

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



NINJA Foodi POSSIBLE COOKER

11 recipes plus charts
for unlimited possibilities



Your guide to cooking like a Foodi

Welcome to the Ninja Foodi PossibleCooker

6 Litre recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints for everything from slow-cooked mains to hearty sides—the possibilities are endless.

Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi friends
on the Official Ninja Foodi Family Community.
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Cooking Functions

Get to know the 8 cooking functions* that replace 10 different cooking tools and appliances.

Grains

White Rice



Fluffy white rice at the touch of a button.

Brown Rice



Prepare nutrient-rich grains with the perfect texture.

Porridge



A morning staple made just how you like it.

Pasta



Al dente pasta in minutes—no draining necessary.

Mains

Slow Cooker



Set it and forget it while your meal cooks to perfection.

Sear/Sauté



Brown meats, sauté veggies, and simmer sauces.

Steam



Healthy way to cook vegetables, chicken and fish.

Keep Warm



Keep food at a ready-to-eat temperature.

Everyday Cooking Made Easy



Expand your menu

From healthy to hearty, the meal possibilities are endless

Easy one-pot cooking

Put mains and grains together or cook them separately

Make a little or a lot

Perfect for single-serve dishes or family-sized meals



Getting Started



Measure Your Grains

Use the lines on the inside of the pot to cook perfect white rice, brown rice, and oats every time.



STEP 1

Using a dry measuring cup, add desired amount of grains to the cooking pot.



STEP 2

Add water or stock up to the corresponding marking on the pot.

Ex. For 2 cups of rice, add the rice to the pot, then fill pot with liquid to the 500ml line.



STEP 3

Select function, place lid on pot, and get cooking.



TIP: For additional grain and pasta serving sizes and measurements, see the Grain & Pasta Chart on page 24.

NOTE: Built-in grain measurement lines **ONLY** work when using for white rice (short, medium or long grain), brown rice (short, long, or brown jasmine), and oats—**DO NOT** use the lines when cooking any other grain. See charts on page 24-27 for direction on additional grains and pasta.



BANANA, BERRIES & CREAM PORRIDGE



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **COOK:** APPROX. 5 MINUTES | **MAKES:** 4 SERVING

INGREDIENTS

160g rolled oats
600ml whole milk
120ml double cream
50g dark brown sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 large bananas, peeled, sliced
Toast nuts, to serve
Strawberries, to serve
Blueberries, to serve

DIRECTIONS

- 1 Place all ingredients in pot, stir to combine, then cover with lid.
- 2 Select **OATS**, then press **START/STOP** to begin cooking. (Unit will display an animation while cooking is in progress; program will take approx. 5 minutes.)
- 3 When cooking is complete, unit will beep. Stir porridge and serve warm.

TIP Substitute rolled oats for smooth cut if desired.
Dairy ingredients can be replaced with dairy alternatives to accommodate needs.

MINISTRONE SOUP

BEGINNER RECIPE ●○○



PREP: 15 MINUTES | **PREHEAT:** 4 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 5-6 SERVINGS

INGREDIENTS

2 tablespoons extra virgin olive oil
2 carrots, peeled, cut in 1 cm pieces
2 medium stalks celery, trimmed,
cut in 1 cm pieces
1 large onion, peeled, diced
3 garlic cloves, peeled, chopped
400g tin cannellini beans, drained, rinsed
2 x 400g tins chopped tomatoes
75g small pasta (orecchiette, elbow, or shells)
1.3L vegetable stock
1 teaspoon dried oregano
1 teaspoon dried thyme
Sea salt and ground black pepper, as desired
150g fine green beans, trimmed, cut in three

DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 4 minutes).
- 2 When preheating is complete (unit will beep and display ADD FOOD), add the oil, carrots, celery, onion, and garlic to the pot. Cook uncovered until vegetables soften, stirring occasionally (about 8 minutes). When vegetables are softened, reduce temperature to LO.
- 3 Add the cannellini beans, tomatoes, pasta, stock, oregano, thyme, salt, and black pepper to pot. Stir to combine, then cover with lid and cook for 30 minutes. (Set an external timer if desired.)
- 4 When 5 minutes remain on the cook time, add the green beans to the pot and stir to combine. Cook uncovered for the remaining 5 minutes, or until green beans are tender.
- 5 When cooking is complete, press **START/STOP** to turn off the unit, and serve soup while warm.



