Cooking Cheat Sheet

PRESSURE



Fresh Boneless Chicken Breasts

6 small or 4 large (900g)
240ml water
HIGH for 8–10 mins
Quick release



Fresh Pork Shoulder

1.8kg
240ml water
HIGH for 1 hour 30 mins
Quick release



Long-Grain White Rice*

200g
240ml water
HIGH for 2 mins
Natural release
*Rinse rice for best results.



Brown Rice*

200g
300ml cups water
HIGH for 15 mins
Natural release
*Rinse rice for best results.



Potatoes (for mashing)

900g, peeled, cut
in 1-inch thick slices
120ml water
HIGH for 6 mins
Quick release

STEAM



Fresh Broccoli

1 head, cut in florets
Reversible Rack in steam position
475ml water
5–9 mins



Fresh Corn on the Cob

4 cobs, whole, husks removed
Reversible Rack in steam position
475ml water
4–9 mins



Fresh Asparagus

1 bunch, whole spears
Reversible Rack in steam position
475ml water
7–15 mins



Fresh Green Beans

1 bag (340g)
Reversible Rack in steam position
475ml water
6–12 mins



Fresh Carrots

450g, peeled, cut in 1-inch pieces
Reversible Rack in steam position
475mlh water
7–12 mins

AIR CRISP



Frozen Breaded Chicken Breasts

450g
Cook & Crisp Basket
200°C for 20 mins
Flip halfway through



Frozen Chicken Nuggets

340g
Cook & Crisp Basket
200°C for 12 mins
Shake halfway through



Frozen Fries

450g
Cook & Crisp Basket
200°C for 19 mins
Shake halfway through



Fresh Burgers

4 ground beef patties,
80% lean (125g)
Cook & Crisp Basket
190°C for 10-12mins
Flip halfway through



Fresh Brussels Sprouts

450g, cut in half
1 tbsp oil
Cook & Crisp Basket
200°C for 15–18 mins
Shake halfway through

TenderCrisp™



Fresh Whole Roast Chicken

1 whole chicken (2-2.3kg)
Cook & Crisp Basket
120ml water
Pressure HIGH for 15 mins
Quick release
Pat dry and brush with oil/sauce
Air Crisp 200°C for 15–20 mins



Fresh Ribs

1 rack, cut in quarters
Cook & Crisp Basket
120ml water
Pressure HIGH for 19 mins
Quick release
Pat dry and brush with oil/sauce
Air Crisp 200°C for 10–15 mins



Head of Cauliflower

1 medium head, leaves removed
Cook & Crisp Basket
120ml water
Pressure LOW for 3 mins
Quick release
Pat dry and brush with oil/seasoning
Air Crisp 200°C for 10 mins



Frozen Chicken Wings

900g frozen
Cook & Crisp Basket
120ml water
Pressure HIGH for 5 mins
Quick release
Pat dry and brush with oil/sauce
Air Crisp 200°C for 15–20 mins
Shake halfway through



Frozen Steaks

2 frozen steaks (340g)
Reversible Rack in grill position
120ml water
Pressure HIGH for 2 mins
Quick release
Pat dry and brush with oil/sauce
Grill for 13–16 mins

Euro-Pro Europe Limited
Unit 15 Mariner Court
Calder Business Park
Wakefield, West Yorkshire, WF4 3FL, UK
0800 862 0453
ninjakitchen.eu

Illustrations may differ from actual product. We are constantly striving to improve our products, therefore the specifications contained herein are subject to change without notice.

NINJA is a registered trademarks of Euro-Pro Europe Limited.
FOOD, TENDERCRISP and COOK & CRISP are trademarks of SharkNinja Operating LLC.

© 2018 SharkNinja Operating LLC
OP300UK_Series_QSG_MP_181116_Mv1
PRINTED IN UK

@ninjakitchenuk

Please make sure to read the enclosed Ninja® Instructions prior to using your unit.

NINJA® Get to know your Foodi™

Welcome to the Foodi™ family, follow this guide to create delicious Tendercrisp™ meals in no time.

Here's what's in the box



Recipe Inspiration Guide



Cooking Cheat Sheet



Instruction Booklet



Foodi™



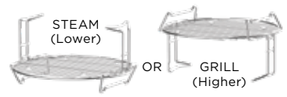
P C

Removable Cooking Pot
Must always be inserted when Foodi™ is in use.



P C

Cook & Crisp™ Basket with Detachable Diffuser
Use in the cooking pot for best air crisping results, and with TenderCrisp™ recipes like whole roasted chicken.



P C

Reversible Rack
Use in the cooking pot for steaming vegetables or flip over to grill.

Why are there 2 lids?

The two-lid design allows you to pressure cook and crisp in the same pot.

Use both lids to unlock a world of delicious, **TenderCrisp™** meals.



Pressure Lid
Pressure Cook
Steam
Slow Cook
Sear/Sauté



Crisping Lid
Air Crisp
Bake/Roast
Grill



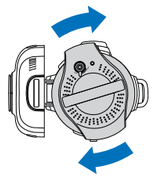
Sear/Sauté
No lid required

Getting started with pressure cooking?

Try this water test to practice with pressure.



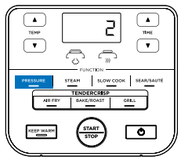
1. Add 700ml water to cooking pot.



