

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

NINJA®
Foodi
FlexBasket™

AIR FRYER

with 7-qt MegaZone™

**QUICK
START
GUIDE**

**+ COOKING CHARTS
+ 12 IRRESISTIBLE RECIPES**

NINJA™ Foodi™ FlexBasket™ AIR FRYER

with 7-qt MegaZone™

Cook large cuts of protein and family-sized air-fried favorites using the Ninja Foodi FlexBasket with MegaZone. Easily remove the center divider and select MEGAZONE to get perfect results on large cuts of proteins for full meals.



Two
independent
baskets
3½-qt each

One
mega
basket
7-qt total



DUALZONE™

Different temps and times
Finish at the same time



AIR FRY
400°F
28 MINS

ROAST
350°F
18 MINS

MEGAZONE™

Larger 7-qt capacity to unlock larger
proteins and family-sized meals

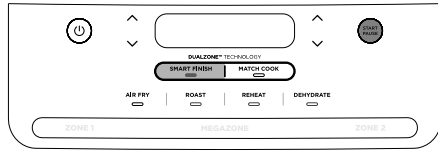


COOK A
4-LB PORK ROAST
& VEGGIES

Using DualZone™ Technology

Smart Finish™

To cook 2 foods using 2 different functions, temps, or cook times: Program each zone and use SMART FINISH to have both zones finish simultaneously.



STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Press the desired function button (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.
- Press the desired 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.

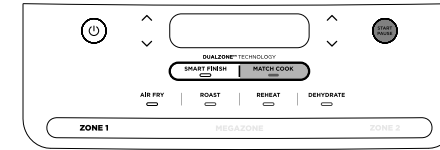


NOTE: To ensure a synchronized cook time completion, press the START/PAUSE. Refer to page 6 for further instructions.

Using DualZone™ Technology

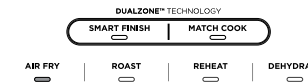
Match Cook™

To cook the same food in both zones: Set Zone 1 and use MATCH COOK to transfer those settings to Zone 2.



STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Press the desired 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

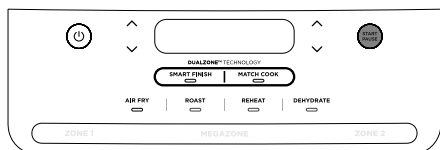
- Press MATCH COOK.
- Press the START/PAUSE button to begin cooking.



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

Using Two Zones without Match Cook™ or Smart Finish™

To shorten cook time, you may choose to not use Match Cook or Smart Finish. That means each zone will finish at different times according to their settings. Check food frequently to avoid overcooking.



STEP 1: Program Zone 1

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



STEP 2: Set Time & Temperature

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



STEP 3: Program Zone 2

- Repeat Steps 1 and 2 for Zone 2.



STEP 4: Begin Cooking

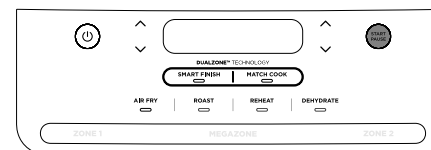
- Press START/PAUSE to begin cooking.
- Check food frequently to avoid overcooking.



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.

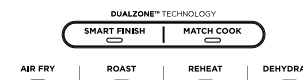
Using the MEGAZONE™

To cook a large batch of a single food, remove the partition and use the entire cooking space like a traditional air fryer.



STEP 1: Select MEGAZONE

- Place food in basket.
- Press the desired cooking function (e.g., AIR FRY).



NOTE: If you would like to cook in Zone 2 only, first select Zone 2, then select a function.

STEP 2: Set Time & Temperature

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



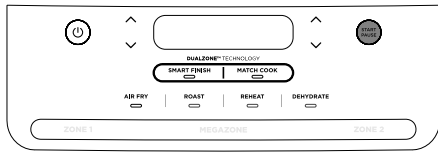
STEP 3: Begin Cooking

- Press START/PAUSE to begin cooking.



Using a Single Zone

When only cooking a single food in a single zone, use it like a traditional air fryer.



STEP 1: Program Zone 1

- Place food in basket.
- The unit defaults to Zone 1.
- Press the desired cooking function (e.g., AIR FRY).



