

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

NINJA®
Foodi
FlexBasket™

AIR FRYER

with 11-qt MegaZone™

**QUICK
START
GUIDE**

**+ COOKING CHARTS
+ 15 IRRESISTIBLE RECIPES**

Using your Ninja® Foodi® FlexBasket™ Air Fryer

7 COOKING PROGRAMS

AIR FRY

Best for fresh foods like chicken wings and your favourite frozen snacks.

ROAST

Best for roasting vegetables and meats.

BAKE

Best for making cakes and other baked desserts.

REHEAT

Best for reviving leftovers.

DEHYDRATE

Best for making veggie/fruit crisps and jerky.

PROOF

Create an environment for dough to rest and rise.

KEEP WARM

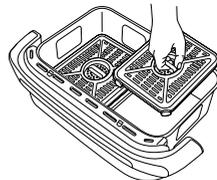
Use to maintain warm ingredients at a food-safe temperature.

TIPS AND TRICKS

CRISPER PLATES

The crisper plates promote overall browning. Ensure the crisper plates are inserted in the bottom of the basket before food is added unless recipe states that the crisper plates are not required.

NOTE: Carefully install crisper trays to ensure they are inserted correctly.



TOSS

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



PROOF

Remove divider from basket, add 2 tablespoons water, then install both crisper plates. Place a piece of parchment slightly larger than dough on the center of plates. Spray surface of dough with cooking spray, then place on top of parchment. Insert basket in unit. Select MEGAZONE, select PROOF, set temperature to 90-105°F, and set time to 2 hours. Proof until dough has doubled in size.

TIP: Type of dough will impact length of proof, so start checking dough after 1 hour and adjust time and temperature as needed.

Using the MegaZone™

TRANSFORM FROM MEGAZONE TO DUALZONE™

Cook in 1 large basket or divide into 2 independent cooking zones.



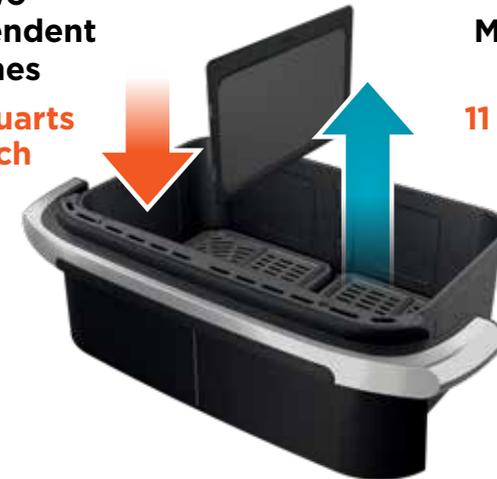
VERSATILE MEGAZONE

Two independent zones

5.5 quarts each

One MegaZone

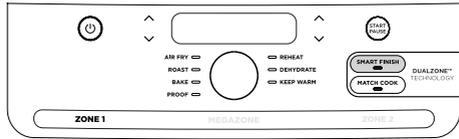
11 quarts total



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.
- Turn the dial to 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.
- Turn the dial to 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.

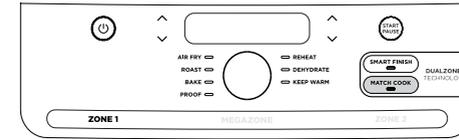


NOTE: To ensure a synchronized cook time completion, press the dial to START/PAUSE. Refer to page 6 for further instructions.

Using DualZone™ Technology

Match Cook

To cook similar foods 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.
- Turn the dial to 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

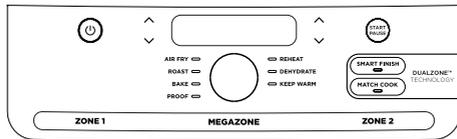
- Press MATCH COOK.
- Press the START/PAUSE button to begin cooking.



