

# Cooking Cheat Sheet

## PRESSURE



### Fresh Boneless Chicken Breasts

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



### Fresh Pork Shoulder

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



### Long-Grain White Rice\*

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



### Brown Rice\*

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



### Potatoes (for mashing)

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

## STEAM



### Fresh Broccoli

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



### Fresh Corn on the Cob

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



### Fresh Asparagus

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



### Fresh Green Beans

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



### Fresh Carrots

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

## AIR CRISP



### Frozen Breaded Chicken Breasts

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



### Frozen Chicken Nuggets

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



### Frozen Fries

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



### Fresh Burgers

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



### Fresh Brussels Sprouts

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

## TenderCrisp™



### Fresh Whole Roast Chicken

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



### Fresh Ribs

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



### Head of Cauliflower

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



### Frozen Chicken Wings

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



### Frozen Steaks

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

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

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

# NINJA® Get to know your Foodi™

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

## Here's what's in the box



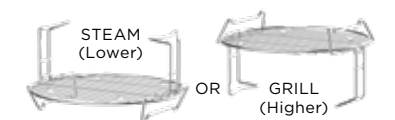
Foodi™



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



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



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



**Recipe Inspiration Guide**



**Cooking Cheat Sheet**



**Instruction Booklet**

## Why are there 2 lids?

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

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



**Pressure Lid**  
Pressure Cook  
Steam  
Slow Cook  
Sear/Sauté



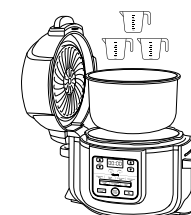
**Crisping Lid**  
Air Crisp  
Bake/Roast  
Grill



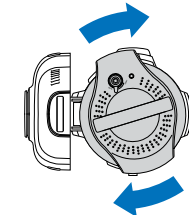
**Sear/Sauté**  
No lid required

## Getting started with pressure cooking?

Try this water test to practice with pressure.



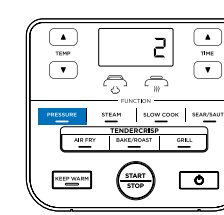
1. Add 700ml water to cooking pot.