NOTE: If you would like to cook in Zone 2 only, first select Zone 2, then select a function.

STEP 2: Set Time & Temperature

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



STEP 3: Begin Cooking

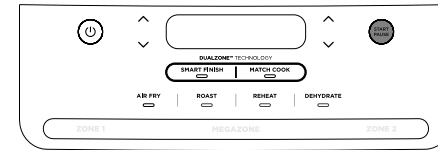
- Press START/PAUSE to begin cooking.

Pausing and Ending 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 START/PAUSE to pause cooking.



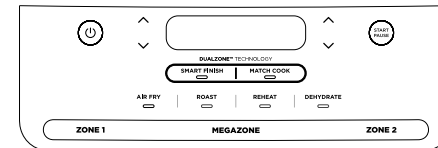
NOTE: In SMART FINISH mode, we recommend pressing START/PAUSE pause both zones. Pausing only one zone will impact a synchronized finish time.

STEP 2: Resume Cooking

- Press START/PAUSE to resume cooking.

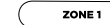


Ending the Cook Time in One Zone (While Using Both Zones and MEGAZONE)



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?

Get started with delicious, chef-tested recipes and helpful cooking charts.

FLIP TO FIND:

Single Zone & MegaZone™
Technology Cooking Charts 12

Smart Finish™ Recipe Charts 18

12 Irresistible Recipes 20

Air Fry Cooking Chart

NOTE: If the food you're looking for doesn't appear below, find a similar food and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. Check food often, cooking longer if necessary.

TIP: If cooking smaller amounts of food, use the recommended temperature, but reduce the time. For best results, check food periodically and shake or toss it often until it reaches the desired doneness.

INGREDIENT	AMOUNT PER SINGLE ZONE	AMOUNT FOR MEGA ZONE	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE ZONE	COOK TIME MEGA ZONE
VEGETABLES							
Asparagus	1 bunch	2 bunches	Whole, stems trimmed	2 tsp	390°F	8-12 mins	20-25 mins
Beets	4-5 small	7-8 small	Whole	None	390°F	30-35 mins	35-40 mins
Bell peppers (for roasting)	2 peppers	4 peppers	Cut in quarters, seeded	None	390°F	10-15 mins	15-20 mins
Broccoli	1 head	2 heads	Cut in 1-inch florets	1 Tbsp	390°F	10-15 mins	15-20 mins
Brussels sprouts	1 lb	2.5 lbs	Cut in half, stem removed	1 Tbsp	400°F	15-20 mins	20-25 mins
Butternut squash	1 1/2 lbs	3 lbs	Cut in 1/2-inch pieces	1 Tbsp	390°F	20-25 mins	30-35 mins
Carrots	1 lb	2 lbs	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	13-16 mins	20-25 mins
Cauliflower	1 head	2 heads	Cut in 1-inch florets	2 Tbsp	390°F	17-20 mins	20-25 mins
Corn on the cob	4 ears	8 ears	Husks removed	1 Tbsp	390°F	12-15 mins	18-20 mins
Green beans	2 bags (24 oz)	4 bags (48 oz)	Trimmed	1 Tbsp	390°F	8-10 mins	10-15 mins
Kale (for chips)	3 cups, packed	30 oz	Torn in pieces, stems removed	None	300°F	9-12 mins	12-15 mins
Mushrooms	8 oz	1 lb	Rinsed, cut in quarters	1 Tbsp	390°F	7-9 mins	13-15 mins
Potatoes, russet	1 1/2 lbs	3 lbs	Cut in 1-inch wedges	1 Tbsp	400°F	20-22 mins	35-38 mins
	1 lb	2 lbs	Hand-cut fries*, thin	1/2-3 Tbsp, canola	400°F	20-24 mins	30-35 mins
	1 lb	2 lbs	Hand-cut fries*, thick	1/2-3 Tbsp, canola	400°F	19-24 mins	35-40 mins
	3 whole (6-8 oz)	8 whole (6-8oz)	Pierced with fork 3 times	None	400°F	30-35 mins	37-40 mins
Potatoes, sweet	1 1/2 lbs	3 lbs	Cut in 1-inch chunks	1 Tbsp	400°F	15-20 mins	30-35 mins
	4 whole (6-8 oz)	8 whole (6-8oz)	Pierced with fork 3 times	None	400°F	36-42 mins	40-45 mins
Zucchini	1 lb	2 lbs	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)	5 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	390°F	25-30 mins	45-50 mins
	4 breasts (1/2-3/4 lb each)	5 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	390°F	22-24 mins	25-28 mins
Chicken thighs	2 thighs (6-10oz each)	6 thighs (6-10oz each)	Bone in	Brushed with oil	390°F	22-28 mins	35-40 mins
	4 thighs (4-8oz each)	8 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins	40-45 mins
Chicken wings	3 lbs	6 lbs	Drumettes & flats	1 Tbsp	390°F	30-35 mins	60-65 mins
FISH & SEAFOOD							
Crab cakes	2 cakes (6-8 oz each)	8 cakes (6-8 oz each)	None	Brushed with oil	390°F	10-12 mins	15-20 mins
Lobster tails	2 tails (3-4 oz each)	6 tails (3-4 oz each)	Whole	None	390°F	5-8 mins	15-18 mins
Salmon fillets	3 fillets (4 oz each)	6 fillets (4 oz each)	None	Brushed with oil	400°F	7-12 mins	15-20 mins
Shrimp	1 lb	2 1/2 lbs	Large, Whole, Peeled, Tails on	1 Tbsp	390°F	7-10 mins	10-12 mins

