

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

# NINJA®

## AIR FRYER

# QUICK START GUIDE

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+ COOKING CHARTS  
+ 20 IRRESISTIBLE RECIPES


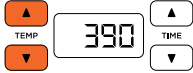
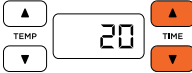
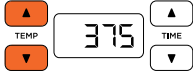
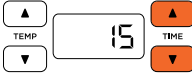

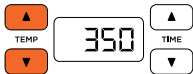
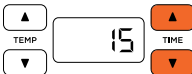



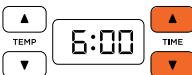
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# USING YOUR AIR FRYER'S FUNCTIONS

Pull crispy meals out of thin air.

The Ninja® Air Fryer circulates super-hot air around your food to remove moisture from its surface to give it that golden-brown, crispy finish.

**PREHEAT RECOMMENDATION:** Let the unit preheat for 3 minutes before adding ingredients.

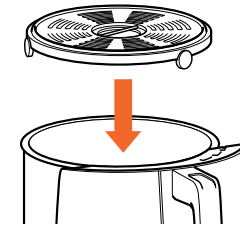
FUNCTION	ACCESSORY REQUIRED	TEMP	TIME
<b>AIR FRY</b>	 Crisper Plate	 Adjust temp as needed	 Set time, in minutes, and press START/PAUSE to begin
<b>ROAST</b>		 Adjust temp as needed	 Set time, in minutes, and press START/PAUSE to begin
<b>REHEAT</b>	 Crisper Plate	 Adjust temp as needed	 Set time, in minutes, and press START/PAUSE to begin
<b>DEHYDRATE</b>	  Multi-Layer Rack Crisper Plate	 Adjust temp as needed	 Set time in 15-minute increments, and press START/PAUSE to begin

# AIR FRY 101



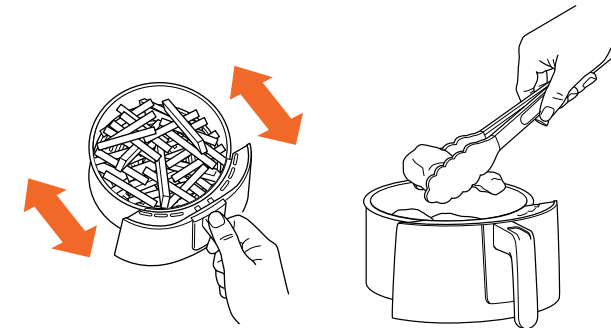
## PREHEAT

For best cooking and crisping results, always preheat your Ninja Air Fryer for 3 minutes.



## CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry.



## 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.

# Air Fry Cooking Chart

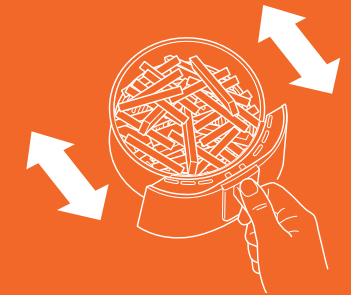
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Asparagus	1 bunch	Whole, stems trimmed	2 tsp	390°F	8-12 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	25-30 mins
Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	390°F	10-12 mins
Brussels sprouts	1 lb	Cut in half, stem removed	1 Tbsp	390°F	15-20 mins
Butternut squash	1-1 1/2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	20-25 mins
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	13-16 mins
Cauliflower	1 head	Cut in 1-inch florets	2 Tbsp	390°F	15-20 mins
Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	390°F	12-15 mins
Green beans	1 bag (12 oz)	Trimmed	1 Tbsp	390°F	8-10 mins
Kale (for chips)	6 cups, packed	Torn in pieces, stems removed	None	300°F	8-10 mins
Mushrooms	8 oz	Rinsed, cut in quarters	1 Tbsp	390°F	7-9 mins
Potatoes, russet	1 1/2 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	18-20 mins
	1 lb	Hand-cut fries*, thin	1/2-3 Tbsp, canola	390°F	20-24 mins
	1 lb	Hand-cut fries*, thick	1/2-3 Tbsp, canola	390°F	23-26 mins
	4 whole (6-8 oz)	Pierced with fork 3 times	None	390°F	30-35 mins
Potatoes, sweet	1 1/2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15-20 mins
	4 whole (6-8 oz)	Pierced with fork 3 times	None	390°F	30-35 mins
Zucchini	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-18 mins
<b>POULTRY</b>					
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	2 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	375°F	18-22 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	390°F	22-26 mins
<b>FISH &amp; SEAFOOD</b>					
Crab cakes	2 cakes (6-8 oz each)	None	Brushed with oil	350°F	12-15 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	375°F	5-8 mins
Salmon fillets	2 fillets (4 oz each)	None	Brushed with oil	390°F	10-13 mins
Shrimp	16 large	Whole, peeled, tails on	1 Tbsp	390°F	7-10 mins

\*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 results.

