



NINJA NeverStick Quick Start Guide

+ 1 IRRESISTIBLE RECIPE

Before First Use

Read all instructions carefully.

Wash cookware in hot, soapy water, then rinse and dry thoroughly.

Preheat your pan. To test if your pan is ready, drop a bit of water onto the hot surface and it will pill when the right temperature is reached.



Heat Settings



High*

Use **high** heat for boiling liquids and searing.

*Never leave an empty pan on high for more than 2 or 3 minutes.



Medium-high

Use **medium-high** heat for sautéing, frying, stir-frying, and making omelets.



Medium

Use **medium** heat for reducing liquids and making pancakes and sandwiches.



Low

Use **low** heat for warming foods, simmering, or preparing delicate sauces.

Tips & Tricks

Follow these tips and tricks to extend the life of your cookware.

USE APPROPRIATE HEAT



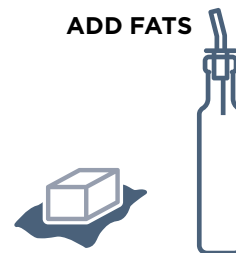
Use the recommended heat settings on the left to avoid overheating.

PREHEAT



Our pan construction makes for even heating and potentially longer preheat times than other cookware. Preheat for 2-3 minutes to help prevent sticking and ensure even cooking and searing.

ADD FATS



Use butter or oil as needed to enhance flavors when cooking. Never use aerosol cooking sprays—they can burn at low temperatures and leave residue behind that can lead to sticking.

CLEANING



These pans are easy to hand-wash in warm, soapy water, and melamine sponges can be used to help remove stubborn spots from the interior and exterior. The pans are also dishwasher safe.

Storage

When nesting pans for storage, we recommend using a pan protector or paper towel to protect the nonstick coating.

Use & Care Guide

Thank you for your purchase of Ninja® NeverStick Cookware. We hope you love your cookware and will be inspired to create something new in your kitchen.

This guide includes suggestions for how to maintain your cookware.

Features:

- Compatible with all cooktops, including induction
- Cookware and lids are dishwasher safe
- Safe for use with all utensil materials, including metal
- Oven and broiler safe up to 500°F
- PFOA free, lead free and cadmium free



REGISTER YOUR PURCHASE

- 🖱️ ninjakitchen.com/register/guarantee
- 📱 Scan QR code using mobile device

⚠️WARNING

BURN/SCALD HAZARD. High cooking temperatures and longer cooking times may cause handles and lids to get hot. Use caution when cooking on the stovetop, and always use a potholder or oven mitt to prevent burns when removing from the oven.

⚠️WARNING

FIRE HAZARD. Do not leave pots and pans unattended while cooking. Never let a pot or pan boil dry.

BEFORE FIRST USE

Read all instructions carefully. Wash cookware in hot, soapy water, then rinse and dry thoroughly.

STOVETOP USE

Safe for use on gas, electric, electric coil, halogen, induction, and nonstick cooktops. Be sure to use an appropriately sized burner for the pan you are cooking with, and never allow the handle to extend over the burner. If cooking on a gas range, do not allow the flame to rise along the outside of the pan as this may cause the handle to get hot. Avoid sliding cookware on glass cooktops as this can scratch the cooktop surface.

PREHEAT

Check to see if the pan is preheated by dropping a small amount of water onto the surface. It will pill when the right temperature is reached. Add oil or butter once the pan is ready. Oil and butter are not necessary, but they will help the food release and add flavor.

OVEN & BROILER USE

Ninja® NeverStick cookware and lids are oven and broiler safe to 500°F. If using cookware in an oven at temperatures between 400°F and 500°F, do not leave lids in oven for longer than 30 minutes. Allow lids to cool before immersing in water.

HANDLES

Our exclusively designed stainless steel handles are comfortable to hold and securely attached with double rivets so they won't become loose over time. Please note, short handles, high cooking temperatures, and long cook times can cause handles to get hot on the stovetop, and all handles will be hot when used in the oven. After use, we suggest using potholders or oven mitts when handling your cookware.

UTENSILS

Metal utensils including spatulas, spoons, whisks, and tongs are safe for use with your Ninja® Ninja® NeverStick Cookware, but softer utensils made of wood, silicone, or plastic will help protect the nonstick coating. Surface scratches will not impact nonstick performance. Never use sharp instruments such as knives or forks or appliances such as electric mixers to cut, chop, or whip foods in any nonstick pan. Such use will damage the nonstick finish and void the warranty.