Air Fry Cooking Chart, continued

NOTE: Reference these charts to prepare large family meals or crowd-pleasing appetizers for entertaining. Once you get the hang of capacities and cook times, mix and match foods to dazzle your family and friends.

TIP: If cooking smaller amounts of food, use the recommended temperature, but reduce the time. For best results, check food periodically and shake or toss it often until it reaches the desired doneness.

INGREDIENT	AMOUNT PER SINGLE ZONE	AMOUNT FOR MEGA ZONE	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE ZONE	COOK TIME MEGA ZONE
BEEF							
Burgers	2 quarter-pound patties, 80% lean	4, 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)	4 steaks	Whole	Brushed with oil	390°F	10-20 mins	20-25 mins
PORK							
Bacon	3 strips, cut in half	6 strips	None	None	375°F	8-10 mins	10-15 mins
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	4 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brushed with oil	390°F	15-20 mins	25-30 mins
	4 boneless chops (4-6oz each)	8 boneless chops (8oz each)	Boneless	Brushed with oil	390°F	15-20 mins	20-25 mins
Pork tenderloins	1 lb	3 lbs	None	Brushed with oil	375°F	15-20 mins	35-40 mins
Sausages	5 sausages	12 sausages	None	None	390°F	7-10 mins	15-20 mins
FROZEN FOODS							
Chicken cutlets	3 cutlets	6 cutlets	None	None	400°F	18-21 mins	20-25 mins
Chicken nuggets	1 box (12 oz)	3 boxes (12 oz each)	None	None	390°F	15-20 mins	30-35 mins
Fish fillets	1 box (6 fillets)	2 boxes (12 fillets)	None	None	390°F	14-16 mins	17-22 mins
Fish sticks	18 fish sticks (11 oz)	36 fish sticks (22oz)	None	None	390°F	10-13 mins	20-25 mins
French fries	1 lb	3 lbs	None	None	400°F	18-22 mins	28-32 mins
Mozzarella sticks	1 box (11 oz)	2 boxes (11 oz each)	None	None	375°F	8-10 mins	10-12 mins
Pot stickers	2 bags (10.5 oz)	4 bags (10.5oz ea.)	None	1 Tbsp	390°F	12-14 mins	16-18 mins
Pizza rolls	1 bag (20 oz, 40 count)	2 bags (20oz, 40 count each)	None	None	390°F	12-15 mins	15-18 mins
Popcorn shrimp	1 box (14-16 oz)	3 boxes (14-16oz ea.)	None	None	390°F	7-10 mins	14-18 mins
Sweet potato fries	1 lb	2 lbs	None	None	390°F	20-22 mins	30-32 mins
Tater tots	1 lb	2 lbs	None	None	375°F	18-22 mins	25-27 mins
Onion Rings	10 oz	30 oz	None	None	375°F	13-16 mins	18-22 mins

