

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

NINJA

Foodi

Dual Zone
7.6L Air Fryer

QUICK START
GUIDE



+ COOKING CHARTS
+ IRRESISTIBLE RECIPES

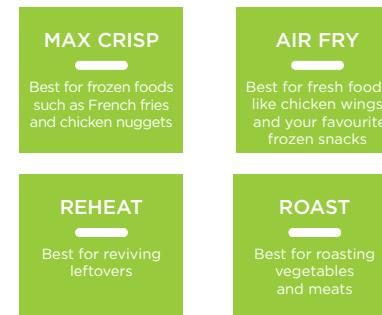
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USING YOUR NINJA FOODI DUAL ZONE AIR FRYER

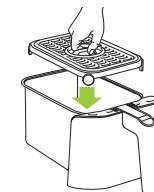
4 COOKING PROGRAMS



FOR BEST RESULTS

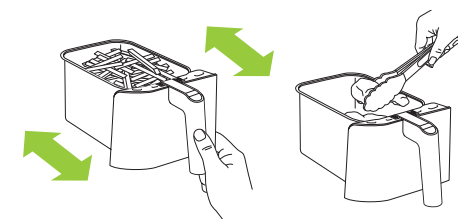
CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry and for all recipes in this guide unless otherwise stated. Ensure crisper plate is inserted into the bottom of the drawer before food is added unless recipe states that the crisper plate is not required.



SHAKE OR TOSS

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



Using DualZone Technology

SYNC

Cooking 2 foods using 2 different functions, temps, or cook times?
Program each zone and use SYNC to have both zones finish at the same time.



STEP 1: Program Zone 1

- Place food in drawers.
- 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.
- Select a cooking function (e.g., Roast), and repeat Step 2.



STEP 4: Begin Cooking

- Select **SYNC**.
- Press **START/STOP** to begin cooking.
- The zone with the shorter cook time will display HOLD.



NOTE: The cooking time will automatically pause when a drawer is opened. Reinsert drawer to resume cooking.

MATCH

Cooking the same food in each zone?
Set Zone 1 and use MATCH to automatically duplicate settings to Zone 2.



STEP 1: Program Zone 1

- Place food in drawers.
- 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

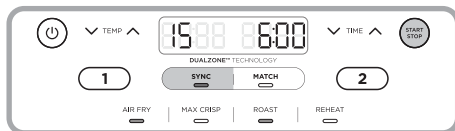
- Select **MATCH**.
- Press **START/STOP** to begin cooking.



NOTE: The cooking time will automatically pause when a drawer is opened. Reinsert drawer to resume cooking.

Using DualZone Technology cont.

Want to cook two foods, but don't need them to finish at the same time?
Fill both zones and manually program each zone so they start at the same time.



STEP 1: Program Zone 1

- Place food in drawers.
- 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 **START/STOP** to begin cooking.



NOTE: The cooking time will automatically pause when a drawer is opened. Reinsert drawer to resume cooking.

Cooking in 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 drawers.
- 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 **START/STOP** to begin cooking.



NOTE: The cooking time will automatically pause when a drawer is opened. Reinsert drawer to resume cooking.

Air Fry Cooking Chart

Use these cook times as a guide, adjusting to your preference.