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

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

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



Shake your food

OR



Toss with silicone-tipped tongs

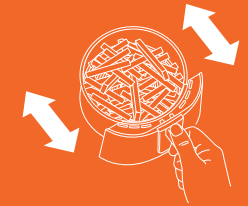
# Air Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>BEEF</b>					
Burgers	4 quarter-pound patties, 80% lean	1 inch thick	None	375°F	8-10 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10-20 mins
<b>PORK &amp; LAMB</b>					
Bacon	4 strips, cut in half	None	None	350°F	8-10 mins
Pork chops	2 thick-cut, bone-in chops (10-12 ounces each)	Bone in	Brushed with oil	375°F	15-17 mins
	4 boneless chops (8 ounces each)	Boneless	Brushed with oil	375°F	14-17 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brushed with oil	375°F	25-35 mins
Sausages	4 sausages	Whole	None	390°F	8-10 mins
<b>FROZEN FOODS</b>					
Chicken cutlets	5 cutlets	None	None	390°F	18-21 mins
Chicken nuggets	1 box (12 oz)	None	None	390°F	10-13 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	14-16 mins
Fish sticks	18 fish sticks (11 ounces)	None	None	390°F	10-13 mins
French fries	1 lb	None	None	350°F	20-25 mins
French fries	2 lb	None	None	360°F	28-32 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	8-10 mins
Pot stickers	1 bag (24 oz, 20 count)	None	None	390°F	12-14 mins
Pizza rolls	1 bag (20 oz, 40 count)	None	None	390°F	12-15 mins
Popcorn shrimp	1 box (14-16 ounces)	None	None	390°F	9-11 mins
Tater tots	1 lb	None	None	360°F	18-22 mins

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

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

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



Shake your food

OR



Toss with silicone-tipped tongs

## TIPS & TRICKS

- 1 We recommend 3 minutes of preheating. You can use the built-in timer to set a 3-minute countdown.
- 2 To convert recipes designed for conventional ovens, reduce the temperature of the Air Fryer by 25°F. Check food frequently to avoid overcooking.
- 3 For best results with fresh vegetables and potatoes, use at least 1 tablespoon of oil. Add more oil as desired to achieve the preferred level of crispiness.
- 4 Use the crisper plate when you want food to come out crispy. The crisper plate elevates food in the basket, allowing air to go under the plate and evenly crisp ingredients.
- 5 Make sure the basket is fully inserted during cooking. For consistent browning, arrange ingredients in an even layer on the bottom of the basket with no overlapping.
- 6 Cook time and temperature can also be adjusted at any time during cooking. Simply press the up and down TIME or TEMP arrows to adjust the time or temperature.
- 7 For best results, check progress throughout cooking, and shake basket frequently. Remove food when desired level of brownness has been achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins. Remove food immediately after the cook time is complete remove food immediately to avoid overcooking.
- 8 Occasionally, the fan from the air fryer will blow lightweight food around. To alleviate this, secure food (like the top slice of bread on a sandwich) with toothpicks.

# Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
<b>FRUITS &amp; VEGETABLES</b>			
Apples	Core removed, cut in 1/8-inch slices, rinsed in lemon water, patted dry	135°F	7-8 hours
Asparagus	Cut in 1-inch pieces, blanch	135°F	6-8 hrs
Bananas	Peeled, cut in 3/8-inch slices	135°F	8-10 hrs
Beets	Peeled, cut in 1/8-inch slices	135°F	6-8 hrs
Eggplant	Peeled, cut in 1/4-inch slices, blanch	135°F	6-8 hrs
Fresh Herbs	Rinsed, patted dry, stems removed	135°F	4 hrs
Ginger root	Cut in 3/8-inch slices	135°F	6 hrs
Mangoes	Peeled, cut in 3/8-inch slices, pit removed	135°F	6-8 hrs
Mushrooms	Cleaned with soft brush (do not wash)	135°F	6-8 hrs
Pineapple	Peeled, cored, cut in 3/8-1/2-inch slices	135°F	6-8 hrs
Strawberries	Cut in half or in 1/2-inch slices	135°F	6-8 hrs
Tomatoes	Cut in 3/8-inch slices or grated; steam if planning to rehydrate	135°F	6-8 hrs
<b>MEAT, POULTRY, FISH</b>			
Beef	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 17)	150°F	5-7 hours
Chicken	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 17)	150°F	5-7 hours
Turkey	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 17)	150°F	5-7 hours
Salmon	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 17)	150°F	3-5 hours