Roast Chart

INGREDIENT	AMOUNT PER SINGLE ZONE	AMOUNT FOR MEGA ZONE	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE ZONE	COOK TIME MEGA ZONE
FRESH MEAT							
Whole side of Salmon		2-3 lbs	Brushed with oil	None	375°F		25-30 mins
Beef tenderloin roast		2-3 lbs	Brushed with oil	None	375°F		50-55 mins
Pork loins		2 Pork loins (2 lbs ea.)	Brushed with oil	None	375°F		45-50 mins
Whole chicken		2 Whole chickens (2-3 lbs ea.)	Brushed with oil	None	375°F		65-75 mins

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	COOK TIMES
FRUITS & VEGETABLES			TIMES ARE THE SAME FOR SINGLE OR MEGAZONE
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

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 0 minutes
Maple Sage Pork Chops	2 boneless pork chops (4 oz each)	1 Tbsp canola oil 1 Tbsp maple syrup	Roast	390°F 20-25 minutes
Cajun Russet Potatoes	3 medium potatoes, diced	2 Tbsp canola oil 2 Tbsp Cajun seasoning	Air Fry	400°F 40 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	350°F 35 minutes
Green Beans with Almonds	12 oz green beans, ends trimmed	2 Tbsp canola oil 1/2 cup sliced almonds	Air Fry	390°F 10 minutes
Miso Glazed Salmon	3 salmon fillets (6 oz each)	2 Tbsp miso paste, 1 teaspoon canola oil Rub onto salmon	Air Fry	400°F 18 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 20-25 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 40 minutes
Plant Based "Meat" Burger	8 oz plant-based ground "meat" (2, 4-oz patties)	1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	390°F 10-12 minutes
Mediterranean Cauliflower	1 head cauliflower, cut in 1/2-inch florets	1/2 cup tahini, 2 Tbsp canola oil	Air Fry	390°F 20 minutes
French Fries	1 lb French fries	Season as desired	Air Fry	400°F 22 minutes

NOTE: For your own best results, start checking food for doneness 2 minutes 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.

STEAK FAJITAS & VEGETABLE FAJITAS

PREP: 15 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

½ cup olive oil
2 packets (1 ounce each) fajita seasoning
Juice of 2 limes
Kosher salt, as desired
Ground black pepper, as desired
1 pound sirloin steak, cut in ½-inch slices
1 small yellow onion, peeled, thinly sliced, divided
2 red bell peppers, seeds removed, thinly sliced, divided
1 yellow bell pepper, seeds removed, thinly sliced, divided
2 large portobella mushrooms, sliced
8 tortillas (8 inches wide), for serving

DIRECTIONS

- 1 Insert both crisper trays and divider in the drawer.
- 2 In a bowl, add olive oil, fajita seasoning, lime juice, salt, and black pepper and mix until combined. Divide the marinade between two large bowls.
- 3 In one large bowl, combine steak slices, half the onion, half the red bell peppers, and half the yellow bell pepper with the marinade.
- 4 In the second large bowl, combine mushrooms, remaining onion, and remaining bell peppers with the marinade.
- 5 Place the steak mixture in the Zone 1 basket. Place the mushroom mixture in the Zone 2 basket. Insert basket in unit.
- 6 Select Zone 1, select AIR FRY, set temperature to 400°F, and set time to 20 minutes. Select MATCH. Press START/STOP to begin cooking.
- 7 When the time reaches 10 minutes, press START/PAUSE to pause cooking. Remove basket and use silicone-tipped tongs to toss ingredients. Reinsert basket and press START/PAUSE to resume cooking.
- 8 When cooking is complete, serve fajitas wrapped in the tortillas.

ROASTED CHICKEN BREASTS WITH ROOT VEGETABLES

PREP: 15 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 skin-on, boneless chicken breasts (6–7 ounces each)
4 tablespoons olive oil, divided
Kosher salt, as desired
Ground black pepper, as desired
2 teaspoons fresh rosemary, minced
2 teaspoons fresh thyme, minced
2 cups baby potatoes, cut in half
1 ½ cups baby carrots

DIRECTIONS

- 1 Insert the divider and both crisper trays in the basket.
- 2 Coat chicken with 2 tablespoons olive oil, then season with salt, pepper, rosemary, and thyme.
- 3 In a large bowl, toss the prepared vegetables with remaining olive oil, salt, and pepper.
- 4 Place the chicken in ZONE 1 and the vegetables in ZONE 2.
- 5 Select Zone 1, select ROAST, set temperature to 350°F, and set time to 20 minutes. Select Zone 2, select AIR FRY, set temperature to 350°F, and set time to 20 minutes. Press START/PAUSE to begin cooking.
- 6 When cooking is complete, ensure internal temperature of chicken reaches 165°F. Serve warm with vegetables.