2. Lock Pressure Lid.



3. Turn valve to SEAL.



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





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

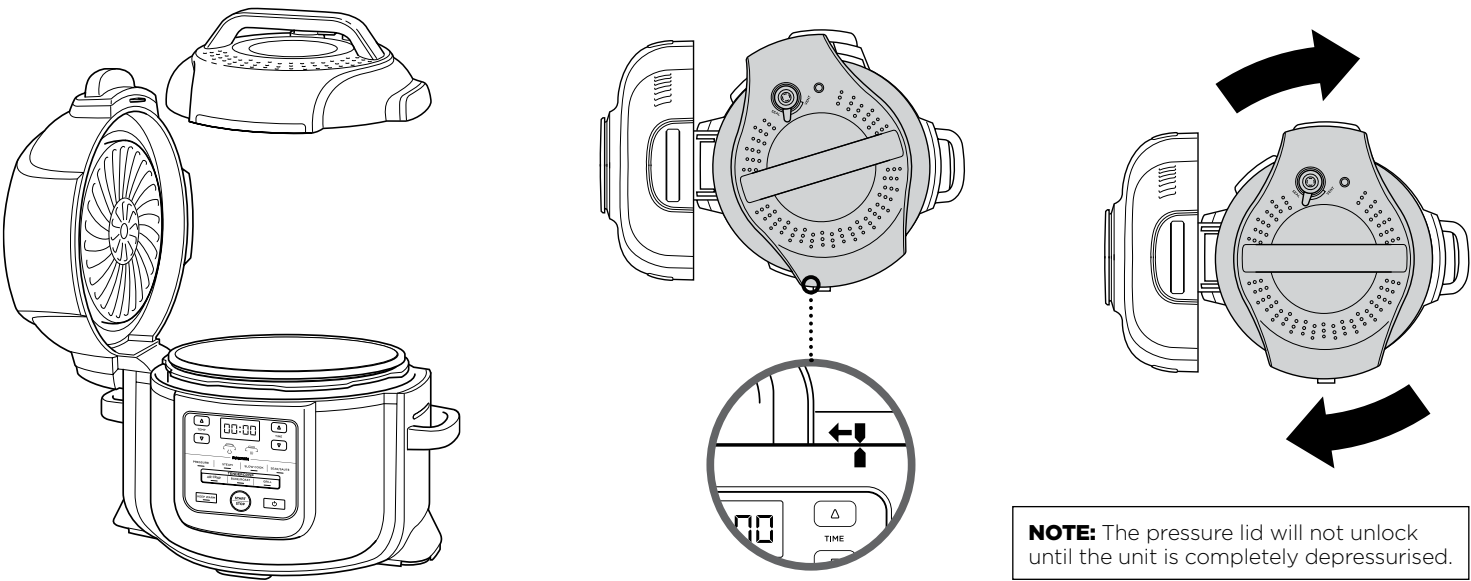


6. When the Foodi™ beeps, turn valve to **VENT** for quick release.

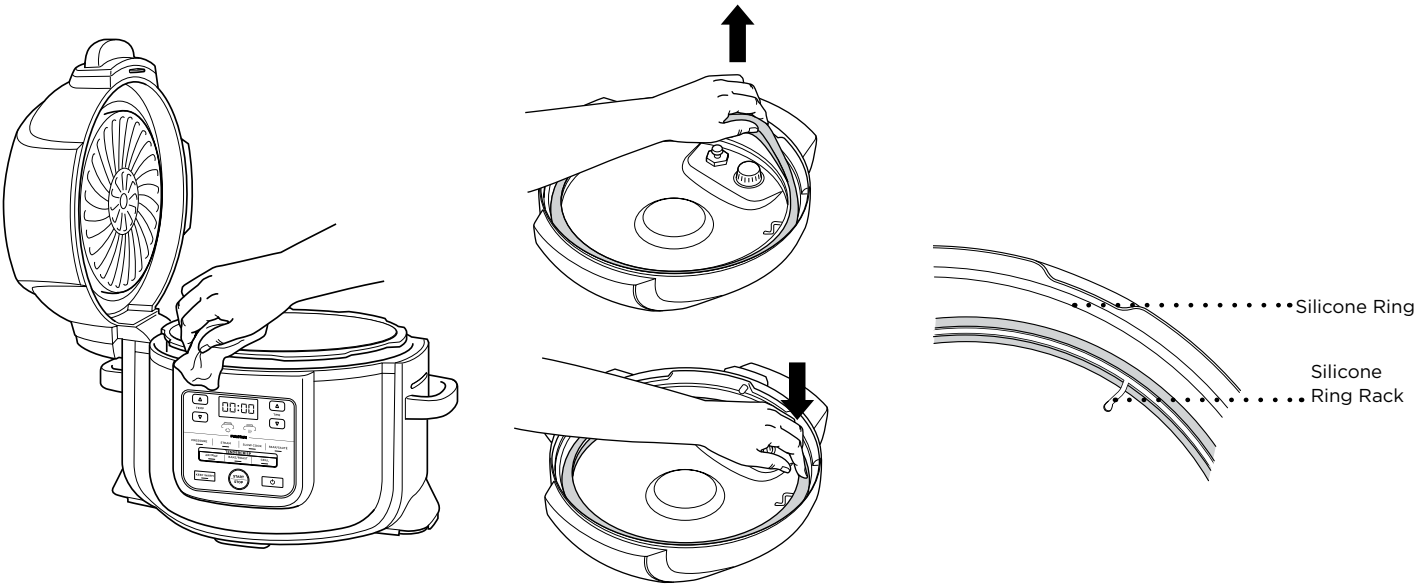
Go to [ninjakitchen.eu](http://ninjakitchen.eu) for how-to-videos

Installing and removing the pressure lid

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



Cleaning and Maintenance



Cleaning: Dishwasher & Hand-Washing

The unit should be cleaned thoroughly after every use.

Removing & Reinstalling the Silicone Ring

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















Keep the silicone ring clean to avoid odour.














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

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

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

Using your Foodi™ functions

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

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