## TIPS & TRICKS

- 1 Use a kitchen mandolin slicer to slice fruits and vegetables to a consistent, thin size.
- 2 In most cases, fruits and vegetables should be sliced as thin as possible without falling apart.
- 3 Some fruits, like apples and pears, will oxidize and should be soaked for 5 minutes in water with a squeeze of lemon juice. This will help them retain their color while they dehydrate.
- 4 Fruits and vegetables should be patted as dry as possible before being loaded into the dehydrator.
- 5 Lay raw food flat on bottom of basket, crisper plate, and multi-layer rack. Food should be placed close together to optimize space but individual pieces should not overlap or be stacked.
- 6 Most fruits and vegetables take between 6 and 8 hours (at 135°F) to dehydrate. When trying a new food load, start checking doneness at 6 hours and monitor until it is cooked to your liking.
- 7 To maximize longevity, store dehydrated foods at room temperature in an air-tight container for up to 2 weeks.
- 8 When dehydrating meats and fish, it is recommended to Roast at 330°F for 1 minute as a final step in order to fully pasteurize the food.
- 9 For jerky, the longer you dehydrate it, the crispier it will be.

# FROZEN FRENCH FRIES

COOK: 20-23 MINUTES | MAKES: 5-6 SERVINGS

## INGREDIENTS

1 pound frozen French fries



**TIP:** For crispier fries, shake or toss with silicone-tipped tongs 2 separate times during cooking.



Insert crisper plate in basket and insert basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 350°F, and setting the time to 3 minutes. Select START/PAUSE to begin.



After 3 minutes, add fries to basket; reinsert basket. Select AIR FRY, set temperature to 350°F, and set time to 23 minutes. Select START/PAUSE to begin.



After 10 minutes, select START/PAUSE to pause cooking. Remove basket from unit and shake fries or toss them with silicone-tipped tongs. Reinsert basket and select START/PAUSE to resume cooking for 10 more minutes. Check for desired crispiness, cooking for an additional 3 minutes if needed. When cooking is complete, serve with your favorite dipping sauce.

# HAND-CUT FRIES

PREP: 10 MINUTES | COOK: 20-25 MINUTES | MAKES: 5-6 SERVINGS

## INGREDIENTS

1 pound russet or Idaho potatoes, cut in thin 2-inch strips  
1/2-3 tablespoons canola oil

## 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 Place all ingredients into a large mixing bowl; toss to combine. Use at least 1/2 tablespoon oil. For crispier results, use up to 3 tablespoons oil.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 390°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, place fries on the crisper plate; reinsert basket. Select AIR FRY, set temperature to 390°F, and set time to 25 minutes. Select START/PAUSE to begin.
- 5 After 10 minutes, select START/PAUSE to pause cooking. Remove basket from unit and shake fries or toss them with silicone-tipped tongs. Reinsert basket and select START/PAUSE to resume cooking.
- 6 Check fries after 20 minutes. For crispier fries, continue cooking for up to 25 minutes.
- 7 When cooking is complete, serve immediately with your favorite dipping sauce.

**TIP:** Shaking the fries is key for getting them crisp and golden brown, so shake or toss with silicone-tipped tongs frequently.

BASICS

# JALAPEÑO POPPERS

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

## INGREDIENTS

1/2 block (4 ounces) cream cheese, softened  
 1/2 bag (4 ounces) shredded cheddar cheese  
 1 tablespoon kosher salt  
 8 jalapeño peppers, cut in half lengthwise, stems left on, seeds and membranes removed  
 8 strips uncooked bacon

## DIRECTIONS

- 1 In a small mixing bowl, mix together the cream cheese, cheddar, and salt.
- 2 Using a small teaspoon or coffee spoon, fill each jalapeño half with the cheese mixture, making sure not to overfill.
- 3 Place 2 pepper halves together, then wrap each pepper with 1 piece of bacon. Repeat with remaining peppers.
- 4 Insert crisper plate in basket and basket in unit. Then preheat the unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 5 After 3 minutes, place peppers on crisper plate; reinsert basket. Select AIR FRY, set temperature to 360°F, and set time to 15 minutes. Select START/PAUSE to begin.
- 6 After 7 minutes, select START/PAUSE to pause cooking. Remove basket from unit and rotate peppers to ensure the bacon crisps on all sides. Reinsert basket and select START/PAUSE to resume cooking.
- 7 When cooking is complete, remove peppers and allow to cool for 10 minutes and then serve warm.