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

Using Two Zones 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.
- Turn the dial to 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

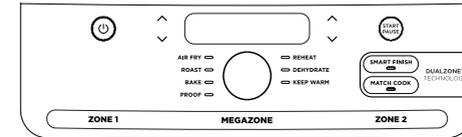
- Press the START/PAUSE button to begin cooking.
- Check food frequently to avoid overcooking.



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

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.
- Turn the dial to 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.



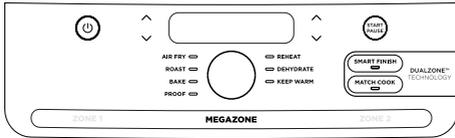
STEP 3: Begin Cooking

- Press the START/PAUSE button to begin cooking.



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

- Remove the divider from the basket.
- Place food in basket.
- Turn the dial to 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 the START/PAUSE button to begin cooking.

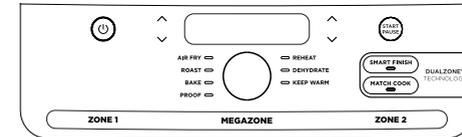


Pausing and Ending Cook Times

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 begin cooking.



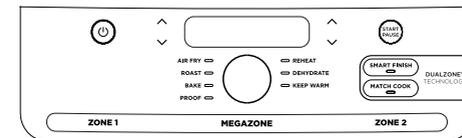
NOTE: In SMART FINISH mode, we recommend pressing the START/PAUSE button to pause both zones. Pausing only one zone will impact a synchronized finish time.

STEP 2: Resume Cooking

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

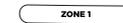


Ending the Cook Time in One Zone (While Using Both Zones and MegaZone™)



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 10

Smart Finish™ Recipe Charts 16

15 Irresistible Recipes 18

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.

*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 result.