CLEANING & CARE

Allow cookware to cool completely before washing. Never immerse a hot pan in cold water as this may lead to permanent warping. Always clean cookware thoroughly after use as grease buildup can lead to food sticking. If you notice grease buildup or discoloring on your cookware, clean thoroughly with baking soda and white vinegar, then wipe with a sponge or soft cloth. Melamine sponges can also be used to remove burnt-on oils and stubborn spots. Tip: If you notice water residue trapped between your lid, we recommend gently dabbing a paper towel on the rim and placing it on a drying rack or cloth overnight to remove any trapped moisture.

DISHWASHER

Use automatic dishwashing detergent without bleach or citrus additives. Frequent, regular dishwashing may eventually wear away your nonstick coating, so hand-washing is recommended as much as possible. If pots and pans are regularly washed in the dishwasher, some darkening of the exterior of the base may occur—this is normal and will not affect cooking performance.

HAND-WASHING

Use mild liquid dish soap. Abrasive pads and sponges should only be used if they are approved for use on nonstick cookware. **DO NOT** use abrasive cleansers or cleaning pads not rated for nonstick cookware, as they can damage cookware.

Get Started with a Classic



For the recipe below, you don't need any oil or butter. If you'd still like to use some for flavor or texture, place 1 tablespoon of either in the pan when preheating.

INGREDIENTS

1 large egg
Kosher salt, ground
pepper, herbs of choice,
as desired

DIRECTIONS

- 1 Place pan on burner and preheat on medium to medium-high heat for 2 to 3 minutes on a gas burner, or 4 to 5 minutes on an electric burner. Preheat times can vary a bit based on your stove, pan size, and burner size.
- 2 Crack egg in pan and let cook for at least 1 minute 30 seconds (up to 2 minutes) or until most of the white has set. Season egg with salt and/or pepper as desired.
- 3 Use a rubber or metal spatula to carefully flip egg over and cook for an additional minute to set the white. This will yield a runny yolk. Cook an extra 1 to 2 minutes for a firmer yolk.
- 4 Garnish with any herbs of your choice, like parsley or chives.

Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi™ friends on the Official Ninja Foodi Family™ Community.
[Facebook.com/groups/NinjaFoodiFamily](https://www.facebook.com/groups/NinjaFoodiFamily)

    @NinjaKitchen

 [youtube.com/EPNinjaKitchen](https://www.youtube.com/EPNinjaKitchen)

Preheat. Cook. Enjoy.

No matter what you cook, preheating is the best way to get the most out of your cookware. Here are preheating guidelines for some family favorites. Preheat times can vary a bit based on your stove, pan size, and burner size.



Seared Steak

preheat on high for 3 minutes
cook for 8 minutes
(4 minutes per side)



Pancakes

preheat on medium-high
for 3-4 minutes
cook for 3 minutes
(flip after 2 minutes)



Fajitas

preheat on medium-high
for 2 minutes
cook for 15 minutes

Recommended Heat Settings



Low

Use low heat for
warming foods,
simmering,
or preparing
delicate sauces.



Medium

Use medium heat for
reducing liquids and
making pancakes,
sandwiches, and
omelets.



Medium-High

Use medium-high
heat for sautéing,
frying, and stir-
frying.



High*

Use high heat for
boiling liquids
and searing.

*Never leave an empty
pan on high for more
than 2 or 3 minutes.

Beyond the Stove

Go from stovetop to the oven—finish cooking thick, juicy meats, melt cheese, brown crispy toppings, and bake one-pan dishes like scalloped potatoes. Do not cook in oven at temperatures above 500°F.



NINJA NeverStick™

Looking for more recipe inspiration, tips, and tricks?

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

[Facebook.com/groups/NinjaFoodiFamily](https://www.facebook.com/groups/NinjaFoodiFamily)

Looking for more recipe inspiration,
tips, and tricks? @NinjaKitchen

    @NinjaKitchen

 [youtube.com/EPNinjaKitchen](https://www.youtube.com/EPNinjaKitchen)

NINJA is a registered trademark of SharkNinja Operating LLC.
FOODI and OFFICIAL NINJA FOODI FAMILY are trademarks
of SharkNinja Operating LLC.

© 2025 SharkNinja Operating LLC.

C1XXX_C300XX_CW700XX_NeverstickSeries_QSG_Mv2