ROASTED SALMON WITH PARMESAN ASPARAGUS

PREP: 10 MINUTES | **COOK:** 17 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons Montreal seasoning
3 tablespoons light brown sugar
2 tablespoons canola oil, divided
4 fresh salmon fillets skin-on (6 ounces each)
2 pounds asparagus, ends trimmed
Kosher salt, as desired
Ground black pepper, as desired
¼ cup shredded Parmesan cheese, divided

DIRECTIONS

- 1 the divider and both crisper trays in the basket.
- 2 In a small bowl, combine Montreal seasoning and brown sugar. Evenly coat the salmon fillets with 1 tablespoon oil and the prepared seasoning, then place fillets skin side down in Zone 1.
- 3 In a large bowl, toss asparagus with remaining oil, salt, and pepper, then place in Zone 2. Insert basket in unit.
- 4 Select Zone 1, select ROAST, set temperature to 390°F, and set time to 17 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 5 When the time reaches 7 minutes, press START/PAUSE to pause the unit. Remove the basket and use silicone-tipped tongs to toss the asparagus. Reinsert basket and press START/PAUSE to resume cooking.
- 6 When the time reaches 2 minutes, press START/PAUSE to pause the unit. Remove the basket and sprinkle half the Parmesan cheese over the asparagus. Reinsert basket and press START/PAUSE to resume cooking.
- 7 When cooking is complete, transfer salmon and asparagus to a serving plate. Sprinkle remaining Parmesan cheese over the asparagus and serve.

ROASTED PORK LOIN WITH BABY POTATOES

PREP: 15 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

3-pound pork loin
4 tablespoons olive oil, divided
2 teaspoons smoked paprika
2 teaspoons onion powder
Kosher Salt, as desired
Ground black pepper, as desired
2 cups baby potatoes, cut in half

DIRECTIONS

- 1 Season pork loin on all sides with 2 tablespoons olive oil, smoked paprika, onion powder, salt, and pepper. In a large bowl, toss potatoes with remaining olive oil, salt, and pepper.
- 2 Remove the divider from the basket and insert both crisper trays. Place pork loin in the center of the basket and surround with potatoes. Insert basket in unit.
- 3 Select MEGAZONE, select ROAST, set the temperature to 350°F, and set time to 35 minutes. Press START/PAUSE to begin cooking.
- 4 When the time reaches 15 minutes, press START/PAUSE to pause the unit. Remove basket and use silicone-tipped tongs to flip the potatoes. Reinsert basket and press START/PAUSE to resume cooking.
- 5 Cooking is complete when the internal temperature of the pork loin reads 150°F on an instant-read thermometer. Allow the pork to rest for 5 minutes, slice and serve warm with potatoes.

SPICY TOFU WITH ROASTED GREEN BEANS

PREP: 15 MINUTES | **MARINATE:** 10 MINUTES | **COOK:** 20 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

3 tablespoons soy sauce
4 tablespoons olive oil, divided
3 tablespoons honey
3 tablespoons sesame oil
3 tablespoons rice vinegar
3 cloves garlic, peeled, minced
1 tablespoon crushed red pepper
1-inch piece fresh ginger, peeled, minced
Kosher salt, as desired
Ground black pepper, as desired
1 pound firm tofu, patted dry, cut in ½-inch cubes
12 ounces green beans, trimmed

DIRECTIONS

- 1 In a medium bowl, whisk together soy sauce, 2 tablespoons olive oil, honey, sesame oil, rice vinegar, garlic, crushed red pepper, ginger, salt, and pepper. Add the tofu and toss until evenly coated. Let marinate for at least 10 minutes.
- 2 In separate medium bowl, toss the green beans with remaining olive oil, salt, and pepper.
- 3 Insert both crisper trays and divider in the drawer. Place tofu in ZONE 1 (reserving any leftover marinade), and place green beans in ZONE 2. Insert basket in unit.
- 4 Zone 1, select AIR FRY, set temperature to 350°F, and set time to 20 minutes. Select Zone 2, select ROAST, set temperature to 350°F, and set time to 17 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the time reaches 10 minutes, press START/PAUSE to pause cooking. Use silicone-tipped tongs to toss the tofu and green beans. Reinsert basket and press START/PAUSE to resume cooking.
- 6 When cooking is complete, transfer green beans to a bowl, top with crispy tofu, and drizzle with remaining marinade.