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
FRESH VEGETABLES					
Asparagus	1 bunch (200g)	Whole, stems trimmed	2 tsp	200°C	8-12 mins
Beetroot	6 small or 4 large (about 1kg)	Whole	None	200°C	35-45 mins
Bell peppers	2 peppers	Whole	None	200°C	16 mins
Broccoli	400g	Cut in 2.5cm florets	1 Tbsp	200°C	9 mins
Brussels sprouts	500g	Cut in half, stem removed	1 Tbsp	200°C	15-20 mins
Butternut squash	500-750g	Cut in 2.5cm pieces	1 Tbsp	200°C	20-25 mins
Carrots	500g	Peeled, cut in 1.5cm pieces	1 Tbsp	200°C	13-16 mins
Cauliflower	600g	Cut in 2.5cm florets	2 Tbsp	200°C	15-20 mins
Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	200°C	12-15 mins
Courgette	500g	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	15-18 mins
Fine green beans	200g	Trimmed	1 Tbsp	200°C	8 mins
Kale (for crisps)	100g	Torn in pieces, stems removed	None	150°C	8 mins
Mushrooms	225g	Wiped, cut in quarters	1 Tbsp	200°C	7 mins
Potatoes, white e.g. King Edward, Maris Piper or Russet	750g	Cut in 2.5cm wedges	1 Tbsp	200°C	18-20 mins
	450g	Hand-cut chips*, thin	1/2-3 Tbsp, vegetable oil	200°C	20-24 mins
	450g	Hand-cut chips*, thick	1/2-3 Tbsp, vegetable oil	200°C	23-26 mins
	4 whole (200g each)	Pierced with fork 3 times	None	200°C	25-35 mins
Potatoes, sweet	750g	Cut in 2.5cm chunks	1 Tbsp	200°C	15-20 mins
	4 whole (225g each)	Pierced with fork 3 times	None	200°C	35 mins
FRESH POULTRY					
Chicken breasts	2 breasts (150g each)	None	Brushed with oil	200°C	15-18 mins
	4 breasts (150g each)	None	Brushed with oil	200°C	18-22 mins
Chicken thighs	4 thighs (800g)	Bone in	Brushed with oil	200°C	22-28 mins
	4 thighs (600g)	Boneless	Brushed with oil	200°C	18-22 mins
Chicken wings	1kg	Drumettes & flats	1 Tbsp	200°C	30-33 mins
FRESH FISH & SEAFOOD					
Cod fillets	2 fillets (240g)	None	Brushed with oil	200°C	8-10 mins
Fish cakes	2 cakes (150g each)	None	Brushed with oil	200°C	12-15 mins
Prawns	16 jumbo (165g)	Whole, peeled, tails on	1 Tbsp	200°C	3-4 mins
Salmon fillets	2 fillets (260g)	None	Brushed with oil	200°C	8-10 mins

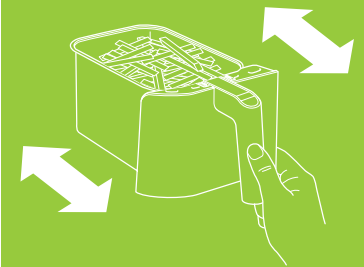
*After cutting potatoes, allow uncooked chips to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat chips dry. The drier the chips, the better the results.

**For best results,
shake or toss often.**

We recommend frequently
checking your food
and shaking or tossing it to
ensure desired results.

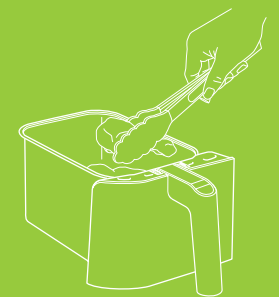
Shake your food

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

Use these cook times as a guide, adjusting to your preference.

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
FRESH BEEF					
Burgers	4 patties (125g each)	2.5cm thick	None	190°C	12 mins
Steaks	2 steaks (230g each)	Whole	Brushed with oil	200°C	8-12 mins
FRESH PORK					
Bacon	4 rashers	None	None	180°C	9 mins
Gammon steak	1 steak (225g)	Cut rind at 2cm, turn over after 5 mins	Brushed with oil	200°C	10 mins
Pork chops	2 thick-cut, bone-in chops (250g each)	None	Brushed with oil	200°C	18-19 mins
	4 boneless chops (100g)	None	Brushed with oil	200°C	12-15 mins
	2 Pork Tenderloins (350-500g each)	None	Brushed with oil	190°C	20-27 mins
Sausages	8 sausages	Whole	None	200°C	7-9 mins
FRESH LAMB					
Lamb chops	4 chops (340g)	None	Brushed with oil	180°C	12 mins
Lamb steaks	3 steaks (300g)	None	Brushed with oil	180°C	12 mins
FROZEN FOODS					
Breaded fish fillets	4 fillets (500g)	Turn halfway	None	200°C	20-22 mins
Breaded garlic mushrooms	300g	None	None	190°C	10-12 mins
Chicken goujons	11 (270g)	None	None	190°C	8 mins
Chicken Kiev	4 (500g)	None	None	180°C	15 mins
Chunky oven chips	500g	None	None	200°C	22 mins
Fish fillets in batter	4 (440g)	Turn halfway	None	180°C	18 mins
Fish fingers	10 (280g)	None	None	200°C	15 mins
Hash browns	7 (390g)	Single layer	None	200°C	15 mins
Potato wedges	500g	None	None	180°C	20 mins
Prawn tempura	8 prawns (140g)	Turn halfway	None	190°C	8-9 mins
Roast potatoes	700g	None	None	190°C	20 mins
Scampi in breadcrumbs	280g	None	None	180°C	12 mins
Sweet potato chips	500g	None	None	190°C	20-24 mins
Vegan burgers	4 (264g)	Single layer	None	180°C	10 mins
Vegan nuggets	14 (320g)	Single layer	None	180°C	12 mins
Vegan sausages	6 (300g)	None	None	180°C	8 mins
Yorkshire pudding	8 (150g)	None	None	180°C	3-4 mins

