select MATCH COOK to match Zone 2 settings with Zone 1. Press START/PAUSE to begin cooking.
- 5 When the time reaches 5 minutes, select START/PAUSE to pause cooking. Remove each basket from the unit and flip roll-ups so the bottom sides are facing up. Reinsert baskets and select START/PAUSE to resume cooking.
- 6 When cooking is complete, remove roll ups from baskets and serve with more mustard or desired condiments.

WHOLE LEMON GARLIC CHICKEN WITH PARMESAN HERB POTATOES



PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 75 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 small whole chicken (3 1/2 pounds)
1 lemon, halved
1 sprig fresh rosemary
7 cloves garlic, divided
1 tablespoon canola oil
1 tablespoon poultry spice blend
Kosher salt, as desired
Ground black pepper, as desired
1 1/2 pounds baby golden potatoes
1 medium white onion, peeled, diced
3 tablespoons butter, melted
1 1/2 tablespoons fresh herbs, chopped (rosemary, thyme, marjoram)
1/4 cup grated Parmesan cheese, set aside

DIRECTIONS

- 1 Remove packet of giblets, if included in cavity of the chicken. Tie legs together with cooking twine. Place lemon halves, sprig of rosemary, and 3 cloves of garlic in the cavity of the chicken. Coat the chicken skin with canola oil then season with poultry spice blend, salt, and pepper.
- 2 In a large bowl, add the potatoes, onions, remaining garlic cloves, melted butter, fresh herbs, salt, and pepper as desired. Toss to fully combine.
- 3 Install crisper plates in both baskets. Place the thermometer into the center of the thickest part of the chicken. Place the chicken in the Zone 1 basket. Feed the thermometer cord through the cutout on the top left drawer, then place the thermometer into the jack on the bottom left of the display. Insert the basket in the unit.
- 4 Place the potato mixture in the Zone 2 basket, then insert basket in unit.
- 5 Select Zone 1, select ROAST, set temperature to 350°F, using the probe button select Large Preset then use the arrows on the left to select CHICKEN.
- 6 Select Zone 2, select AIR FRY, set temperature to 400°F, and set time to 35 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking. Continue to monitor Zone 2 and shake the potatoes about every 15 minutes during the cooking process.
- 7 When cooking is complete, add Parmesan cheese to Zone 2 and shake until evenly coated. Carefully remove the thermometer with oven-safe mitts. Allow chicken to rest for 5 minutes before carving. Serve chicken with potatoes.

TORTELLINI ALFREDO BAKE & ROASTED GARLIC BROCCOLI

PREP: 10 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 4–6 SERVINGS

INGREDIENTS

1 head broccoli, cut in 1/2-inch florets
1 tablespoon olive oil
4 cloves garlic, peeled, minced
1 1/2 teaspoons kosher salt, divided
1 jar (15 ounces) alfredo sauce
3/4 cup water
3/4 teaspoon ground black pepper
1 pound frozen plain tortellini
1/3 cup panko bread crumbs
6 ounces shredded mozzarella cheese, divided
2 sprigs fresh basil, torn

DIRECTIONS

- 1** In a medium bowl, toss broccoli with olive oil, minced garlic, and 1 teaspoon salt.
- 2** In a separate bowl, whisk together alfredo sauce, water, 1/2 teaspoon salt, pepper, and half the mozzarella cheese.
- 3** Place tortellini and sauce in the Zone 1 basket (without a crisper plate installed). Sprinkle the panko bread crumbs and remaining mozzarella evenly over the top, then insert basket in unit. Install a crisper plate in the Zone 2 basket, then place broccoli in the basket and insert basket in unit.
- 4** Select Zone 1, select BAKE, set temperature to 350°F, and set time to 15 minutes. Select Zone 2, select ROAST, set temperature to 400°F, and set time to 15 minutes. Press the START/PAUSE button to begin cooking.
- 5** When the Zone 1 time reaches zero, check tortellini for doneness (they should be al dente). Gently transfer to a serving dish, keeping most of the bread crumbs and cheese on top. Garnish with torn basil leaves.
- 6** When the Zone 2 time reaches zero, transfer broccoli to a serving bowl and serve with tortellini.

SPICY ITALIAN SAUSAGE, BELL PEPPER & ONION SUBS

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

INGREDIENTS

1/2 yellow onion, peeled, thinly sliced
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
1/2 teaspoon kosher salt
1/4 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.

CHILI CHEESE DOG FLATBREADS WITH FRENCH FRIES



PREP: 10 MINUTES | **TOTAL COOK TIME:** 28 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 pieces naan flatbread or prepared pizza crust, trimmed to fit on broil rack
2/3 cup canned prepared chili, divided
4 slices American cheese, divided
4 hotdogs (2 ounces each), cut in 1-inch pieces, divided
1 pound frozen French fries
Ketchup, as desired
Mustard, as desired

DIRECTIONS

- 1 Spread half the chili evenly over one of the flatbreads. Place two slices of cheese over the chili, then top with half of the hotdog slices.
- 2 Repeat step 1 with remaining flatbread, chili, cheese, and hotdogs.
- 3 Install the rack in the Zone 1 basket (without the crisper plate installed). Place one flatbread on the rack and insert basket in unit. Install a crisper plate in the Zone 2 basket and place fries in the basket. Insert basket in unit.
- 4 Select Zone 1, select AIR BROIL and set time to 12 minutes. Next, select Zone 2, select AIR FRY, set temperature to 400°F and set time for 28 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When 13 minutes remain on the Zone 2 timer, remove basket and shake fries. Reinsert basket to continue cooking.
- 6 When 6 minutes remain on the Zone 1 timer, press START/PAUSE, remove basket, then remove flatbread from rack using a silicone spatula. Place uncooked flatbread on rack, reinsert basket, and press START/PAUSE to resume cooking.
- 7 When cooking is complete, top flatbreads with ketchup and mustard as desired and serve with French 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.