INGREDIENT	AMOUNT PER SINGLE ZONE	AMOUNT FOR MEGAZONE™	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE ZONE	COOK TIME DUALZONE™ & MEGAZONE™
VEGETABLES							
Asparagus	1 bunch	2 bunches	Whole, stems trimmed	2 tsp	390°F	8-12 mins	20-25 mins
Beets	6-7 small	10-12 small beets	Whole	None	390°F	30-35 mins	60-65 mins
Bell peppers (for roasting)	4 peppers	8 peppers	Whole	None	390°F	20-25 mins	30-35 mins
Broccoli	2 head	4 heads	Cut in 1-inch florets	1 Tbsp	390°F	10-15 mins	20-25 mins
Brussels sprouts	2 lbs	4 lbs	Cut in half, stem removed	1 Tbsp	400°F	15-20 mins	30-35 mins
Butternut squash	1 1/2 lbs	3 lbs	Cut in 1/2-inch pieces	1 Tbsp	390°F	20-25 mins	35-40 mins
Carrots	1 lb	2 lbs	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	15-20 mins	45-50 mins
Cauliflower	2 heads	4 heads	Cut in 1-inch florets	2 Tbsp	390°F	15-20 mins	25-30 mins
Corn on the cob	4 ears	8 ears	Husks removed	1 Tbsp	390°F	20-25 mins	35-40 mins
Green beans	2 bags (12 oz)	4 bags (12 oz)	Trimmed	1 Tbsp	390°F	15-20 mins	30-35 mins
Kale (for chips)	5 cups, packed	7 cups, packed	Torn in pieces, stems removed	None	300°F	10-15 mins	20-25 mins
Mushrooms	1 lb	2 lbs	Rinsed, cut in quarters	1 Tbsp	390°F	10-13 mins	15-20 mins
Potatoes, russet	2 lbs	4 lbs	Cut in 1-inch wedges	1 Tbsp	400°F	25-30 mins	40-45 mins
	2 lbs	4 lbs	Hand-cut fries*, thin	1/2-3 Tbsp, canola	400°F	25-30 mins	35-40 mins
	2 lbs	4 lbs	Hand-cut fries*, thick	1/2-3 Tbsp, canola	400°F	25-30 mins	40-45 mins
	4 whole (6-8 oz)	8 whole (6-8 oz)	Pierced with fork 3 times	None	400°F	40-45 mins	50-65 mins
Potatoes, sweet	2 lbs	4 lbs	Cut in 1-inch chunks	1 Tbsp	400°F	20-25 mins	40-50 mins
	4 whole (6-8 oz)	8 whole (6-8 oz)	Pierced with fork 3 times	None	400°F	40-45 mins	60-65 mins
Zucchini	2 lbs	4 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)	6 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	390°F	25-30 mins	35-40 mins
	4 breasts (1/2-3/4 lb each)	8 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	390°F	22-24 mins	30-35 mins
Chicken thighs	6 thighs (6-10 oz each)	12 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	30-35 mins	45-50 mins
	4 thighs (4-8 oz each)	8 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	30-35 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)	6 cakes (6-8 oz each)	None	Brushed with oil	390°F	12-12 mins	20-25 mins
Lobster tails	2 tails (3-4 oz each)	6 tails (3-4 oz each)	Whole	None	390°F	5-8 mins	10-12 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	2 lbs	4 lbs	Whole, peeled, tails on	1 Tbsp	390°F	10-13 mins	13-16 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 MEGAZONE™	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE ZONE	COOK TIME DUALZONE™ & MEGAZONE™
BEEF							
Burgers	2 quarter-pound patties, 80% lean	6 quarter-pound patties, 80% lean	1/2-inch thick	Brushed with oil	390°F	10–15 mins	20–25 mins
Steaks	2 steaks (8 oz each)	4 steaks (8 oz each)	Whole	Brushed with oil	390°F	10–15 mins	20–25 mins
PORK							
Bacon	1/2 pound bacon cut in half	1 lb bacon cut in half	None	None	350°F	10–15 mins	20–25 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	30–35 mins	40–45 mins
	4 boneless chops (8 oz each)	8 boneless chops (8 oz each)	Boneless	Brushed with oil	390°F	25–30 mins	40–45 mins
Pork tenderloins	1 lb	3 lbs	None	Brushed with oil	375°F	15–20 mins	35–40 mins
Sausages	5 sausages		None	None	390°F	10–15 mins	15–20 mins
FROZEN FOODS							
Chicken cutlets	3 cutlets	7 cutlets	None	None	400°F	18–21 mins	23–28 mins
Chicken nuggets	2 boxes (12 oz)	4 boxes (12oz ea.)	None	None	390°F	15–20 mins	30–35 mins
Fish fillets	1 box (6 fillets)	2 boxes (12 fillets)	None	None	390°F	10–15 mins	20–25 mins
Fish sticks	36 fish sticks (22 oz)	72 fish sticks (44 oz)	None	None	390°F	15–20 mins	25–30 mins
French fries	1 lb	2 lbs	None	None	400°F	15–20 mins	25–30 mins
French fries	2 lbs	4 lbs	None	None	400°F	30–40 mins	65–70 mins
Mozzarella sticks	2 lbs (35–40 ea.)	4 lbs (60–65 ea.)	None	None	375°F	8–10 mins	12–16 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	2 bags (20 oz, 40 count)	2 bags (20 oz, 40 count)	None	None	390°F	15–20 mins	25–30 mins
Popcorn shrimp	2 boxes (14–16 oz each)	4 boxes (14–16oz ea.)	None	None	390°F	15–20 mins	20–25 mins
Sweet potato fries	2 lbs	4 lbs	None	None	390°F	25–30 mins	60–65 mins
Tater tots	2 lbs	4 lbs	None	None	375°F	15–20 mins	45–50 mins
Onion Rings	1 lb	2 lbs	None	None	375°F	13–16 mins	18–22 mins

Roast Chart

INGREDIENT	AMOUNT PER SINGLE ZONE	AMOUNT FOR MEGAZONE™	PREPARATION	TOSS IN OIL	TEMP	COOK TIME SINGLE ZONE	COOK TIME DUALZONE™ & MEGAZONE™
FRESH MEAT							
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 (4-5 lbs lbs ea.)	Brushed with oil	None	375°F		70-80 mins