# BRUSSELS SPROUTS & BACON

**PREP:** 10 MINUTES | **COOK:** 18-20 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

1 pound Brussels sprouts, cut in half  
 5 strips uncooked bacon, cut in 1/8-inch pieces  
 2 teaspoons garlic powder  
 2 teaspoons black pepper  
 4 teaspoons kosher salt  
 1 tablespoon olive oil

## DIRECTIONS

- 1 Place all ingredients into a large mixing bowl; toss to combine.
- 2 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 390°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 3 After 3 minutes, place Brussels sprouts mixture on the crisper plate; reinsert basket. Select AIR FRY, set temperature to 390°F, and set time to 20 minutes. Select START/PAUSE to begin.
- 4 Halfway through cooking, select START/PAUSE to pause cooking. Remove basket from unit and toss Brussels sprouts. Reinsert basket and select START/PAUSE to resume cooking.
- 5 Begin checking Brussels sprouts for doneness/crispiness after 18 minutes and continue cooking for up to an additional 2 minutes if desired. When cooking is complete, serve immediately.

# CRISPY POTATOES WITH SPICY MAYO

**PREP:** 15 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

1 pound baby potatoes, cut in quarters  
2 tablespoons extra virgin olive oil  
3 teaspoons hot paprika, divided  
1 tablespoon plus 1 teaspoon smoked paprika, divided  
1 tablespoon plus 1 teaspoon garlic powder, divided  
4 teaspoons kosher salt, divided  
1/2 cup mayonnaise  
2 tablespoons sundried tomato paste  
2 tablespoons sherry or white wine vinegar  
1/2 cup fresh parsley, finely chopped, for garnish

## DIRECTIONS

- 1 In a large mixing bowl, toss the potatoes in olive oil, 2 teaspoons hot paprika, 1 tablespoon smoked paprika, 1 tablespoon garlic powder, and 2 teaspoons salt.
- 2 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 3 After 3 minutes, place seasoned potatoes on crisper plate; reinsert basket. Select AIR FRY, set temperature to 360°F, and set time to 25 minutes. Select START/PAUSE to begin.
- 4 Halfway through cooking, select START/PAUSE to pause cooking. Remove basket from unit and toss potatoes. Reinsert basket and select START/PAUSE to resume cooking.
- 5 While potatoes are cooking, mix together mayonnaise, tomato paste, vinegar, and remaining seasonings in a small bowl.
- 6 When cooking is complete, garnish potatoes with parsley and serve with spicy mayo.

# FRIED PICKLES

**PREP:** 10 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

20 dill pickle slices  
1/4 cup all-purpose flour  
1/8 teaspoon baking powder  
3 tablespoons beer or seltzer water  
1/8 teaspoon kosher salt  
2 tablespoons water, plus more if needed  
2 tablespoons cornstarch  
1 1/2 cups panko bread crumbs  
1 teaspoon paprika  
1 teaspoon garlic powder  
1/4 teaspoon cayenne pepper  
2 tablespoons canola oil, divided

## DIRECTIONS

- 1 Pat the pickle slices dry and place them on a dry plate in the freezer.
- 2 In a mixing bowl, stir together flour, baking powder, beer or seltzer water, salt, and 2 tablespoons water. Batter should be the consistency of cake batter. If batter is too thick, add more water, 1 teaspoon at a time.
- 3 Place cornstarch in a shallow bowl. Combine bread crumbs, paprika, garlic powder, and cayenne pepper in a separate shallow bowl.
- 4 Remove pickles from freezer. Dredge each one in cornstarch. Tap off excess, then coat in batter. Then coat evenly with bread crumbs.
- 5 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 6 After 3 minutes, place breaded pickles on crisper plate. Spray or gently brush them with 1 tablespoon canola oil. Insert basket in unit.
- 7 Select AIR FRY, set temperature to 360°F, and set time to 10 minutes. Select START/PAUSE to begin.
- 8 Halfway through cooking, select START/PAUSE to pause cooking. Remove basket from unit and flip pickles and spray or gently brush them with remaining 1 tablespoon oil. Reinsert basket and select START/PAUSE to resume cooking.
- 9 When cooking is complete, serve immediately with your favorite dipping sauce.



# ZUCCHINI STICKS WITH MARINARA SAUCE

**PREP:** 25 MINUTES | **FREEZE:** 30-45 MINUTES  
**COOK:** 20 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

2 large zucchini, cut in sticks  
1/4 inch thick and 3 inches long  
2 teaspoons kosher salt  
1 1/2 cups all-purpose flour  
2 eggs, beaten  
2 cups seasoned bread crumbs  
1/4 cup grated Parmesan cheese  
1 tablespoon garlic powder  
2 teaspoons onion powder  
1/2 cup marinara sauce,  
for serving

## DIRECTIONS

- 1 Place zucchini sticks on a plate and sprinkle with salt. Allow to sit at room temperature for 15 minutes to remove excess water. Pat dry.
- 2 Place flour in a shallow bowl. Place eggs in another shallow bowl. Combine bread crumbs, Parmesan cheese, garlic powder, and onion powder into a third bowl or plate, stirring to combine.
- 3 Working in small batches, toss zucchini sticks in flour. Tap off excess, then coat in egg. Then toss with bread crumbs, coating evenly. Set breaded zucchini sticks on a dry plate.
- 4 Cover plate with plastic wrap and freeze for 30 to 45 minutes, or until the breading has hardened.
- 5 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 6 After 3 minutes, place zucchini sticks on crisper plate. Select AIR FRY, set temperature to 360°F, and set time to 20 minutes. Select START/PAUSE to begin.
- 7 Halfway through cooking, select START/PAUSE to pause cooking. Remove basket from unit and toss zucchini sticks. Reinsert basket and select START/PAUSE to resume cooking.
- 8 When cooking is complete, serve immediately with marinara sauce.