FISH & CHIPS

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

INGREDIENTS

½ cup all-purpose flour
1 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon kosher salt
½ teaspoon ground black pepper
2 large eggs
1 cup panko bread crumbs
1 pound firm white fish (cod or haddock), sliced in 1-inch strips
Nonstick cooking spray
1 pound frozen French fries of choice
Lemon wedges, as desired
Dipping sauces of choice, for serving

DIRECTIONS

- 1 Insert the divider and both crisper trays in the basket.
- 2 To prepare a dredging station, place flour, garlic powder, paprika, salt, and pepper in a shallow dish and mix to combine. In a small bowl, whisk together the eggs. In a separate shallow dish, place the bread crumbs.
- 3 One at a time, dredge fish in the following order: flour, egg, bread crumbs. Lightly coat the fish with cooking spray, then place in Zone 1, evenly spaced apart. Place fries in Zone 2. Insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 350°F, and set time to 14 minutes. Select Zone 2, select AIR FRY, set temperature to 350°F, and set time to 25 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the time reaches 10 minutes, press START/PAUSE to pause the unit. Remove the basket and use silicone-tipped tongs to toss the fries. Reinsert basket and press START/PAUSE to resume cooking.
- 6 When cooking is complete, serve fish and fries with lemon wedges and desired sauces.

BLACKENED CHICKEN WITH ROASTED BROCCOLI

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

INGREDIENTS

4 tablespoons olive oil, divided
1 tablespoon smoked paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried oregano
Kosher salt, as desired
Ground black pepper, as desired
4 skin-on, boneless, chicken thighs (6-8 ounces each)
2 cups fresh broccoli florets

DIRECTIONS

- 1 Insert the divider and both crisper trays in the basket.
- 2 In a small bowl, combine 2 tablespoons olive oil, paprika, garlic powder, onion powder, oregano, salt, and black pepper. Season chicken on all sides with the spice mixture, then place in ZONE 1, skin side down.
- 3 In a medium bowl, toss broccoli with 2 tablespoons olive oil, salt, and pepper, then place in ZONE 2. Insert basket in unit.
- 4 Select ZONE 1, select AIR FRY, set temperature to 350°F, and set time to 25 minutes. Select ZONE 2, select ROAST, set temperature to 350°F, and set time to 15 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the time reaches 12 minutes, press START/PAUSE to pause the unit. Remove basket and use silicone-tipped tongs to flip chicken and toss broccoli. Reinsert basket and press START/PAUSE to resume cooking.
- 6 When cooking is complete, remove chicken and broccoli to serve.

NAAN PIZZA

PREP: 5 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

2 small naan breads (4.4 ounces each)
4 tablespoons pizza sauce, divided
½ cup mozzarella cheese, shredded, divided
2-4 tablespoons prepared pesto
¼ cup sun-dried tomatoes, divided

DIRECTIONS

- 1 Remove the divider from the basket and insert both crisper trays.
- 2 Evenly spread 2 tablespoons pizza sauce over each naan, leaving a 1/2-inch border. Then evenly top with mozzarella. Transfer both naans to the basket and insert basket in unit.
- 3 Select MEGAZONE, select ROAST, set temperature to 350°F, and set time to 15 minutes. Press START/PAUSE to start cooking.
- 4 When cooking is complete, remove pizzas from basket, drizzle with pesto, and top with sun-dried tomatoes. Serve warm.