VEGETARIAN CHILLI

BEGINNER RECIPE ●○○



PREP: 20 MINUTES | **PREHEAT:** 6-8 MINUTES | **COOK:** 3 HOURS | **MAKES:** 5-6 SERVINGS

INGREDIENTS

1 onion, peeled, diced
2 carrots, peeled, sliced
3 celery stalks, sliced
1 green pepper, deseeded, cut into chunks
1 red pepper, deseeded, cut into chunks
100g green beans, halved
1 tin (400g) cannellini beans, drained, rinsed
1 tin (400g) kidney beans, drained, rinsed
2 tins (400g) chopped tomatoes
400ml vegetable stock
2 tablespoons tomato purée
3 garlic cloves, peeled, minced
1 tablespoon coriander, chopped, optional
2 teaspoons chilli powder
2 teaspoons smoked paprika
2 teaspoons mixed herbs
1 teaspoon ground cumin
1 teaspoon ground coriander
1 bay leaf
Sea salt, and ground black pepper, as desired

TOPPINGS (optional)

Sour cream
Grated Cheddar cheese
Fresh chopped coriander

DIRECTIONS

- 1 Remove the lid from the pot. Place all ingredients in the pot. Stir to combine, then cover with the lid.
- 2 Using the function arrows, Select SLOW COOK, set temperature to HI, set time to 3 hours, and press **START/STOP** to begin cooking.
- 3 When cooking is complete, press **START/STOP** to turn off unit. Remove the lid and stir to combine ingredients. Serve chilli with desired toppings.

TIP You can swap chilli seasoning for chilli powder.



CHEESE FONDU

BEGINNER RECIPE ●○○



PREP: 10 MINUTES | **PREHEAT:** 5 MINUTES | **COOK:** 7 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

250g grated Gruyère cheese
250g grated Gouda cheese
200ml dry white wine
2 teaspoons cornflour
Grated nutmeg
2 tablespoons kirsch
Sea salt and ground black pepper, as desired

DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows select **SEAR/SAUTÉ**, set temperature to **MED**, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheat will take approx. 5 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add garlic, cheeses and wine. Cook for 3 minutes to allow the cheeses to start melting.
- 3 Add the remaining ingredients to pot and stir well. Cook for 5 minutes until the cheeses are fully melted.
- 4 Select **START/STOP** to turn off **SEAR/SAUTÉ**. Use the function arrows to select **KEEP WARM**, then press **START/STOP** to keep fondu gently warm throughout serving. Serve warm with crusty bread, cornichons or crudités.



BRAISED RED CABBAGE WITH APPLE



BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** 6 MINUTES | **COOK:** 2 HOURS 5 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 tablespoons vegetable oil
1 large red onion, peeled, finely sliced
400g red cabbage, cored, finely sliced
2 apples, peeled, cored, diced
3 tablespoons brown sugar
200ml red wine
100ml water
1 vegetable stock cube, crumbled
2 bay leaves
1 cinnamon stick
Sea salt and ground black pepper, as desired



DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows select **SEAR/SAUTÉ**, set temperature to **HIGH**, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheat will take approx. 6 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add oil and onions. Sauté for 5 minutes, stirring a few times until the onion softens.
- 3 Add the remaining ingredients to pot and stir well. Select **START/STOP** to turn off **SEAR/SAUTÉ**.
- 4 Cover with lid. Select **SLOW COOK**, set temperature to **HI**, and time to 2 hours. Select **START/STOP** to begin cooking.
- 5 When cooking is complete, press **START/STOP**, remove bay leaves, cinnamon stick and serve hot.

TIP For a richer and deeper flavour, replace red wine for port.