# BEEF JERKY

**PREP:** 15 MINUTES | **MARINATE:** 8 HOURS | **COOK:** 5-8 HOURS  
**MAKES:** 3 CUPS (6 OUNCES) DRIED JERKY

## INGREDIENTS

1/4 cup soy sauce  
2 tablespoons  
Worcestershire sauce  
2 tablespoons dark brown sugar  
1 teaspoon ground black pepper  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon paprika  
2 teaspoons kosher salt  
1 pound uncooked beef eye  
of round, cut in 1/4-inch slices

## DIRECTIONS

- 1 Whisk together all ingredients, except beef. Place mixture into large resealable plastic bag.
- 2 Add beef to bag and rub to coat. Marinate in refrigerator for 8 hours or overnight.
- 3 Strain meat; discard excess marinade.
- 4 Remove the crisper plate from the basket. Lay half the sliced meat flat on the bottom of the basket in one layer. Place the crisper plate on top of the meat. Place remaining meat on the crisper plate.
- 5 Insert basket in unit. Select DEHYDRATE, set temperature to 150°F, and set time to 7 hours. Select START/PAUSE to begin. Check after 5 hours, then cook until desired texture is reached.
- 6 When cooking is complete, remove jerky and store in an airtight container.

# FRENCH TOAST BREAD PUDDING

**PREP:** 10 MINUTES | **CHILL:** 30 MINUTES-8 HOURS  
**COOK:** 40 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

4 eggs  
 ¾ cup heavy cream  
 1 tablespoon sugar  
 2 teaspoons orange liqueur  
 1 teaspoon kosher salt  
 ¼ teaspoon ground cloves  
 9 precooked pecan sticky  
 or cinnamon buns  
 (2 ¼ ounces each),  
 cut in quarters  
 ½ cup dried cherries

## DIRECTIONS

- 1 In a large mixing bowl, whisk together eggs, heavy cream, and sugar until smooth. Add orange liqueur, salt, and ground cloves and whisk to incorporate.
- 2 Add sticky buns and cherries to the egg mixture and liberally coat. Cover the bowl and refrigerate for 30 minutes to 8 hours.
- 3 Remove the crisper plate from the basket and insert basket in unit. Preheat the unit by selecting ROAST, setting the temperature to 400°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, remove the basket and spray liberally with cooking spray. Pour the bread mixture directly into the bottom of the basket. Pat the mixture down evenly using a spatula, then reinsert basket.
- 5 Select ROAST, set temperature to 325°F, and set time to 45 minutes. Select START/PAUSE to begin.
- 6 After 30 minutes, select START/PAUSE to pause cooking. Remove basket from unit and cover the surface of bread pudding with aluminum foil to allow the eggs to fully set without burning the tops. Reinsert basket and select START/PAUSE to resume cooking.
- 7 Cooking is complete when internal temperature reaches 160°F. Remove basket and let bread pudding cool for 10 minutes before serving.

# BACON & PEPPER BREAKFAST HASH

**PREP:** 15 MINUTES | **COOK:** 43-45 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

½ package (8 ounces) uncooked  
 bacon, cut in ¼-inch pieces  
 1 small yellow onion,  
 peeled, diced  
 1 red bell pepper, diced  
 2 russet potatoes, peeled, diced  
 1 teaspoon paprika  
 1 teaspoon black pepper,  
 plus more for seasoning  
 1 teaspoon celery or garlic salt  
 1 teaspoon kosher salt,  
 plus more for seasoning  
 4 eggs

## DIRECTIONS

- 1 Remove the crisper plate from the basket and insert basket in unit. Preheat the unit by selecting ROAST, setting the temperature to 300°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 2 After 3 minutes, add bacon to the basket. Select ROAST, set temperature to 300°F, and set time to 45 minutes. Select START/PAUSE to begin. Cook for 5 minutes, or until bacon is crispy, stirring occasionally.
- 3 Add the onion, pepper, potatoes, and spices to the basket. Stir to incorporate, then insert basket in unit.
- 4 Cook for 35 minutes, stirring occasionally, until potatoes are cooked through and golden brown.
- 5 Once vegetables are cooked, select START/PAUSE to pause cooking. Remove basket from unit and crack four eggs onto the surface of the hash. Season with additional salt and pepper, to taste. Reinsert basket and select START/PAUSE to resume cooking.
- 6 Cook for 3 to 5 minutes, or until eggs are cooked to desired doneness. Serve immediately.