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.

EGGPLANT PARMESAN & GARLIC BREAD



PREP: 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **MAKES:** 2-3 SERVINGS

INGREDIENTS

1 cup all-purpose flour
3 eggs, beaten
1 cup panko bread crumbs
3 teaspoons kosher salt, divided
2 teaspoons ground black pepper, divided
1 small eggplant, peeled, cut in 4 1/2-inch slices
4 tablespoons unsalted butter, softened
2 teaspoons minced garlic
1 teaspoon garlic powder
1/3 loaf of Italian bread, sliced in half
1/2 cup marinara sauce
4 slices mozzarella cheese

DIRECTIONS

- 1 Install a crisper plate in both the Zone 1 and 2 baskets. Install the rack in the Zone 1 basket.
- 2 Set out three plates or shallow bowls. Place the flour in one, beaten eggs in the second, and bread crumbs in the third. Stir 1 teaspoon salt and 1 teaspoon pepper into the flour. Stir 1 teaspoon salt and remaining 1 teaspoon pepper into the bread crumbs.
- 3 Dip each slice of eggplant into the flour, then the eggs, then the bread crumbs. Place the breaded slices on the Zone 1 broil rack.
- 4 In a small bowl, thoroughly combine the butter, minced garlic, garlic powder, and 1 teaspoon salt. Spread the garlic butter onto both sides of bread, then place the bread, butter side up, in the Zone 2 basket.
- 5 Select ZONE 1, select AIR FRY, set temperature to 390°F, and set time to 15 minutes. Select MATCH ZONE to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 6 When cooking is complete, remove the Zone 1 basket from unit, top each slice of eggplant with 2 tablespoons marinara sauce and 1 slice mozzarella. Reinsert basket in unit. Select ZONE 1, select AIR BROIL, set temperature to 450°F, and set time to 5 minutes. Press START/PAUSE to begin cooking.
- 7 When cooking is complete, remove baskets from unit. Cut the garlic bread in strips and serve with eggplant.

BEEF JERKY



PREP: 10 MINUTES | **MARINATE:** 8 HOURS
TOTAL COOK TIME: 8 HOURS | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1/2 cup soy sauce
4 tablespoons Worcestershire sauce
2 tablespoons maple syrup
4 tablespoons dark brown sugar
3 teaspoons kosher salt
2 teaspoons ground black pepper
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons paprika
3 pounds (48 ounces) uncooked beef eye of round, cut in 1/4-inch slices

DIRECTIONS

- 1 To prepare the marinade, whisk together all ingredients, except the beef. Place marinade in a large resealable plastic bag.
- 2 Place sliced beef in the bag with the marinade and rub to coat. Marinate in refrigerator for at least 8 hours or overnight. Strain meat; discard excess liquid.
- 3 Install a crisper plate in both the Zone 1 and 2 baskets. Place 1/3 of the beef on the crisping plate of Zone 1. Place the multi-layer rack over the beef, then place another 1/3 of the beef on the rack. Place the remaining beef onto the crisping plate of Zone 2.
- 4 Select ZONE 1, select DEHYDRATE, set temperature to 150°F, and set time to 5 hours. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin dehydrating.
- 5 Jerky will be soft and pliable after 5 hours. Continue dehydrating up to 7 hours if you prefer a crispier texture. When dehydrating is complete, remove baskets from unit and transfer jerky to a plate to cool. Once cooled, enjoy, or transfer to an airtight container.

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.

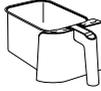
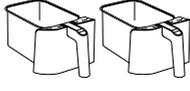
NOTE: For all recipes in this chart, season with salt and pepper as desired.

| 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 |

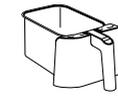
NOTE: For your own best results, start checking food for doneness 2 minutes before cook time is complete. Stop cooking at any time if the desired level of crispiness has been achieved, but make sure any raw proteins have reached a food-safe temperature.

Air Fry Cooking Chart

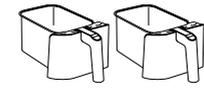
NOTE: Don't see the food you're looking for in the charts below? Find a similar food, and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. For best results, check on food often, increasing cook time if necessary.

| INGREDIENT | AMOUNT PER ZONE | PREPARATION | TOSS IN OIL | TEMP |  SINGLE ZONE when cooking in one zone — not using the other zone. |  DUALZONE when cooking in both zones — same or different foods. |
|-----------------------------|--------------------------------|---|--------------------|-------|---|---|
| VEGETABLES | | | | | | |
| 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 |
| POULTRY | | | | | | |
| 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 |
| FISH & SEAFOOD | | | | | | |
| 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 |

*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.



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

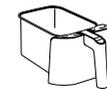
Toss with silicone-tipped tongs



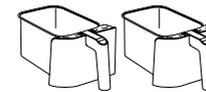
Air Fry Cooking Chart, continued

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 | | |
|---------------------|--|----------------|------------------|-------|------------|------------|
| BEEF | | | | | | |
| 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 |
| PORK | | | | | | |
| 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 |
| FROZEN FOODS | | | | | | |
| 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 | 390°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.



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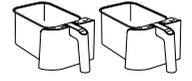
**Toss with
silicone-tipped
tongs**



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 | |
|--------------------------------|--|-------|--|
| FRUITS & VEGETABLES | | | TIMES ARE THE SAME FOR BOTH ZONES |
| 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 |
| MEAT, POULTRY, FISH | | | |
| 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 |

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2-BASKET AIR FRYER

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