SPICY PULLED PORK



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 4 MINUTES | **COOK:** 5 HOURS | **MAKES:** 6 SERVINGS

INGREDIENTS

2 teaspoons smoked paprika
2 teaspoons ground cumin
2 teaspoons brown sugar
1 teaspoon chilli powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried sage
1 teaspoon oregano
Sea salt and ground black pepper, as desired
300ml stock
1.6kg rolled pork shoulder, unrolled, fat trimmed
500ml barbecue sauce

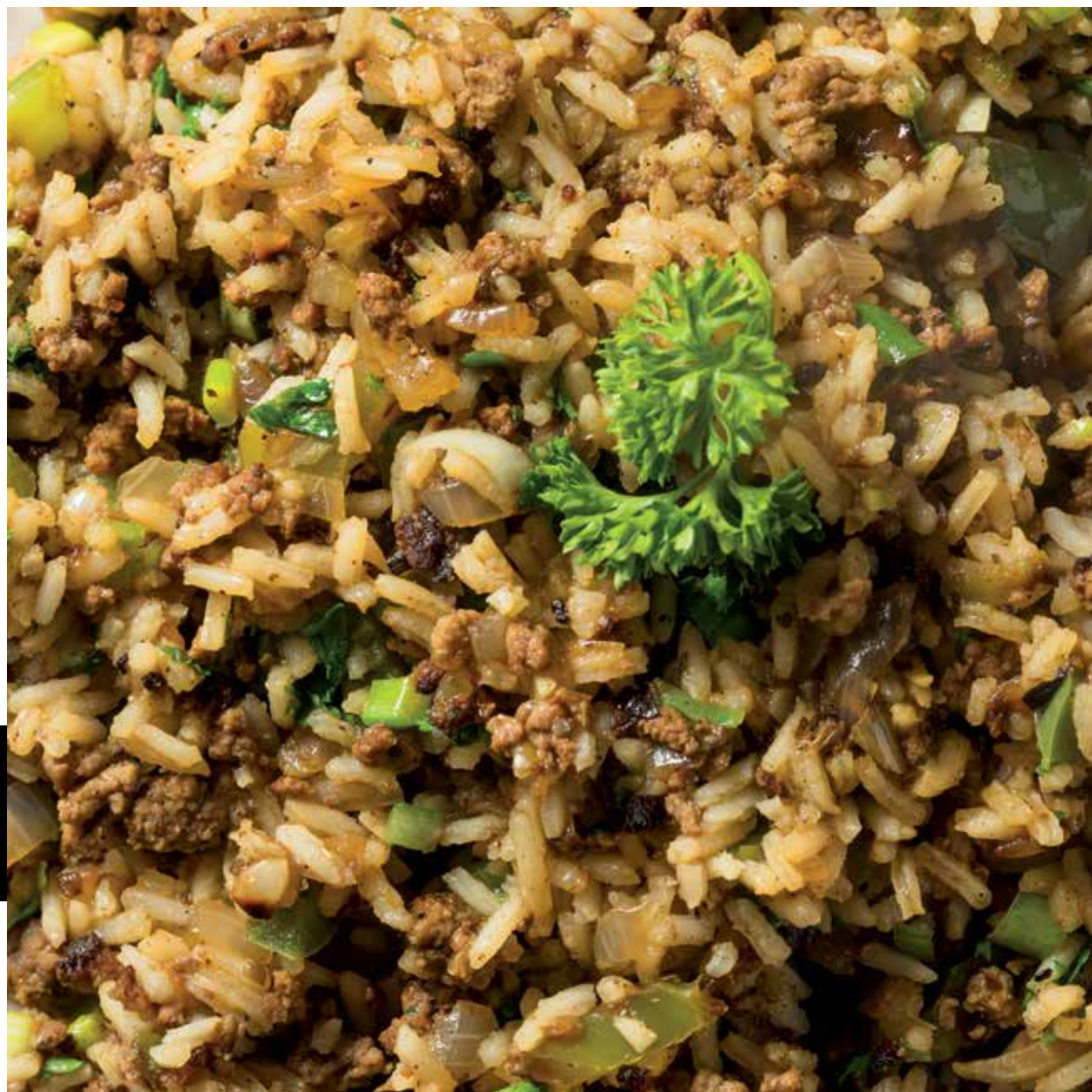
TO SERVE:

Brioche buns
Coleslaw
Salad

DIRECTIONS

- 1 In a small bowl, mix all dry ingredients together. Rub pork with dried ingredients. Remove lid from pot. Place pork in pot skin side up and pour stock over pork.
- 2 Using the function arrows, select SLOW COOK, set temperature to LO, set time to 8 hours, then press **START/STOP** to begin cooking. If possible, flip pork about halfway through cooking.
- 3 When cooking is complete, remove pork and place into a shallow dish and drain off any juices from pot. Leave to rest for 10 minutes before shredding with 2 forks.
- 4 Pour barbecue sauce over pork and mix together. Return shredded pulled pork to pot.
- 5 Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 4 minutes).
- 6 When preheating is complete, cook uncovered until heated through, stirring occasionally (about 5 minutes).
- 7 When cooking is complete. Serve in buns with coleslaw and salad.