# BREAKFAST POCKETS

**PREP:** 15 MINUTES | **COOK:** 39 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

2 sheets puff pastry (one 17.25 ounce box), room temperature  
1 package (6 ounces) ground breakfast sausage, crumbled  
2 eggs, lightly beaten  
1 teaspoon kosher salt  
1/2 teaspoon ground black pepper  
1 cup shredded cheddar cheese  
2 tablespoons canola oil

## DIRECTIONS

- 1 Cut each puff pastry sheet into 4 equal-sized rectangles; set aside.
- 2 Remove crisper plate from basket. Place crumbled sausage in basket. Insert basket in unit.
- 3 Select ROAST, set temperature to 375°F, and set time to 15 minutes. Select START/PAUSE to begin. Check sausage every 2 or 3 minutes, breaking apart larger pieces with a wooden spoon.
- 4 After 10 minutes, select START/PAUSE to pause cooking. Remove basket from unit and pour eggs into basket. Stir to evenly incorporate with the sausage. Reinsert basket and select START/PAUSE to resume cooking. Allow eggs to cook for the remaining 5 minutes, then transfer sausage and egg mixture to a plate to cool slightly. Season with salt and pepper.
- 5 Divide sausage and egg mixture evenly between 4 rectangles of puff pastry. Top each with 1/4 cup shredded cheese. Place another piece of puff pastry on top of each, crimping pastry sheets together with a fork. Brush each assembled pocket gently with canola oil.
- 6 Insert crisper plate in basket and place one pocket on the crisper plate. Insert basket in unit. Select AIR FRY, set temperature to 400°F, and set time to 6 minutes. Select START/PAUSE to begin.
- 7 Cooking is complete when pastry has risen and the top is golden brown.
- 8 Repeat steps 6 and 7 with remaining pockets.

# SPICE-RUBBED CHICKEN BREASTS WITH CHIMICHURRI

**PREP:** 15 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

2 teaspoons kosher salt  
1 tablespoon ground paprika  
1 tablespoon chili powder  
1 tablespoon ground fennel  
1 teaspoon fresh cracked black pepper  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon ground cumin  
2 uncooked bone-in, skin-on chicken breasts (3/4-1 1/4 pounds each)  
1 tablespoon canola oil

## CHIMICHURRI

1/4 cup olive oil  
1/2 bunch fresh cilantro  
1/2 bunch fresh parsley  
1 shallot, peeled, cut in quarters  
4 cloves garlic, peeled  
Zest and juice of 1 lemon  
1 teaspoon kosher salt

## DIRECTIONS

- 1 In a small mixing bowl, stir together all dried spices.
- 2 Pat the chicken breasts dry. Coat with canola oil, then season them liberally on all sides with spice mixture.
- 3 Insert crisper plate in basket and basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 300°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, add chicken to the basket. Select AIR FRY, set temperature to 300°F, and set time to 35 minutes. Select START/PAUSE to begin.
- 5 While chicken is cooking, combine the chimichurri ingredients in a food processor and process until finely minced, being careful not to over-process.
- 6 Cooking is complete when internal temperature reaches 165°F. Remove basket and let chicken cool for 5 minutes, then serve with a generous amount of chimichurri.

# LEMON & HERB PANKO CRUSTED COD

**PREP:** 5 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

2 uncooked cod fillets  
(6 ounces each)  
3 teaspoons kosher salt, divided  
 $\frac{3}{4}$  cup panko bread crumbs  
2 tablespoons butter, melted  
 $\frac{1}{4}$  cup fresh parsley, minced  
Zest and juice of 1 lemon

## DIRECTIONS

- 1 Insert crisper plate in basket and basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 360°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 2 While unit is preheating, season each cod fillet on all sides with 1 teaspoon salt.
- 3 In a mixing bowl, stir together bread crumbs, butter, parsley, lemon zest and juice, and remaining 1 teaspoon salt. Mix thoroughly so the bread crumbs are coated with lemon and butter.
- 4 Generously pack the top of each cod fillet with seasoned breading.
- 5 After 3 minutes, place the fillets, breaded side up, in the basket. Insert basket in unit.
- 6 Select AIR FRY, set temperature to 360°F, and set time to 15 minutes. Select START/PAUSE to begin.
- 7 Cook for 12 to 15 minutes. Cooking is complete when internal temperature reaches 145°F. Remove fillets and serve immediately.