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	COOK TIMES
FRUITS & VEGETABLES			
TIMES ARE THE SAME FOR SINGLE ZONE, DUALZONE & 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 FlexBasket™ 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	4 crab cakes	Brush with melted butter	Air Fry	390°F 20 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	3-4 boneless pork chops (4 oz each)	1 Tbsp canola oil 1 Tbsp maple syrup	Roast	390°F 35-40 minutes
Cajun Russet Potatoes	6 medium potatoes, diced	2 Tbsp canola oil 2 Tbsp Cajun seasoning	Air Fry	400°F 45-50 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	24 oz green beans, ends trimmed	2 Tbsp canola oil 1/2 cup sliced almonds	Air Fry	390°F 25-30 minutes
Miso Glazed Salmon	4 salmon fillets (6 oz each)	2 Tbsp miso paste, 1 teaspoon canola oil Rub onto salmon	Air Fry	390°F 18 minutes
Honey Hazelnut Brussels Sprouts	2 lbs Brussels sprouts, cut in half	2 Tbsp canola oil, 1/4 cup honey, 1/2 cup chopped hazelnuts	Air Fry	390°F 30-35 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	2 lbs French fries	Season as desired	Air Fry	400°F 50-55 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.

LEMON BLUEBERRY GERMAN PANCAKE

PREP: 10 MINUTES | **PREHEAT:** 10 MINUTES | **COOK:** 25 MINUTES
MAKES: 12 SERVINGS

INGREDIENTS

2 tablespoons unsalted butter, softened
3 large eggs
½ cup whole milk
½ cup all-purpose flour
3 tablespoons granulated sugar
1 tablespoon lemon juice
1 tablespoon lemon zest
Pinch kosher salt
Powder sugar, for serving
½ cup blueberries, for serving

DIRECTIONS

- 1 Remove the divider from the basket and insert both crisper plates. Grease an 11" x 7" baking dish with butter, then place in the basket. Insert basket in unit.
- 2 Select MEGAZONE, select BAKE, set temperature to 375°F, and set time to 25 minutes. Press START/PAUSE to begin preheating (preheating will take 10 minutes).
- 3 While the unit is preheating, in a large bowl, combine eggs, milk, flour, sugar, lemon juice, lemon zest, and salt until smooth.
- 4 When the timer reaches 15 minutes, press START/PAUSE to pause cooking, remove basket from unit, and pour batter into the baking dish. Reinsert basket and press START/PAUSE to begin baking.
- 5 When baking is complete, carefully remove baking dish and allow to cool for 5 minutes. Sprinkle with powder sugar, top with blueberries, and serve.

SWEET POTATO SAUSAGE HASH

PREP: 20 MINUTES | **COOK:** 50 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

2 pounds sweet potatoes, peeled, diced in ½-inch pieces
¼ cup minced garlic
1 small yellow onion, peeled, diced
2 teaspoons kosher salt
1 teaspoon ground black pepper
3 tablespoons canola oil
½ cup water
2 pounds uncooked mild ground breakfast sausage
½ teaspoon ground cinnamon
1 tablespoon dried sage
1 ¼ teaspoons chili powder

TO SERVE

8 large eggs, poached or fried
Fresh parsley, chopped
Hot sauce

DIRECTIONS

- 1 Insert the divider in the basket, and insert a crisper plate in Zone 1 only.
- 2 In a medium bowl, toss sweet potatoes with garlic, onion, pepper, salt, pepper, and oil. Add ½ cup water to Zone 1, then add the sweet potatoes. Spread the sausage in an even layer in Zone 2. Insert basket in unit.
- 3 Select Zone 1, select AIRFRY, set temperature to 400°F, and set time to 50 minutes. Select Zone 2, select ROAST, set temperature to 350°F, and set time to 30 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 4 Every 10 minutes, press START/PAUSE to pause cooking, and use silicone-tipped tongs to toss the potatoes and break up the sausage. Reinsert basket and press START/PAUSE to resume cooking.
- 5 When cooking is complete, add potatoes to the sausage along with cinnamon, sage, and chili powder, and mix until evenly combined. Serve hash with poached or fried eggs, chopped parsley, and hot sauce, if desired.