TIP Substitute 300ml stock for cola for a more caramelised flavour.



CAJUN DIRTY RICE



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** 8-10 MINUTES | **COOK:** 1 HOUR 35 MINUTES | **MAKES:** 8-10 SERVINGS

INGREDIENTS

360g brown rice, rinsed
1L water
Sea salt, as desired
1 tablespoon vegetable oil
450g minced beef
450g minced pork sausage
1 red bell pepper, seeded, cut in 1 ¼cm pieces
1 ¼cm pieces
50g onion, peeled, cut in 1 ¼cm pieces
50g celery, chopped, cut in 1 ¼cm pieces
1 garlic clove, peeled, minced
30g plain flour
1 teaspoon dried thyme
1 teaspoon chilli powder
½ teaspoon ground black pepper
½ teaspoon cayenne pepper
500ml chicken stock
2 tablespoons fresh parsley, chopped

DIRECTIONS

- 1 Combine brown rice, water, and salt in the pot (if referencing lines within the pot, add rice to the pot first, then fill to 500ml line with liquid). Place lid on the pot. Using the function arrows, select BROWN RICE, then press **START/STOP** to begin program. (Unit will display an animation while cooking; program will take approx. 50 to 60 minutes.)
- 2 When cooking is complete, remove rice from the pot and set aside. Rinse pot clean.
- 3 Place pot back in the unit's base and set lid aside. Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 8 to 10 minutes.)
- 4 When preheating is complete (unit will beep and display ADD FOOD), add vegetable oil, ground beef, and pork sausage to the pot. Cook until browned, breaking meat up with a spoon or spatula (about 10 minutes).
- 5 Add the bell pepper, onion, celery, and garlic to the pot and cook for 10 minutes or until vegetables are softened, stirring occasionally.
- 6 Add the flour, thyme, chilli powder, black pepper, and cayenne pepper, and stir to combine. Add chicken stock, bring to a boil, and cook for 5 minutes.
- 7 Fold in the reserved brown rice and parsley and allow to warm through. Season with additional salt and pepper, if desired. When cooking is complete, press **START/STOP** to turn off the unit and serve dirty rice while warm.

CHICKPEA CURRY

BEGINNER RECIPE ●○○



PREP: 10 MINUTES | **PREHEAT:** 5 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 5-6 SERVINGS

INGREDIENTS

2 tablespoons vegetable oil
1 large onion, peeled, sliced
3 garlic cloves, peeled, minced
 $\frac{3}{4}$ teaspoon chilli flakes
2 tablespoons curry powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1 tin (400g) chopped tomatoes
400ml tin coconut milk
2 tins (400g) chickpeas, drained, rinsed
Sea salt and ground black pepper, as desired
Chopped coriander, for garnish

DIRECTIONS

- 1 Remove the lid from the unit. Using the function arrows, select SEAR/SAUTÉ, set temperature to MEDIUM, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 5 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add the oil, onion, garlic, crushed red pepper, and salt to the pot. Cook, stirring occasionally, until golden brown and tender (about 15 minutes).
- 3 Add the curry powder and spices to the vegetables and stir for 1 minute. Then add the crushed tomatoes and liquid. Cook for 5 minutes, stirring constantly.
- 4 Add the coconut milk and chickpeas to the pot. Cook for 10 minutes, stirring occasionally. Season with additional salt and pepper as desired.
- 5 When cooking is complete, press **START/STOP** to turn off unit. Serve curry warm, alongside favourite grain and garnished with chopped cilantro, if desired.

TIP To serve with rice or grain of choice, see the Measure Your Grains instructions on page 5, or the Pasta & Grain Chart on page 24.