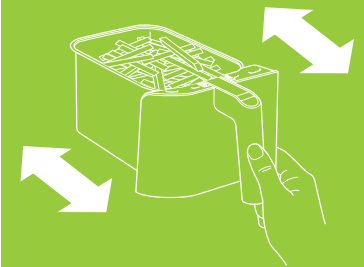
NOTE Don't see the food you are looking for in the charts? Decrease the cook time on the packaging by 25%. For best results, check food often and increase cook time if necessary.

For best results, shake or toss often.

We recommend frequently checking your food and shaking or tossing it to ensure desired results.

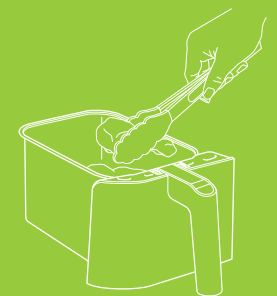
Shake your food

We recommend shaking your food at least twice during the cooking cycle for best results.



OR

Toss with silicone-tipped tongs



Max Crisp Cooking Chart, Ideal for frozen foods

Use these cook times as a guide, adjusting to your preference.

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	COOK TIME
FROZEN FOOD				
Chicken nuggets	350g (24 nuggets)	None	None	8-10 mins
Chicken wings	1kg	None	1 Tbsp	17 mins
French fries	500g	None	None	15 mins
French fries	1kg	None	None	25 mins
Onion Rings	300g	None	None	9 mins
Popcorn Chicken	850g	None	None	12 mins

NOTE There is no temperature adjustment available or necessary when using the Max Crisp function.

For best results,
shake or toss often.

We recommend frequently
checking your food
and shaking or tossing it to
ensure desired results.

Using DualZone Technology: SYNC

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 **SYNC** 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 SYNC	
RECIPE	AMOUNT	MIX OR COMBINE THESE INGREDIENTS	FUNCTION	TEMP/TIME	
Fish Cakes	2 fish cakes	Brush with melted butter	Air Fry	200°C 15 minutes	
Balsamic Roasted Tomatoes	500g cherry tomatoes	60ml balsamic vinegar 1 Tbsp vegetable oil	Roast	200°C 15 minutes	
Honey Sage Pork Chops	2-3 boneless pork chops (120g each)	1 Tbsp vegetable oil 1 Tbsp honey, 1/2 teaspoon dried sage	Roast	200°C 17-20 minutes	
Cajun Potatoes	4 medium potatoes, diced	2 Tbsp vegetable oil 2 Tbsp Cajun seasoning	Air Fry	200°C 30 minutes	
Green Beans with Almonds	500g green beans, ends trimmed	2 Tbsp vegetable oil 60g flaked almonds	Air Fry	200°C 8-10 minutes	
Miso Glazed Salmon	3 salmon fillets (170g each)	2 Tbsp miso paste, 1 teaspoon vegetable oil Rub onto salmon	Air Fry	200°C 15 minutes	
Honey Hazelnut Brussels Sprouts	500g Brussels sprouts, cut in half	2 Tbsp vegetable oil, 60ml honey, 60g chopped hazelnuts	Air Fry	200°C 23 minutes	
Buffalo Chicken Thighs	4 boneless skin-on chicken thighs (110-140g each)	240ml buffalo sauce, toss with chicken	Air Fry	200°C 27 minutes	
Plant Based "Meat" Burger	500g plant-based ground "meat" (4 125g burgers)	1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	190°C 20 minutes	
Mediterranean Cauliflower	450g cauliflower, cut in 1.5cm florets	120ml tahini, 2 Tbsp vegetable oil	Air Fry	200°C 17-20 minutes	
French Fries	500g French fries	Season as desired	Air Fry	200°C 20 minutes	
Corn on the cob	4 Cobettes	Brush with melted butter	Roast	180°C 15 minutes	

NOTE: For best results, start checking food 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 foods have reached a food-safe temperature.