# PORK LOIN WITH VEGETABLES

**PREP:** 15 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

1 medium zucchini, cut in 1-inch pieces  
1 medium yellow squash, cut in 1-inch pieces  
1 red onion, peeled, cut in eighths  
3 teaspoons kosher salt, divided  
3 teaspoons ground black pepper, divided  
2 teaspoons fresh oregano, chopped  
1 tablespoon olive oil  
1 uncooked pork loin roast (24 ounces)

## DIRECTIONS

- 1 In a large mixing bowl, toss zucchini, squash, and onion (making sure to separate the onion layers) with 1 teaspoon salt, 1 teaspoon pepper, oregano, and olive oil. Season the pork loin on all sides with the remaining salt and pepper.
- 2 Insert crisper plate in basket and basket in unit. Preheat the unit by selecting AIR FRY, setting the temperature to 325°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 3 After 3 minutes, place vegetables on the crisper plate. Lay the pork, fat-side down, on top of the vegetables.
- 4 Select AIR FRY, set temperature to 325°F, and set time to 40 minutes. Select START/PAUSE to begin.
- 5 After 20 minutes, select START/PAUSE to pause cooking. Remove basket from unit and flip pork loin. Stir vegetables. Reinsert basket and select START/PAUSE to resume cooking.
- 6 Cooking is complete when internal temperature reaches 145°F. Remove basket and let the pork cool for 5 to 10 minutes before serving.

# FRENCH BREAD PIZZA

**PREP:** 5 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 (12-inch) baguette, cut in half lengthwise, then cut in half across to make 4 pizza crusts  
 1/2 cup pizza or marinara sauce  
 1 cup shredded mozzarella cheese, divided

## TOPPINGS

12 pieces sliced pepperoni or sausage  
 1/2 green bell pepper, thinly sliced  
 2 button mushrooms, thinly sliced  
 Black olives

## GARNISHES

Grated Parmesan cheese  
 Dried oregano  
 Crushed red pepper

## DIRECTIONS

- 1 Coat each piece of bread with 2 tablespoons pizza sauce, allowing bread to absorb sauce.
- 2 Cover each piece of bread with 2 tablespoons cheese. Add desired toppings, then cover with the remaining cheese.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 400°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, place 2 pizzas on crisper plate; insert basket in unit. Select AIR FRY, set temperature to 400°F, and set time to 4 minutes. Select START/PAUSE to begin.
- 5 When cooking is complete, remove pizzas from crisper plate. Repeat step 4 with remaining pizzas.
- 6 Serve pizzas warm, with desired garnishes.

# LOADED BAKED POTATOES

**PREP:** 15 MINUTES | **COOK:** 38 MINUTES | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

2 russet potatoes  
 1/2 cup shredded cheddar cheese  
 1/2 can (7.5 ounces) chili without beans  
 2 teaspoons kosher salt

## FOR SERVING

2 tablespoons cooked bacon bits  
 2 tablespoons sour cream  
 Fresh scallions, thinly sliced

## DIRECTIONS

- 1 Pierce each potato 4 times with a fork.
- 2 Insert crisper plate in basket and place potatoes on crisper plate; insert basket in unit. Select AIR FRY, set temperature to 390°F, and set time to 35 minutes. Select START/PAUSE to begin.
- 3 After 35 minutes, remove potatoes from crisper plate. Slice them in half and spoon chili and cheese into each one. Return potatoes to crisper plate.
- 4 Select AIR FRY, set temperature to 390°F, and set time to 3 minutes. Select START/PAUSE to begin.
- 5 When cooking is complete, remove potatoes from crisper plate and top each with bacon bits, sour cream, and sliced scallions.

# BEEF & BROCCOLI

**PREP:** 10 MINUTES | **MARINATE:** 30 MINUTES  
**COOK:** 15 MINUTES | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

1 jar (12 ounces) teriyaki sauce, divided  
 1 tablespoon garlic powder  
 1/4 cup soy sauce  
 1 teaspoon crushed red pepper (optional)  
 1 pound uncooked sirloin steak, thinly sliced  
 1 head broccoli, cut in 1-inch florets  
 1 tablespoon canola oil  
 1 teaspoon kosher salt  
 1 teaspoon pepper  
 Cooked rice, for serving

## DIRECTIONS

- 1 In a large resealable plastic bag, mix together 3/4 cup teriyaki sauce, garlic powder, soy sauce, crushed red pepper, and beef. Let marinate in the refrigerator for at least 30 minutes, or up to 24 hours.
- 2 In a large mixing bowl, toss the broccoli with canola oil, salt, and pepper.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 375°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 4 After 3 minutes, place broccoli on the crisper plate; reinsert basket. Select AIR FRY, set temperature to 375°F, and set time to 15 minutes. Select START/PAUSE to begin.
- 5 After 5 minutes, select START/PAUSE to pause cooking. Remove basket from unit and move broccoli to one side of the crisper plate. Place beef on the other side. Reinsert basket and select START/PAUSE to resume cooking.
- 6 Cook beef and broccoli for remaining 10 minutes, stirring once halfway through.
- 7 When cooking is complete, serve immediately with remaining teriyaki sauce and rice.