BEEF IN RED WINE

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PREHEAT:** 6 MINUTES | **COOK:** 5 HOURS 20 MINUTES | **MAKES:** 4-6 SERVINGS



INGREDIENTS

1kg braising steak, cut into 3cm cubes
Sea salt and ground black pepper, as desired
2 tablespoons plain flour
3 tablespoons olive oil, divided
180-200g streaky bacon, chopped
400g shallots, peeled
2 garlic cloves, peeled, crushed
2 tablespoon tomato purée
500ml good quality red wine
200ml beef stock
1 bouquet garni
2 bay leaves
100g button mushrooms



DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows select SEAR/SAUTÉ, set temperature to HIGH, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheat will take approx. 6 minutes.)
- 2 Season the steak on all sides with salt and pepper, then coat with flour.
- 3 When preheating is complete (unit will beep and display ADD FOOD), add 2 tablespoons oil and half the beef to pot and brown on all sides. When beef is browned, remove with a slotted spoon and repeat with the remaining beef. This may take 10-15 minutes.
- 4 Add remaining oil to pot, stir in chopped bacon and shallots. Cook for a few minutes, then add garlic, cook for another few minutes. Stir in tomato purée, wine, stock, bouquet garni and bay leaves. Return beef and juices to pot and ensure the beef is covered with liquid. Select **START/STOP** to turn off SEAR/SAUTÉ.
- 5 Cover with lid. Select SLOW COOK, set temperature to HI, and time to 5 hours. Select **START/STOP** to begin cooking.
- 6 After 3 hours add mushrooms.
- 7 Check whether beef is cooked and tender after 4 hours, if not cook for another hour.
- 8 When cooking is complete, press **START/STOP**, remove bay leaves and bouquet garni and serve casserole hot.

ONE POT PASTA

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

400g spaghetti
800ml water
1 tablespoon Nduja paste
1 small onion, peeled, halved, finely sliced
2 garlic cloves, peeled, finely sliced
200g cherry tomatoes, halved if large
10g basil leaves
50g black olives
2 tablespoons olive oil, plus extra for drizzling
Sea salt and ground black pepper
25g shaved Parmesan cheese, or vegan equivalent, divided

DIRECTIONS

- 1 Remove the lid from the pot. Add spaghetti, water, Nduja paste, onion and 1 tablespoon oil to the pot, stir and place lid on top. Using the function arrows, select **PASTA**, then press **START/STOP** to begin program (unit will display an animation while cooking; program will take approx. 18 to 19 minutes to complete). Note that the lid will need to be removed when water comes to a boil. If desired, set an external time for 6 minutes as a reminder.
- 2 Remove the lid when the water comes to a boil (water will come to a boil in approx. 6 to 8 minutes after function has started). Stir the pasta several times and allow function to finish cooking, around 18 minutes.
- 3 Serve hot sprinkled with Parmesan shavings and drizzled with oil.

TIP If you want to keep this vegetarian, remove the Nduja paste, add ½ teaspoon chilli flakes and substitute water for vegetable stock.





STICKY TOFFEE PUDDING

BEGINNER RECIPE ●○○



PREP: 20 MINUTES | **SOAK:** 30 MINUTES | **COOK:** 2 HOURS | **MAKES:** 8 SERVINGS

INGREDIENTS

CAKE BATTER

300g plain flour
300g granulated sugar
50g cocoa powder
170g milk chocolate chips
1 tablespoon baking powder
1 teaspoon salt
300ml whole milk
2 large eggs
230g unsalted butter, melted
1 tablespoon vanilla extract

FUDGE SAUCE

100g granulated sugar
100g light brown sugar
25g cocoa powder
415ml hot water

FOR SERVING

Ice cream
Whipped cream

DIRECTIONS

- 1 In a large bowl, place dates, boiling water and bicarbonate soda and leave to soak for 30 minutes.
- 2 With butter, grease pot base and halfway up sides.
- 3 In a large bowl, cream 175g butter, caster sugar and 80g dark muscovado sugar together until light and fluffy. Gradually add in eggs a little at a time and beat well. Beat in treacle. Fold in flour.
- 4 After 30 minutes, drain the dates into a bowl and keep the liquid. Fold dates into pudding mixture and then spoon mixture into the pot. Level top with a spoon. Cover with lid.
- 5 Using the function arrows, select SLOW COOK, set temperature to HI, set time to 2 hours, then press **START/STOP** to begin cooking.
- 6 When cooking is complete, the pudding will be soft with a gooey centre.
- 7 Serve hot with ice cream or cream.

TIP You can also serve with extra caramel sauce.