MEATLOAF WITH MAPLE-GLAZED CARROTS

PREP: 20 MINUTES | **COOK:** 38 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 ½ pounds 80/20 ground beef
2 large eggs
¾ cup panko bread crumbs
¾ cup shredded Parmesan cheese
¾ cup ketchup, divided
Kosher salt, as desired
Ground black pepper, as desired
2 pounds baby carrots
½ cup pure maple syrup

DIRECTIONS

- 1 Insert the divider and both crisper plates in the basket.
- 2 In a large bowl, add ground beef, eggs, bread crumbs, Parmesan cheese, ½ cup ketchup, salt, and pepper and mix until evenly combined. Form the mixture into an 8" x 5" loaf and place in Zone 1.
- 3 In medium bowl, add carrots, maple syrup, salt, and pepper and toss until evenly coated. Let sit for 5 minutes. Place the carrot mixture in Zone 2. Insert basket in unit.
- 4 Select Zone 1, select ROAST, set temperature to 330°F, and set time to 35 minutes. Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 38 minutes. Select SMART FINISH. Press the START/PAUSE to begin cooking.
- 5 Monitor the carrots and toss them frequently for even cooking.
- 6 When the timer reaches 15 minutes, press START/PAUSE to pause cooking, remove basket from unit, and top meatloaf with remaining ketchup. Reinsert basket and press START/PAUSE to resume cooking.
- 7 When cooking is complete, serve meatloaf with glazed carrots.

WHOLE ROASTED CHICKEN WITH HERBED POTATOES

PREP: 10 MINUTES | **COOK:** 75 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 whole chicken (5 pounds)
Kosher salt, as desired
Ground black pepper, as desired
Poultry seasoning, as desired, optional
3 pounds red bliss potatoes, cut in 2-inch pieces
3 cups baby carrots
2 tablespoons canola oil
1 ½ tablespoons dry herbs (tarragon, rosemary, or Herbs de Provence)

DIRECTIONS

- 1 Remove the divider and insert both crisper plates in the basket.
- 2 Season chicken on all sides with salt, pepper, and poultry seasoning. Place the chicken breast-side up in the center of the crisper plates.
- 3 In a medium bowl, toss potatoes and carrots with salt, pepper, oil, and dry herbs of choice. Place potatoes and carrots around the chicken.
- 4 Select MEGAZONE, select ROAST, set temperature to 320°F, and set time to 1 hour 20 minutes. Press START/PAUSE to begin cooking.
- 5 When the timer reaches 20 minutes, press START/PAUSE to pause cooking, and use silicone-tipped tongs to toss the potatoes and carrots. Reinsert basket and press START/PAUSE to resume cooking.
- 6 When cooking is complete, allow chicken to rest for 5 minutes before carving, then serve with potatoes and carrots.

SPICY TOFU WITH ROASTED GREEN BEANS

PREP: 15 MINUTES | **MARINATE:** 10 MINUTES | **COOK:** 25 MINUTES
MAKES: 8 SERVINGS

INGREDIENTS

½ cup soy sauce
½ cup plus 2 tablespoons olive oil, divided
½ cup honey
½ cup sesame oil
½ cup rice vinegar
6 cloves garlic, peeled, minced
2 tablespoon crushed red pepper
2-inch piece fresh ginger, peeled, minced
Kosher salt, as desired
Ground black pepper, as desired
2 packages (12 ounces each) extra-firm tofu, patted dry, cut in ½-inch cubes
1 ½ pounds green beans, trimmed

DIRECTIONS

- 1** In a medium bowl, prepare the marinade by whisking together soy sauce, ¼ cup plus 1 tablespoon olive oil, honey, sesame oil, rice vinegar, garlic, crushed red pepper, ginger, salt, and pepper. Add 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 the divider and both crisper plates in the basket. Place tofu in Zone 1 (reserving any leftover marinade), and place green beans 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 22 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5** When the timer reaches 10 minutes, press START/PAUSE to pause cooking, remove basket from unit, and use silicone-tipped tongs to toss tofu and green beans. Reinsert basket and press START/PAUSE to resume cooking.
- 6** When cooking is complete, transfer vegetables to a bowl, top with crispy tofu, and drizzle with any remaining marinade.