HUNTERS BBQ CHICKEN & CHIPS

PREP: 30 MINUTES | **ROAST:** 25 MINUTES | **AIR FRY:** 25 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

600g potatoes e.g. Maris Piper or King Edwards or Rooster, cut in 1cm thick sticks
 3 tablespoons oil
 4 rashers of smoked back bacon
 4 chicken breasts (170g each)
 50g grated Cheddar cheese
 4 tablespoons BBQ sauce
 Sea salt

DIRECTIONS

- 1 Soak cut potatoes in cold water for 30 minutes to remove excess starch. Drain well, then pat with a paper towel until very dry.
- 2 Meanwhile, flatten out chicken breasts into a neat shape and wrap with bacon. Secure in place with a cocktail stick.
- 3 Place chips with oil into a large mixing bowl; toss to combine with at least 1/2 tablespoon oil. For crispier results, use up to 3 tablespoons oil.
- 4 Insert a crisper plate in both drawers. Place chicken breasts in **Zone 1**, then insert drawer in unit. Place fries in **Zone 2**, then insert drawer in unit.
- 5 Select **Zone 1**, select **ROAST**, set temperature to 180°C and set time to 25 minutes. Select **Zone 2**, select **AIR FRY**, set temperature to 200°C and set time to 25 minutes. Select **SYNC**. Select **START/STOP** to begin.
- 6 When **Zone 1** time reaches 10 minutes, remove drawer from unit and top chicken with cheese. Reinsert drawer to continue cooking.
- 7 When **Zone 2** time reaches 10 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
- 8 When **Zone 2** time reaches 20 minutes, shake for 10 seconds. Re-insert drawer to continue cooking for another 5 minutes if necessary. Sprinkle with sea salt to serve.
- 9 When **Zone 1** time reaches 0, check chicken is cooked. Cooking is complete when their internal temperature reaches at least 75°C on an instant-read thermometer. Serve chicken drizzled with BBQ sauce and chips.



CHICKEN FAJITAS & SPICY ROAST POTATOES

PREP: 10 MINUTES | **ROAST:** 25 MINUTES | **AIR FRY:** 20 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

FAJITAS

3 chicken breasts
 1 tablespoon smoked paprika
 1 tablespoon ground coriander
 1 teaspoon ground cumin
 1 teaspoon garlic powder
 1/2 teaspoon dried chilli flakes
 1 teaspoon dried oregano
 4 tablespoon olive oil
 Juice of 1 lime
 Sea salt and ground black pepper, as desired
 1 onion, sliced
 1 red pepper, sliced
 1 yellow pepper, sliced
 8 medium tortillas

SPICY POTATOES

1kg baby potatoes, cut in quarters
 3 tablespoons olive oil
 2 teaspoons hot paprika
 1 tablespoon garlic powder
 1 tablespoon smoked paprika
 1 teaspoon sea salt

DIRECTIONS

- 1 Slice chicken breasts into thin strips.
- 2 Add spices, herbs, lime juice and oil into a large bowl, season to taste and mix together.
- 3 Stir in chicken pieces, onion and peppers, mix all together until everything is coated in the marinade.
- 4 In another bowl, toss potatoes in oil and spices.
- 5 Insert a crisper plate in both drawers. Add chicken and vegetables to **Zone 1** drawer and potatoes to **Zone 2** drawer and insert into unit.
- 6 Select **Zone 1**, select **AIR FRY**, set temperature to 200°C and set time to 20 minutes. Select **Zone 2** and select **ROAST**, set temperature to 180°C and set time to 25 minutes. Select **SYNC**. Select **START/STOP** to begin.
- 7 After 10 minutes, give both drawers a shake or stir. Repeat again after 15 minutes.
- 8 When **Zone 1** time reaches 0, check chicken is cooked. Cooking is complete when the internal temperature reaches at least 75°C on an instant read thermometer.
- 9 Serve chicken and vegetables wrapped in the tortillas with the potatoes on the side.



SPICY ITALIAN HOT DOGS WITH PEPPERS & ONIONS

PREP: 10 MINUTES | **AIR FRY:** 16 MINUTES | **MAKES:** 5 SERVINGS

INGREDIENTS

1 small onion, peeled, thinly sliced
1 red pepper, thinly sliced
1 green pepper, thinly sliced
1/2 teaspoon sea salt
1/4 teaspoon ground black pepper
1 tablespoon olive oil
5 uncooked spicy Italian sausages
5 sub rolls

DIRECTIONS

- 1 Toss together onion, peppers, salt, black pepper and olive oil in a bowl.
- 2 Insert a crisper plate in both drawers. Place sausages in **Zone 1** drawer, then insert drawer in unit. Place onion and peppers in **Zone 2** drawer, then insert drawer in unit.
- 3 Select **Zone 1**, select **AIR FRY**, set temperature to 200°C and set time to 16 minutes. Select **MATCH** to duplicate settings across both zones. Press the **START/STOP** button to begin cooking. When **Zone 1** time reaches 11 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking. Repeat at 7 minutes.
- 4 When cooking is complete, remove drawers from unit. Divide the onion and bell peppers between the buns, then place sausages in buns and serve.