GRAIN & PASTA CHART

When referencing the lines inside the pot, always place grain in first, then add water/liquid up to the corresponding measurement line, select function, and press START/STOP to begin cooking. **See Page 5 for more information.**

INGREDIENT	DRY INGREDIENT AMOUNT		LIQUID AMOUNT (water or stock unless otherwise noted)		
	GRAMMES	CUPS	ML	CUPS	
Oats: Rolled, steel cut, or quick	80g	1 cup	360ml	Match cups used to levels in cooking pot	Water, milk, or milk alternative
	160g	2 cups	790ml		
	240g	3 cups	1.35L		
	320g	4 cups	1.54L		
Brown rice: short, long, or brown jasmine	80g	1 cup	480ml	Match cups used to levels in cooking pot.	
	360g	2 cups	960ml		
	540g	3 cups	1.44L		
	720g	4 cups	1.92L		
White rice: Short, medium or long grain	200g	1 cup	360ml	Match cups used to levels in cooking pot.	
	400g	2 cups	730ml		
	600g	3 cups	1.2L		
	800g	4 cups	1.92L		
Basmati rice	200g	1 cup	480ml	2 cups	
	400g	2 cups	960ml	4 cups	
	600g	3 cups	1.44L	6 cups	
	800g	4 cups	1.92L	8 cups	
Jasmine rice	190g	1 cup	300ml	1¼ cups	
	380g	2 cups	730ml	3 cups	
	570g	3 cups	960ml	4½ cups	
	760g	4 cups	1.44L	6 cups	
Arborio rice	200g	1 cup	480ml	2 cups	
	400g	2 cups	960ml	4 cups	
	600g	3 cups	1.44L	6 cups	
	800g	4 cups	1.92L	8 cups	

NOTE: Built-in grain measurement lines **ONLY** work when using for white rice (short, medium or long grain), brown rice (short, long, or brown jasmine), and oats—**DO NOT** use the lines when cooking any other grain. See chart below

FUNCTION	TIPS
OATS	When cooking is complete, stir oats and allow to sit for 4–5 minutes before serving to ensure all liquid is absorbed.
BROWN RICE	Rinse rice before cooking. Fluff before serving and season as desired.
WHITE RICE	Rinse rice before cooking. Fluff before serving and season as desired.
WHITE RICE	Rinse rice before cooking. Fluff before serving and season as desired.
WHITE RICE	Rinse rice before cooking. Fluff before serving and season as desired.
WHITE RICE	After cooking, season as desired. For a “risotto” style dish, add additional stock, Parmesan cheese, and herbs until desired consistency is achieved.

TIP When using a grain/pasta function, unit will display an animation while cooking and then automatically switch to the Keep Warm function while displaying a count-up timer.

GRAIN & PASTA CHART, continued

When referencing the lines inside the pot, always place grain in first, then add water/liquid up to the corresponding measurement line, select function, and press **START/STOP** to begin cooking. **See Page 5 for more information.**

INGREDIENT	DRY INGREDIENT AMOUNT		LIQUID AMOUNT (water or stock unless otherwise noted)		
	GRAMMES	CUPS	ML	CUPS	
Sushi rice	200g	1 cup	300ml	1¼ cups	Water, milk, or milk alternative
	400g	2 cups	600ml	2½ cups	
	600g	3 cups	600ml	3¾ cups	
	800g	4 cups	1.2L	5 cups	
Wild or red rice	185g	1 cup	300ml	1¼ cups	
	370g	2 cups	600ml	2½ cups	
	560g	3 cups	325ml	3¾ cups	
	740g	4 cups	1.2L	5 cups	
Farro, spelt, or freekeh	170g	1 cup	480ml	2 cups	
	340g	2 cups	960ml	4 cups	
	510g	3 cups	1.44L	6 cups	
	380g	4 cups	1.92L	8 cups	
Quinoa	180g	1 cup	480ml		
	360g	2 cups	960ml		
	540g	3 cups	1.44L		
	720g	4 cups	1.92L		
White pasta: Short pasta: macaroni, orecchiette Medium pasta: penne, rigatoni Long pasta: spaghetti, fettuccine	250g		480ml		
	500g		840ml		

NOTE: Built-in grain measurement lines **ONLY** work when using for white rice (short, medium or long grain), brown rice (short, long, or brown jasmine), and oats—**DO NOT** use the lines when cooking any other grain. See chart below

FUNCTION

TIPS

WHITE RICE

Rinse rice before cooking. Fluff before serving and season as desired.