AIR-FRIED RAVIOLI

PREP: 10 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

½ cup all-purpose flour
2 large eggs
1 cup seasoned bread crumbs
¼ cup grated Parmesan cheese
½ teaspoon garlic powder
½ teaspoon dried basil
½ teaspoon dried oregano
1-pound fresh ravioli, flavor of choice
½ cup marinara sauce, for dipping

DIRECTIONS

- 1 Remove the divider from the basket and insert both crisper trays.
- 2 To prepare a dredging station, place the flour in a shallow dish. In a small bowl, whisk together the eggs. In a separate shallow dish, combine bread crumbs, Parmesan cheese, garlic powder, basil, and oregano.
- 3 One at a time, dredge the ravioli in in the following order: flour, egg, bread crumbs. Place the coated ravioli in the basket, evenly spaced apart. Insert basket in unit.
- 4 Select MEGAZONE, select AIR FRY, set temperature to 350°F, and set time to 8 minutes. Press START/PAUSE to begin cooking.
- 5 When cooking is complete, serve ravioli hot with marinara sauce for dipping.

PIGS IN A BLANKET & CHOCOLATE CROISSANTS

PREP: 10 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tubes (8 ounces each) refrigerated crescent roll dough
4 hot dogs, cut in half
2 chocolate bars (1 ½ ounces each), divided
1 large egg, beaten
¼ cup mustard, for serving

DIRECTIONS

- 1 Remove the crisper plate's and add the divider in the drawer.
- 2 Unroll the crescent dough and split into 16 triangles. Place 1 hot dog toward the wide end of one of the triangles and roll to cover, tucking in the edges to seal. Repeat with the remaining 7 hot dogs and dough triangles, then place in Zone 1.
- 3 Place 2 squares of chocolate toward the wide end of a dough triangle and roll to cover, tucking in the edges to seal. Repeat with remaining chocolate and dough triangles, then place in Zone 2.
- 4 Brush all croissants with egg, then insert basket in unit.
- 5 Select MATCH COOK, select AIR FRY, set temperature to 350°F, and set time to 10 minutes. Press START/PAUSE to begin cooking.
- 6 At 5 minutes select START/PAUSE and flip all the pigs in a blankets and chocolate croissants. Select START/PAUSE to continue cooking.
- 7 When cooking is complete, serve the pigs in a blanket warm with mustard and chocolate croissants for dessert.

AIR-FRIED MOZZARELLA STICKS

PREP: 10 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

½ cup all-purpose flour
2 large eggs
1 cup seasoned bread crumbs
¼ cup grated Parmesan cheese
½ teaspoon garlic powder
½ teaspoon dried oregano
8 mozzarella string cheese sticks,
cut in half
½ cup marinara sauce, for
dipping

DIRECTIONS

- 1 Remove the divider from the basket and insert both crisper trays.
- 2 To prepare a dredging station, place the flour in a shallow dish. In a small bowl, whisk together the eggs. In a separate shallow dish, combine bread crumbs, Parmesan cheese, garlic powder, and oregano.
- 3 One at a time, dredge the mozzarella sticks in the following order: flour, egg, bread crumbs. Place the coated mozzarella sticks in the basket, evenly spaced apart. Insert basket in unit.
- 4 Select MEGAZONE, select AIR FRY, set temperature to 350°F, and set time to 10 minutes. Press START/PAUSE to begin cooking.
- 5 When cooking is complete, serve mozzarella sticks hot with marinara sauce for dipping.

AIR-FRIED CHOCOLATE CRÈME COOKIES

PREP: 5 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

1 tube (16 ounces) refrigerated
biscuit dough
8 chocolate creme sandwich
cookies
½ cup powdered sugar
2 tablespoons whole milk
1 teaspoon vanilla extract

DIRECTIONS

- 1 Remove biscuits from the can, separate into 8 biscuits, and use your fingers or a rolling pin to flatten until ¼ inch thick.
- 2 Place a cookie in the center of each biscuit, then wrap the dough up over the cookie and seal closed.
- 3 Remove the divider from the basket and insert both crisper trays. Place all cookies in the basket, evenly spaced out. Insert basket in unit.
- 4 Select MEGAZONE, select AIR FRY, set temperature to 350°F, and set time to 8 minutes. Press START/PAUSE to begin cooking.
- 5 To prepare the glaze, in a small bowl whisk together the remaining ingredients.
- 6 When cooking is complete, remove cookies and allow to cool for 2 to 3 minutes before drizzling with the prepared glaze.

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