SPICY ITALIAN SAUSAGE & VEGGIE SUBS

PREP: 10 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

1 medium yellow onion, peeled, thinly sliced
1 red bell pepper, thinly sliced, seeds removed
2 green bell peppers, thinly sliced, seeds removed
8 ounces Baby Bella mushrooms, sliced
2 tablespoons canola oil
1 teaspoon kosher salt
½ teaspoon ground black pepper
8 spicy Italian sausage links
8 sub rolls

DIRECTIONS

- 1** Insert the divider and both crisper plates in the basket.
- 2** In a medium bowl, season onion, bell peppers, and mushrooms with oil, salt, and black pepper. Place mixture in Zone 1.
- 3** Place sausages in Zone 2. Insert basket in unit.
- 4** Select Zone 1, select AIRFRY, set temperature to 390°F, and set time to 30 minutes. Select Zone 2, select AIRFRY, set temperature to 390°F, and set time to 20 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5** When Zone 1 timer reaches 10 minutes, select START/PAUSE to pause cooking, remove basket from unit, and toss vegetables. Reinsert basket and press START/PAUSE to resume cooking.
- 6** When cooking is complete, remove basket from unit. Divide the vegetables between the buns, top with sausages, and serve.

TORTELLINI ALFREDO BAKE WITH ROASTED GARLIC BROCCOLI

PREP: 10 MINUTES | **COOK:** 45 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

2 heads broccoli, cut in ½-inch florets (approx. 6 cups)
2 tablespoons olive oil
6 garlic cloves, peeled, minced
1 ½ teaspoons kosher salt, divided
2 jars (15 ounces each) alfredo sauce
¼ cup water
1 teaspoon ground black pepper
7 ounces shredded mozzarella, divided
2 pounds frozen cheese tortellini
¾ cup panko bread crumbs
3 sprigs fresh basil, torn

DIRECTIONS

- 1 Insert the divider and crisper plate in the Zone 1 basket only.
- 2 In a medium bowl, toss broccoli with oil, garlic, and ¾ teaspoon salt. Place broccoli in Zone 1.
- 3 In a separate medium bowl, whisk together alfredo sauce, water, ¾ teaspoon salt, pepper, and half the mozzarella cheese. Place the tortellini and prepared sauce in Zone 2 and mix until evenly combined. Top with remaining mozzarella and bread crumbs.
- 4 Select Zone 1, select ROAST, set temperature to 400°F, and set time to 25 minutes. Select Zone 2, select BAKE, set temperature to 350°F, and set time to 45 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the timer reaches 10 minutes, press START/PAUSE to pause cooking, and use silicone-tipped tongs to toss the broccoli. Reinsert basket and press START/PAUSE to resume cooking.
- 6 When cooking is complete, tortellini should be al dente. Gently transfer to a serving dish, keeping most of the cheese and bread crumbs on top. Garnish with torn basil leaves and serve with broccoli.

EGGPLANT PARMESAN & GARLIC BREAD

PREP: 10 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 2-3 SERVINGS

INGREDIENTS

1 cup all-purpose flour
1 tablespoon kosher salt, divided
2 teaspoons ground black pepper, divided
3 large eggs
1 cup panko breadcrumbs
1 small eggplant, peeled, cut in 4 slices (about ½ inch each)
4 tablespoons unsalted butter, softened
2 teaspoons minced garlic
1 teaspoon garlic powder
½ loaf Italian bread, sliced in half
½ cup marinara sauce
4 slices mozzarella cheese