SWEET POTATO SAUSAGE HASH

PREP: 20 MINUTES | **AIR FRY:** 25 MINUTES | **ROAST:** 15 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

675g sweet potatoes, diced into 1.5cm pieces
2 tablespoons rapeseed oil
1 tablespoon minced garlic
1 teaspoon sea salt plus more, as desired
Ground black pepper, as desired
3 teaspoons dried sage, divided
450g sausage meat
1/2 large onion, peeled, diced
4 large eggs, poached or fried (optional)
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
2 teaspoon chilli powder

DIRECTIONS

- 1 In a bowl, toss sweet potatoes with oil, garlic, salt and pepper.
- 2 Insert a crisper plate into **Zone 1**. Place potatoes in **Zone 1** drawer, then insert drawer in unit. Spread out the sausage meat in **Zone 2** drawer (without the crisper plate inserted), then insert drawer in unit.
- 3 Select **AIR FRY**, set temperature to 200°C, and set time to 25 minutes. Select **Zone 2**, select **ROAST**, set temperature to 200°C and set time to 35 minutes. Press the **START/STOP** button to begin cooking.
- 4 When **Zone 2** time reaches 17 minutes, remove drawer from unit and stir sausage with a wooden spoon. Add onion and stir to combine. Reinsert drawer to continue cooking.
- 5 When **Zone 1** time reaches 12 minutes, remove drawer from unit and shake drawer for 10 seconds. Stir in half the sage. Reinsert drawer to continue cooking.
- 6 When cooking is complete, remove both drawers from the unit and add potatoes to the sausage mixture. Add cinnamon, nutmeg, sage, chilli powder, 1 teaspoon salt and mix thoroughly.
- 7 Serve immediately with a poached or fried egg on top, if desired.



FRIED PORK & SWEET POTATO FRIES

PREP: 20 MINUTES | **ROAST:** 15 MINUTES | **AIR FRY:** 20 MINUTES
MAKES: 2-4 SERVINGS

INGREDIENTS

240g plain flour
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon sea salt
1 teaspoon ground black pepper
1/2 teaspoon chilli powder
2 large eggs
2-4 boneless pork chops, cut in half lengthwise, pounded 1cm thick
450g frozen sweet potato fries

DIRECTIONS

- 1 Place flour, paprika, garlic powder, salt, pepper and chilli powder in a bowl and mix well.
- 2 Place eggs in a shallow bowl and whisk thoroughly for 60 seconds. Place seasoned flour in a second shallow bowl.
- 3 Working one at a time, dip the pork chops in egg, then in seasoned flour, then again in egg, then again in flour. Set aside.
- 4 Place pork chops in **Zone 1** drawer, then insert drawer in unit. Place sweet potato fries in **Zone 2** drawer, then insert drawer in unit.
- 5 Select **Zone 1**, select **ROAST** (with crisper plate inserted), set temperature to 200°C and set time to 15 minutes. Select **Zone 2**, select **AIR FRY**, set temperature to 180°C and set time to 20 minutes. Select **SYNC**. Press the **START/STOP** button to begin cooking.
- 6 When **Zone 2** time reaches 10 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
- 7 When **Zone 1** time reaches 7 minutes, remove drawer from unit and flip pork chops using silicone-tipped tongs. Reinsert drawer to continue cooking.
- 8 When cooking is complete, transfer pork chops to a plate and serve with sweet potato fries.