2. Lock Pressure Lid.



3. Turn valve to SEAL.



4. Push PRESSURE, select high (HI), set time to 2 minutes, and press START/STOP.



5. Moving lights and some steam release indicate pressure is building. When pressurized, countdown will begin.

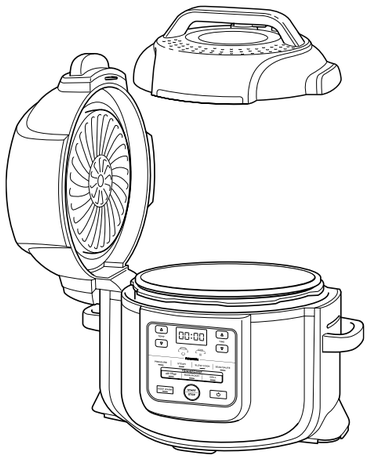


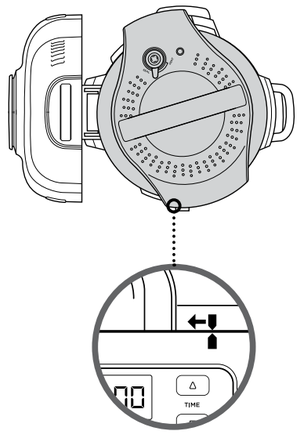
6. When the Foodi™ beeps, turn valve to VENT for quick release.

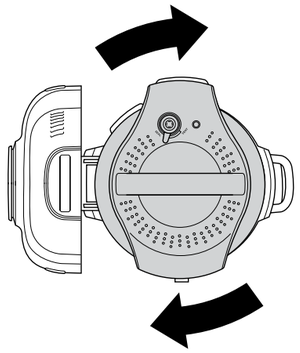
Go to ninjakitchen.eu for how-to-videos

Installing and removing the pressure lid

Place the pressure lid on top of the unit with the ▮ on the lid and the ▮ on the base lined up evenly. Turn the lid clockwise until it locks in place. To unlock the pressure lid, turn it anticlockwise. Lift it up and away from you, as some steam will remain in the unit and escape when the lid is opened.

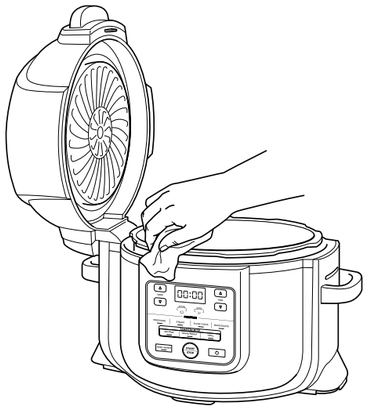


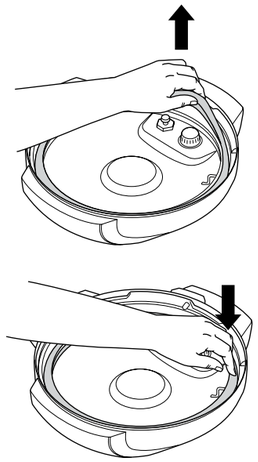


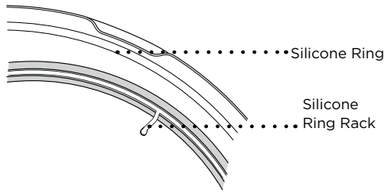


NOTE: The pressure lid will not unlock until the unit is completely depressurised.

Cleaning and Maintenance







Cleaning: Dishwasher & Hand-Washing

The unit should be cleaned thoroughly after every use.

Removing & Reinstalling the Silicone Ring

To remove the silicone ring, pull it outward, section by section, from the silicone ring rack. The ring can be installed with either side facing up. To reinstall, press it down into the rack section by section. After use, remove any food debris from the silicone ring and anti-clog cap.

Keep the silicone ring clean to avoid odour.
Washing it in warm, soapy water or in the dishwasher can remove odour. However, it is normal for it to absorb the smell of certain acidic foods. It is recommended to have more than one silicone ring on hand. You can purchase additional silicone rings on ninjakitchen.eu.

NEVER pull out the silicone ring with excessive force, as that may deform it and the rack and affect the pressure-sealing function. A silicone ring with cracks, cuts, or other damage should be replaced immediately.

NEVER clean the cooker base or pressure lid in the dishwasher. Inspect the pressure lid to ensure there is no debris blocking the valves.

Using your Foodi™ functions

FUNCTION	ACCESSORY REQUIRED	LID	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
PRESSURE		 Lock Pressure Lid and turn valve to SEAL	 Adjust pressure from LO to HI as needed	 Set time, in minutes, and press START/STOP	 Wait for unit to build pressure	 Turn valve to VENT for quick release. When complete, unit will switch to Keep Warm and count up.
STEAM	 Reversible Rack in lower position	 Lock Pressure Lid and turn valve to VENT	No temp adjustment available	 Set time, in minutes, and press START/STOP	 Wait for unit to come up to temp. When complete, unit will switch to Keep Warm and count up.	
SLOW COOK		 Lock Pressure Lid and turn valve to VENT	 Adjust temp from LO to HI as needed	 Set time, in minutes, and press START/STOP. When complete, unit will switch to Keep Warm and count up.		
SEAR/ SAUTÉ		 No lid necessary. If using Pressure Lid, turn valve to VENT	 Adjust temp from LO to HI as needed	No time adjustment available. Press START/STOP		

FUNCTION	ACCESSORY REQUIRED	LID	TEMP	TIME	SNEAK A PEEK	SHAKE/TOSS
AIR CRISP	 Cook & Crisp™ Basket Removable Diffuser	 Crisping Lid down	 Adjust temp as needed	 Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	 Shake basket or toss with silicone tipped-tongs for even browning.
BAKE/ ROAST		 Crisping Lid down	 Adjust temp as needed	 Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	
GRILL	 Reversible Rack in higher position	 Crisping Lid down	No temp adjustment available	 Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	