DIRECTIONS

- 1 Insert the divider and both crisper plates in the basket.
- 2 To prepare a dredging station, combine the flour, 1 teaspoon salt, and 1 teaspoon pepper in a shallow dish. In a small bowl, whisk together the eggs. In a separate shallow dish, combine bread crumbs, 1 teaspoon salt, and 1 teaspoon pepper.
- 3 One at a time, dredge the eggplant in the following order: flour, egg, breadcrumbs. Place the coated eggplant in Zone 1.
- 4 In a small bowl, combine butter, minced garlic, garlic powder, and 1 teaspoon salt. Spread the garlic butter on each bread half, then place the bread butter side up in Zone 2. Insert basket in unit.
- 5 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 350°F, and set time to 10 minutes. Press SMART FINISH. Press START/PAUSE to begin cooking.
- 6 When the timer reaches 7 minutes, press START/PAUSE to pause cooking, remove basket from unit, and top each eggplant slice with 2 tablespoons marinara sauce and 1 slice mozzarella. Reinsert basket and press START/PAUSE to resume cooking until cheese is melted.
- 7 When cooking is complete, cut garlic bread in strips and serve with eggplant.

ROASTED SALMON WITH PARMESAN ASPARAGUS

PREP: 10 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

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

DIRECTIONS

- 1 Insert the divider and both crisper trays in the basket.
- 2 In a small bowl, combine brown sugar and Montreal seasoning. Evenly coat each salmon fillet on all sides with 1 teaspoon 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 375°F, and set time to 22 minutes. Select Zone 2, select Air Fry, set temperature to 390°F, and set time to 19 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the Zone 2 timer reaches 7 minutes, press START/PAUSE to pause cooking. Remove basket from the unit and toss the asparagus. Reinsert basket and press START/PAUSE to resume cooking.
- 6 When the Zone 2 timer reaches 2 minutes, press START/PAUSE to pause cooking, remove basket from unit, and sprinkle half the Parmesan cheese over the asparagus. Give the basket a light toss, then reinsert it 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.

BONELESS BARBECUE PORK CHOPS WITH SQUASH & GREEN BEAN MEDLEY

PREP: 10 MINUTES | **COOK:** 60 MINUTES | **MAKES:** 4-8 SERVINGS

INGREDIENTS

4 frozen boneless pork chops, 2 inches thick (5 ounces each)
½ cup barbecue sauce
1 pound green beans, trimmed, cut in half
2 pounds butternut squash, cut in ½-inch cubes
2 ½ tablespoons olive oil
1 tablespoon plus 2 teaspoons kosher salt, divided
1 ½ teaspoon ground black pepper

DIRECTIONS

- 1 Insert the divider and both crisper plates in the basket.
- 2 Season each pork chop with 1 teaspoon salt, then evenly cover one side with barbecue sauce.
- 3 In a medium bowl, toss green beans, squash, oil, 1 teaspoon salt, and pepper.
- 4 Place the pork chops in Zone 1 and the vegetables in Zone 2. Insert basket in unit.
- 5 Select Zone 1, select AIRFRY, set temperature to 400°F, and set time to 35 minutes. Select Zone 2, select AIRFRY, set temperature to 400°F, and set timer to 1 hour. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 6 Cooking is complete when the internal temperature of the pork chops reads 145°F on an instant-read thermometer. Allow pork to rest for 5 minutes, then serve with vegetables.

CRESCENT ROLL-UPS WITH TURKEY, SWISS CHEESE & MUSTARD

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

INGREDIENTS

1 tube (8 ounces) refrigerated crescent roll dough
3 tablespoons Dijon mustard, plus more if desired
8 slices deli turkey
8 slices Swiss cheese
1 tablespoon sesame seeds, optional

DIRECTIONS

- 1 Unroll the crescent dough and split into 8 triangles. Evenly spread 1 teaspoon mustard on each triangle, then top with 1 slice of turkey and 1 slice of cheese. Starting at the wide end, roll the dough and pinch the ends to seal.
- 2 Remove the divider and both crisper plates from the basket. Place crescent rolls in the basket. Brush the tops with remaining mustard, then sprinkle with sesame seeds. Insert basket in unit.
- 3 Select MEGAZONE, select BAKE, set temperature to 325°F, and set time to 30 minutes. Press START/PAUSE to begin cooking.
- 4 When timer reaches 5 minutes, select START/PAUSE to pause cooking, remove basket from unit, and flip roll-ups so the bottom sides are facing up. Reinsert basket and select START/PAUSE to resume cooking.
- 5 When cooking is complete, remove roll-ups from basket and serve with more mustard or other desired condiments.