STEAK BITES WITH MUSHROOMS

PREP: 15 MINUTES PLUS 20 MINUTES MARINATING | **AIR FRY:** 12 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

650g ribeye steak
4 tablespoons olive oil
1 teaspoon soy sauce
2 garlic cloves, crushed
1 teaspoon dried mixed herbs
1/2 teaspoon sea salt
1/4 teaspoon ground black pepper
400g chestnut mushrooms
Fresh chopped parsley, to garnish

DIRECTIONS

- 1 Trim fat from steak and cut into 2.5cm cubes. Place in a large bowl. Wipe mushrooms with a damp paper towel and place in a separate bowl. If the mushrooms are large, cut in half.
- 2 In a small bowl, combine olive oil, soy sauce, garlic and herbs. Divide the mixture between the steak and mushrooms.
- 3 Insert crisper plate in both drawers. Add steak to **Zone 1** drawer and mushrooms to **Zone 2** drawer and insert both drawers into unit.
- 4 Select **Zone 1**, select **AIR FRY**, set temperature to 200°C and set time to 12 minutes. Select **Zone 2**, select **AIR FRY**, set temperature to 200°C and set time to 9 minutes. Select **SYNC**. Press the **START/STOP** button to begin cooking. When **Zone 1** and **2** reaches 5 minutes, give both drawers a shake. When cook time is finished, check the steak for desired doneness and use silicone coated tongs to remove food. Garnished with parsley and serve with salad.



ROASTED SALMON & PARMESAN ASPARAGUS

PREP: 15 MINUTES | **ROAST:** 15 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

3 tablespoons steak seasoning
3 tablespoons brown sugar
3 salmon fillets (170g each)
4 tablespoons olive oil
450g asparagus, ends trimmed
30g grated Parmesan cheese
Sea salt and ground black pepper, as desired

DIRECTIONS

- 1 In a small bowl, mix together steak seasoning and brown sugar.
- 2 Rub the top of each salmon fillet with 1 tablespoon oil, then cover fillets generously with sugar mixture. Set aside.
- 3 In a bowl, toss asparagus with remaining 1 tablespoon oil, salt and pepper.
- 4 Place the fillets in **Zone 1** drawer, skin side down, then insert drawer in unit. Place the asparagus in **Zone 2** drawer, then insert drawer in unit.
- 5 Insert crisper plates in both drawers. Select **ROAST**, set temperature to 200°C and set time to 15 minutes. Select **MATCH**. Press the **START/STOP** button to begin cooking.
- 6 When **Zone 2** time reaches 7 minutes, remove drawer from unit and flip asparagus using silicone-tipped tongs. Reinsert drawer to continue cooking.
- 7 When **Zone 2** time reaches 2 minutes, remove drawer from unit and sprinkle half the Parmesan cheese over the asparagus and give the drawer a light toss. Reinsert drawer to continue cooking.
- 8 When cooking is complete, transfer fillets and asparagus to a serving plate. Sprinkle the remaining Parmesan cheese over the asparagus and serve.



HADDOCK CROQUETTES

PREP: 30 MINUTES | **AIR FRY:** 10 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

75g fresh breadcrumbs
2 teaspoons Sherry
500g uncooked haddock fillets, flaked
3 eggs
1 bunch fresh parsley, finely chopped
1 ½ teaspoons dried coriander
½ teaspoon salt
¼ teaspoon white pepper
Zest of 1 lemon
100g plain flour
150g dried breadcrumbs
Rapeseed oil for spraying
Serve with green salad, tartar sauce, lemon wedges

DIRECTIONS

- 1 In a bowl, add fresh breadcrumbs, flaked fish fillets and Sherry. Mash well to combine, beat one egg and add in with chopped parsley, coriander, pepper, salt and lemon zest. Mix well.
- 2 Prepare three shallow dishes for dipping the fish. One dish with flour, one dish with breadcrumbs and one dish with the remaining 2 eggs, beaten well. Line a baking tray with baking parchment.
- 3 Flour your hands and form croquettes from the mixture that are about 5-7cm in length. Roll the croquettes first in flour, then in egg, and finally in the breadcrumbs and place them on the tray.
- 4 Insert the crisper plates in **Zone 1** and **2** drawers. Spray plate with rapeseed oil. Place croquettes on crisper plate and spray croquettes with oil. Select **AIR FRY**, set temperature to 200°C and set time to 10 minutes. Select **MATCH**. Press **START/STOP** to begin.
- 5 When cook time is finished, use silicone coated tongs to remove the croquettes to a serving dish.
- 6 Serve immediately with a salad, tartar sauce and lemon.



TIP: Double cream can be used if you don't have cooking Sherry on hand.