BROWN RICE

Fluff before serving and season as desired.

BROWN RICE

Fluff before serving and season as desired.

BROWN RICE

Fluff before serving and season as desired.

PASTA

Remove lid when water comes to a boil. When cooking is complete, stir pasta and season as desired. To add sauce, pour sauce over pasta and warm using the SEAR/SAUTÉ function.

Alternative pastas, such as whole wheat, gluten free, or chick pea, will **NOT** work with the PASTA function.

TIP When using a grain/pasta function, unit will display an animation while cooking and then automatically switch to the Keep Warm function while displaying a count-up timer.

SLOW COOK CHART

Cook proteins low and slow for flavourful and tender results.

PROTEIN	AMOUNT	PREPARATION
BEEF		
Silverside Brisket	1.25-1.35kg	Season as desired
Braising/casserole/chuck steak	1.35-1.8kg	Season as desired
Short ribs (bone in)	1.35kg (approx. 5-6 ribs)	Season as desired
Top round	1.35-1.8kg	Season as desired
PORK		
Baby back ribs	1 rack, cut in half (1.35kg)	Season as desired
Gammon	1.25-1.35kg	Season as desired
Pork shoulder	1.25-1.35kg	Season as desired
CHICKEN		
Chicken breasts (bone in)	1.35kg (approx. 4-5 breasts)	Season as desired
Chicken breasts (boneless, skinless)	1.35kg (approx. 6-7 breasts)	Season as desired
Chicken thighs (bone in)	1.35kg (approx. 6-7 thighs)	Season as desired
Chicken thighs (boneless, skinless)	1.35kg (approx. 6-7 thighs)	Season as desired
Chicken wings	1.25-1.35kg	Season as desired
Whole chicken	1.25-1.35kg	Season as desired
LAMB		
Half leg of lamb	1kg	Season as desired
Shanks	1kg	Season as desired

TIP For a great all-purpose seasoning, combine 1 tablespoon onion powder, 1/4 teaspoon garlic powder, and 2 tablespoons of salt, then generously season protein before slow cooking.

WATER/STOCK	COOK TIME LOW	COOK TIME HIGH
480ml	7-9 hours	3 ½-4 hours
480ml	6-8 hours	3-4 hours
480ml	6-8 hours	3 ½-4 ½ hours
480ml	9-10 hours	3-4 hours
480ml	4-6 hours	2-3 hours
480ml	6-8 hours	2-3 hours
480ml	5-8 hours	4-6 hours
480ml	6-7 hours	3-4 hours
480ml	6-7 hours	3-4 hours
480ml	6-7 hours	3-4 hours
480ml	6-7 hours	3-4 hours
480ml	6-7 hours	3-4 hours
480ml	6-7 hours	3-4 hours
480ml	4-6 hours	2-3 hours
480ml	6-7 hours	3-4 hours

STEAM CHART

Place water in pot, vegetables in a single layer on rack.

VEGETABLE	WEIGHT	SIZE/PREPARATION
Asparagus	250g	whole spears
Beans, fine green	300g	whole, trimmed
Broccoli	400g	5cm florets
Brussels sprouts	200g	whole, trimmed
Carrots	500g	4cm lengths
Cauliflower	500g	5cm florets
Courgette	500g	2.5cm slices
Potatoes	800g	2.5-3cm chunks
Potatoes, new	500g	whole, or halved if large
Potatoes, sweet	800g	3cm chunks
Spinach	200g	whole leaves
Tenderstem broccoli	200g	Whole

WATER	SEASONING IDEAS	STEAMING TIME
240ml	Olive oil	3-5 minutes
240ml	Garlic, peeled, minced	5-8 minutes
240ml	Olive oil	7-9 minutes
240ml	Thyme	7-10 minutes
240ml	Honey	6-10 minutes
240ml	Cumin	5-10 minutes
240ml	Olive oil and Italian seasoning	5-10 minutes
240ml	Parsley or dill	12-15 minutes
240ml	Parsley or mint	9-14 minutes
240ml	Olive oil and garlic, peeled, minced	10-15 minutes
240ml	Olive oil and garlic, peeled, minced	3-5 minutes
240ml	Olive oil, sea salt	7-9 minutes

NOTES

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NINJA Foodi POSSIBLE COOKER

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