

# How to build a sheet pan meal

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

## 1. Pick a protein

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

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

1 pound uncooked shrimp (fresh or frozen, thawed)

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

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

## 2. Pick a vegetable/starch

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

3 medium bell peppers, cut in 1-inch pieces

2 medium heads broccoli, cut in 1-inch florets

4 cups brussels sprouts, cut in half, ends trimmed

4 cups butternut squash, cut in 2-inch pieces

4 cups carrots, cut in 1-inch pieces

3 cups russet potatoes, cut in 1-inch pieces

## 3. Season/marinate

Barbecue

Teriyaki

Hoisin

Cajun blend

Mexican blend

Rosemary lemon marinade

Olive oil

Your favorite spice blend or marinade

## 4. Toss it up



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



## 5. Cook

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

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

NINJA  
Foodi  
DIGITAL  
AIR FRY OVEN

Let's get  
crisping

## Here's what's in the box

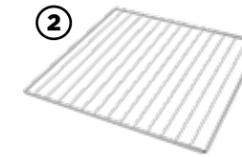


Reclaim your counter space  
Flip up to store and clean

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



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



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



**Sheet Pan**  
Place on top of  
the wire rack.  
Dishwasher safe.



**Air Fry Basket**  
Slide into top rails when  
air frying or dehydrating.  
Dishwasher safe.



15+ Recipe  
Inspiration Guide



Owner's Guide



## Get to know the control panel

See your Owner's Guide for complete instructions

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

# Digital Crisp Control Technology

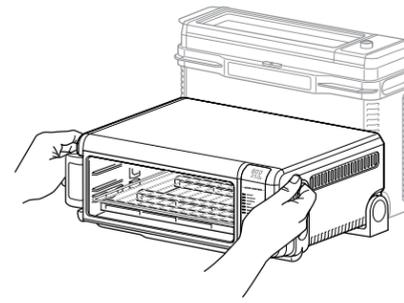
Precision-controlled temperature, heat source, and airflow for ultimate versatility and optimum cooking performance.

## PREHEAT

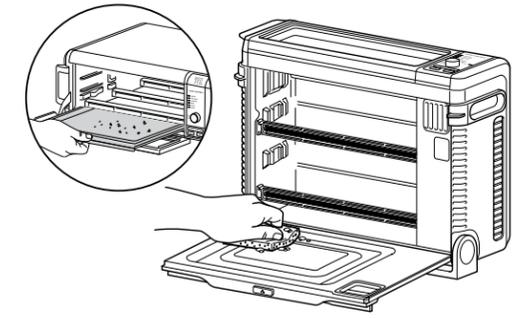
The unit preheats quickly, so prep all ingredients before preheating. Time will start counting down immediately after the unit is preheated. To add time simply turn the dial.

**KEY**

- Maximum fan speed
- Medium fan speed
- No fan



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



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

FUNCTION

### Air Fry



+ High heat from top and bottom

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

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

### Air Roast



+ Even heat from top and bottom

**Crispy outside, juicy inside.**

- Sheet pan meals
- Whole proteins
- Vegetables

### Air Broil



+ High heat from top

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

- Steaks
- Fish
- Nachos
- Casserole finishing

### Bake



+ High, even heat from top and bottom

**Overall even cooking with light browning.**

- Cakes
- Cookies
- Frozen pizza

### Toast



+ Even heat from top and bottom

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

- Bread
- English muffins
- Frozen waffles

### Bagel



+ Slightly lower heat from top than bottom

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

- Bagels
- Artisan breads

### Dehydrate



+ Low heat

**Removes moisture to make jerky and dried fruit.**

- Jerky
- Dried fruit

### Keep Warm



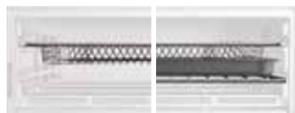
+ Low heat

**Keeps food warm up to 2 hours.**

BEST FOR

ACCESSORIES

BEST PRACTICES



Air fry basket with or without sheet pan\*



Sheet pan on wire rack



Sheet pan on wire rack



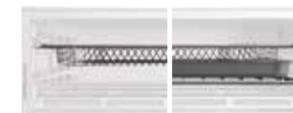
Sheet pan on wire rack



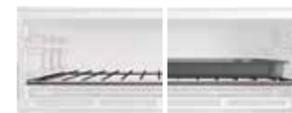
Wire rack



Wire rack



Air fry basket with or without sheet pan\*



Wire rack with or without sheet pan



Spray basket with nonstick cooking spray to minimize sticking.



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



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



Space ingredients, like spoonfuls of cookie dough, equally apart on the sheet pan.



Select the exact number of bread slices.



Place bagels cut-side up on the rack.



Select the exact number of bagel slices.



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



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



Always use oven-safe pans or containers.

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