HOMEMADE FISH FINGERS WITH LEMON & THYME NEW POTATOES

PREP: 15 MINUTES | **AIR FRY:** 15 MINUTES | **ROAST:** 20 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

400g chunky cod fillets
50g plain flour
Zest of 1 lemon, divided
Sea salt and ground black pepper, as desired
1 large egg, beaten
50g dried breadcrumbs
Oil spray

FOR THE POTATOES

500g new potatoes
2 tablespoons olive oil
1 tablespoon lemon juice
1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme
1 garlic clove, crushed
Sea salt and ground black pepper, as desired
Lemon wedges, for serving
Parsley, for serving
Salad, for serving
Tartar sauce, for serving

DIRECTIONS

- 1 Remove skin from fillets. Cut cod into chunky strips about 2.5cm x 10cm in size.
- 2 Prepare three shallow bowls for coating the fingers. One plate with flour, half the lemon zest and seasoning mixed together. One plate with egg and one with breadcrumbs.
- 3 Dip the cod fingers first in flour mixture, then in egg, and finally in the breadcrumbs. Insert crisper plate in both drawers and spray **Zone 1** drawer plate with oil. Place fish fingers in drawer. Spray with oil.
- 4 If potatoes are too big, cut in half. In a bowl, put olive oil, lemon juice, lemon zest, thyme, garlic and seasoning. Add potatoes, toss to ensure they are thoroughly coated in oil mixture. Add potatoes to **Zone 2** drawer and insert both drawers into unit.
- 5 Select **Zone 1**, select **AIR FRY**, set temperature to 210°C and set time to 15 minutes. Select **Zone 2**, select **ROAST**, set temperature to 180°C and set time to 20 minutes. Select **SYNC**. Press the **START/STOP** button to begin cooking. When **Zone 1** and **2** reaches 10 minutes, turn fish fingers over and give potatoes a shake. When cook time is finished, use silicone coated tongs to remove food to a serving dish.
- 6 Serve immediately with salad, tartar sauce, garnished with lemon wedges and parsley.

STUFFED PEPPERS



PREP: 10 MINUTES | **ROAST:** 22-25 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 peppers
2 pouches (250g each) cooked vegetable rice
4 Sundried tomatoes in oil, chopped, reserve some of the oil for drizzling
2 tablespoons pesto
Sea salt and ground black pepper, as desired
75g grated Cheddar cheese, divided
Serve with a tomato salad or sweet potato fries

DIRECTIONS

- 1 Cut peppers in half, deseed and remove white bits. Put 4 halves in each crisper plate and set aside.
- 2 In a bowl, if necessary, break down rice, mix together with tomatoes, pesto and half the cheese. Season to taste.
- 3 Fill peppers with the rice mixture.
- 4 Divide prepared peppers between both drawers without a crisper plate. Drizzle a little of the reserved oil over the top of rice.
- 5 Insert drawers in unit.
- 6 Select **Zone 1**, select **ROAST**, set temperature to 180°C and set time to 22 minutes. Select **MATCH**. Press the **START/STOP** button to begin cooking.
- 7 When **Zone 1** and **2** time reaches 15 minutes, remove drawer from unit and top peppers with remaining Cheddar cheese. Reinsert drawers to continue cooking. Check at 22 minutes if cooked, otherwise cook for 3 minutes more.
- 8 When cooking is complete, serve immediately with a tomato salad or sweet potato fries.



HALLOUMI FRIES & CHILLI CORN ON THE COB



PREP: 20 MINUTES | **AIR FRY:** 18 MINUTES | **ROAST:** 15 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

HALLOUMI FRIES

2 blocks halloumi (225g each)
75g plain flour
Sea salt and ground black pepper, as desired
1 lemon
150g natural Greek yogurt
2 tablespoon coriander, chopped
Cooking spray or oil

CHILLI CORN ON THE COB

50g butter, softened
2 teaspoons tomato ketchup
1 teaspoon honey
½ teaspoon rose harissa
4 sweetcorn cobettes

DIRECTIONS

- 1 Drain halloumi and pat dry. Cut into thick fries.
- 2 In a shallow bowl, add flour and seasoning. Dip halloumi into the mix to lightly coat.
- 3 Insert crisper plates into both drawers. Liberally spray drawer 1 with cooking spray or oil, add halloumi and spray with oil. Insert drawer into unit.
- 4 Make chilli butter: In a bowl, place butter, tomato ketchup, honey and harissa, beat together till smooth. Using a pastry brush, or back of a teaspoon, brush each cobette with butter. Reserve remaining butter by placing in cling film, form into a sausage shape, wrap and chill whilst corn is cooking. Place corn onto crisper plate in **Zone 2** drawer. Insert drawer into unit.
- 5 Select **Zone 1**, select **AIR FRY**, set temperature to 200°C and time for 18 minutes. Select **Zone 2**, select **ROAST**, set temperature to 180°C and time to 15 minutes. Select **SYNC. START/STOP** to begin.
- 6 When **Zone 1** reaches 10 minutes, rearrange halloumi fries and sweetcorn. Repeat when **Zone 1** reaches 6 minutes.
- 7 Cut chilli butter into 4 and place on top of corn. Serve with halloumi topped with Greek yogurt swirled with chopped coriander.