HONEY GARLIC MEATBALLS

PREP: 10 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

3 pounds frozen prepared Italian meatballs (½ ounce each)
8 cloves garlic, peeled, minced
½ cup honey
½ cup ketchup
2 tablespoons soy sauce

DIRECTIONS

- 1 Remove the divider from the basket and insert both crisper plates. Place the meatballs in the basket. Insert basket in unit.
- 2 Select MEGAZONE, select AIR FRY, set temperature to 400°F, and set time to 35 minutes. Press START/PAUSE to begin cooking.
- 3 In a medium bowl, combine all remaining ingredients.
- 4 When the timer reaches 15 minutes, press START/PAUSE to pause cooking, remove basket from unit, and shake meatballs. Reinsert basket and press START/PAUSE to resume cooking.
- 5 When the timer reaches 5 minutes, press START/PAUSE to pause cooking, transfer meatballs to the medium bowl, and toss to evenly coat in the sauce. Return meatballs to the basket and insert basket in unit. Press START/PAUSE to resume cooking.
- 6 When cooking is complete, transfer meatballs to a serving bowl and enjoy warm.

AIR FRYER DONUTS & DONUT HOLES

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

INGREDIENTS

1 can refrigerated flaky buttermilk biscuits

¼ cup (½ stick) unsalted butter, melted

1 cup granulated sugar

1 ½ tablespoons ground cinnamon

DIRECTIONS

- 1 Remove the divider from the basket and insert both crisper plates.
- 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 a hole in the center of each biscuit. Place all donuts in the basket, evenly spaced out. Insert basket in unit.
- 3 Select MEGAZONE, select AIR FRY, set temperature to 360°F, and set time to 10 minutes. Press START/PAUSE to begin cooking.
- 4 Place the melted butter in a small shallow bowl. In a separate small shallow bowl, combine the sugar and cinnamon.
- 5 When cooking is complete, remove donuts from basket and, one at a time, dip each side into the melted butter, then the cinnamon sugar.
- 6 Repeat steps 3 through 5 (reducing the cook time to 5 minutes) with the donut holes.

RASPBERRY WHITE CHOCOLATE BLONDIES

PREP: 10 MINUTES | **PREHEAT:** 10 MINUTES | **COOK:** 50 MINUTES
MAKES: 12 SERVINGS

INGREDIENTS

½ cup (1 stick) salted butter, melted

1 cup light brown sugar

2 large eggs

1 ½ teaspoons vanilla extract

1 cup all-purpose flour

½ teaspoon kosher salt

½ teaspoon baking powder

1 cup fresh or frozen raspberries

½ cup white chocolate chips

Nonstick cooking spray

DIRECTIONS

- 1 In large bowl, combine butter, sugar, eggs, and vanilla until smooth. Stir in flour, salt, and baking powder until combined. Fold in raspberries and white chocolate chips. Set batter aside.
- 2 Remove the divider from the basket and insert both crisper plates. Grease an 11" x 7" baking dish with cooking spray, then place in the basket. Insert basket in unit.
- 3 Select MEGAZONE, select BAKE, set temperature to 300°F, and set time to 50 minutes. Press START/PAUSE to begin preheating (preheating will take 10 minutes).
- 4 When the timer reaches 40 minutes, press START/PAUSE to pause cooking, remove basket from unit, and pour batter into the baking dish. Reinsert basket and press START/PAUSE to begin baking.
- 5 When baking is complete, carefully remove baking dish and allow to cool before cutting into 12 pieces.

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