# HOMEMADE FISH STICKS

**PREP:** 15 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

4 frozen tilapia fillets (4 ounces each)  
 1 cup all-purpose flour  
 2 large eggs, beaten  
 1 1/2 cups seasoned bread crumbs  
 1 tablespoon kosher salt

## FOR SERVING

1 lemon, cut in wedges  
 Tartar sauce  
 Ketchup

## DIRECTIONS

- 1 Remove tilapia from freezer. Allow to sit at room temperature for 10 minutes, then cut each fillet into quarters.
- 2 Place flour in a shallow bowl. Add eggs to another bowl. Combine bread crumbs and salt in a third bowl.
- 3 Working in small batches, dredge tilapia in flour. Tap off excess, then coat in egg. Then coat evenly with bread crumbs.
- 4 Insert crisper plate in basket. Preheat unit by selecting AIR FRY, setting the temperature to 390°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 5 After 3 minutes, place 8 fish sticks on crisper plate; insert basket in unit.
- 6 Select AIR FRY, set temperature to 390°F, and set time to 12 minutes. Select START/PAUSE to begin.
- 7 Halfway through cooking, select START/PAUSE to pause cooking. Remove basket from unit and flip fish sticks. Reinsert basket and select START/PAUSE to resume cooking.
- 8 When cooking is complete, remove fish sticks from crisping plate. Squeeze lemon wedges over them and serve immediately with tartar sauce or ketchup.
- 9 Repeat steps 4 through 8 with remaining fish sticks. They can also be placed in a resealable plastic bag and frozen for cooking later.

# FUDGE BROWNIES

**PREP:** 15 MINUTES | **COOK:** 1 HOUR | **MAKES:** 6-8 SERVINGS

## INGREDIENTS

1/2 cup all-purpose flour  
 1/4 cup unsweetened cocoa powder  
 3/4 teaspoon kosher salt  
 2 large eggs  
 1 tablespoon water  
 1/2 cup granulated sugar  
 1/2 cup packed dark brown sugar  
 1 tablespoon vanilla extract  
 1/2 bag (6 ounces) semisweet chocolate chips, melted  
 1 1/2 sticks (3/4 cup) unsalted butter, cut in pieces, melted

## DIRECTIONS

- 1 In a medium bowl, whisk together flour, cocoa powder, and salt.
- 2 In a separate large bowl, whisk together eggs, water, sugars, and vanilla until smooth.
- 3 In a separate bowl, stir together melted chocolate and butter until evenly combined, then whisk into the egg mixture. Slowly add dry ingredients to the mixture, stirring just until incorporated.
- 4 Spray a 7-inch round baking pan with cooking spray and add batter to the pan.
- 5 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 300°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 6 After 3 minutes, place baking pan on crisper plate; reinsert basket. Select AIR FRY, set temperature to 300°F, and set time to 1 hour. Select START/PAUSE to begin.
- 7 Begin checking brownies after 45 minutes. Cooking is complete when a wooden toothpick inserted in center comes out clean. Allow brownies to cool to room temperature before removing them from the pan.

# BAKED APPLES

**PREP:** 5 MINUTES | **COOK:** 45 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

2 apples (Fuji, Gala, or other baking apples), cut in half, core removed, skin left on  
 Juice of 1 lemon  
 4 teaspoons light brown sugar  
 1/2 stick (1/4 cup) butter, cut in 16 pieces  
 8 teaspoons granulated sugar

## TOPPINGS

Vanilla ice cream  
 Caramel syrup  
 Chopped peanuts  
 Crushed vanilla wafers  
 Crumbled graham crackers

## DIRECTIONS

- 1 Pierce each apple half with a fork 6 times.
- 2 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting the temperature to 325°F, and setting the time to 3 minutes. Select START/PAUSE to begin.
- 3 Place aluminum foil into the basket, over crisper plate. Place apple halves onto foil, cut-side up. Sprinkle with lemon juice and brown sugar and top each apple half with 4 pieces of butter.
- 4 Select AIR FRY, set temperature to 325°F, and set time to 45 minutes. Press START/PAUSE to begin.
- 5 After 25 minutes, select START/PAUSE to pause cooking. Remove basket from unit and sprinkle granulated sugar on top of the apples. Reinsert basket and select START/PAUSE to resume cooking for another 20 minutes, or until centers of apples are softened.
- 6 When cooking is complete, serve apples with your favorite toppings.





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