TIP: If you prefer a spicier flavour, mix in 1 teaspoon sumac and za'atar with the flour.



SWEET & SOUR TOFU & ASIAN-STYLE VEGETABLES



PREP: 15 MINUTES | **AIR FRY:** 20 MINUTES | **ROAST:** 15 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

400g firm tofu, pat dry and cut into 2.5cm cubes
2 tablespoons corn flour
650g frozen stir fry vegetables
1 tablespoon vegetable oil
120g pre-made sweet & sour sauce
1 teaspoon garlic powder
Sea salt and ground black pepper, as desired

DIRECTIONS

- 1 In a bowl, toss tofu with corn flour until coated.
- 2 Insert a crisper plate into both drawers. Place tofu in **Zone 1** drawer, then insert drawer in unit. Place frozen vegetables and oil in **Zone 2** drawer, then insert drawer in unit.
- 3 Select **Zone 1**, select **AIR FRY**, set temperature to 200°C and set time to 20 minutes. Select **Zone 2**, select **ROAST**, set temperature to 200°C and set time to 15 minutes. Select **SYNC**. Press the **START/STOP** button to begin cooking.
- 4 When **Zone 1** time reaches 15 minutes, from unit and shake for 10 seconds. Reinsert drawer to continue cooking. Repeat when **Zone 1** time reaches 7 minutes.
- 5 When **Zone 2** time reaches 5 minutes remove from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
- 6 When cooking is complete, transfer tofu to a bowl and toss with sweet & sour sauce until coated. Transfer vegetables to another bowl and toss with garlic powder, salt and pepper. Serve immediately.

TIP: If you don't enjoy Sweet and Sour sauce, substitute your favourite store bought sauce to tailor this recipe to your liking.



CAULIFLOWER BITES & BAKED SWEET POTATOES



PREP: 20 MINUTES | **AIR FRY:** 30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

400g cauliflower
150g plain flour
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon paprika
Sea salt and ground black pepper, as desired
300ml milk
100g panko breadcrumbs
30ml sunflower oil
90ml Buffalo hot sauce

SWEET POTATOES

4 x 175g sweet potatoes
1 tablespoon olive oil
1 teaspoon sea salt flakes

RANCH SLAW

120g mayonnaise
60g ranch dressing
1 tablespoon cider vinegar
1 tablespoon poppy seeds
Sea salt and ground black pepper, as desired
200g finely sliced red or white cabbage
1 red skinned apple, cored and finely sliced
1 stick celery, finely sliced
1 tablespoon flat leaf parsley, chopped
1 tablespoon chives, chopped

DIRECTIONS

- 1 Cut the cauliflower into 2.5cm florets.
- 2 Put flour, onion, garlic, cumin, paprika into a bowl and season to taste. Gradually whisk in milk until a smooth batter is formed.
- 3 Put panko breadcrumbs into another bowl.
- 4 Dip cauliflower florets into batter to coat and then toss in breadcrumbs until well coated.
- 5 Prick sweet potatoes with a fork several times. Rub olive oil into potato skin and sprinkle sea salt over.
- 6 Insert crisper plate in both drawers. Add cauliflower bites to **Zone 1** drawer and sweet potatoes to **Zone 2** drawer and insert into unit. Select **Zone 1**, select **AIR FRY**, set temperature to 180°C and set time to 25 minutes. Select **Zone 2** and select **AIR FRY**, set temperature to 200°C and set time to 30 minutes. Select **SYNC**. Select **START/STOP** to begin.
- 7 Meanwhile mix the oil and buffalo sauce together. When **Zone 1** reaches 15 minutes, remove drawer and baste cauliflower in buffalo sauce mix. Turn sweet potatoes at the same time. Reinsert drawers to resume cooking.
- 8 In a large bowl, whisk together mayonnaise, ranch dressing, vinegar, poppy seeds and seasoning. Add cabbage, apple, celery and herbs to the bowl and toss with dressing until evenly coated.
- 9 Serve cauliflower bites with sweet potato and coleslaw.



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