

PLEASE MAKE SURE TO READ THE ENCLOSED NINJA® OWNER'S GUIDE PRIOR TO USING YOUR UNIT.

NINJA®

FRENCH DOOR PREMIER

AIR FRYER | CONVECTION OVEN | TOASTER

Quick start guide | Recipes, charts, and guides to get started



YOUR GUIDE TO ELEVATED COOKING & CRISPING

Welcome to the Ninja® French Door Premier Air Fryer, Convection Oven, and Toaster. From here, you'll find helpful tips, tricks, and recipes to elevate your cooking.

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GET TO KNOW YOUR NINJA® FRENCH DOOR PREMIER

- 1 COOK FUNCTIONS**
- 2 DISPLAY:** Displays cook time and temperature.
- 3 MODE BUTTON:** To select a cook function, press MODE button to scroll through functions (FO100), or press MODE button then use dial to scroll through functions (FO101).
- 4 TIME/SLICES:**
FO100: Press TIME/SLICES up and down arrows to adjust cook time or number of slices when using Toast or Bagel function.
FO101: Press TIME/SLICES button, then use dial to adjust cook time or number of slices when using Toast or Bagel function.
- 5 TEMP/SHADE:**
FO100: Press TEMP/SHADE up and down arrows to adjust cook temperature or shade level when using Toast or Bagel function.
FO101: Press TEMP/SHADE button, then use dial to adjust cook temperature or shade level when using Toast or Bagel function.
- 6 START/STOP DIAL/BUTTON:** Turn dial to adjust settings (FO101). Press to start or stop cooking.



NOTE: Pictured is the FO101 model. Functionality will vary based on model. For complete instructions for all models, please see your Owner's Guide.

INCLUDED ACCESSORIES



Air Fry Basket

Mesh basket is designed for excellent airflow that reaches all sides of food.



Wire Rack

Removable chrome-plated wire rack easily fits up to 6 slices of toast.



Sheet Pan

12.2" x 12.2" cooking surface is great for family-sized meals.



Broil Rack

Nests inside sheet pan to elevate ingredients above juices and drippings.



Crumb Tray

Removable for simple everyday cleaning.

TIPS & TRICKS

BEST RESULTS



For sheet pan meals, cut ingredients to the same size.



When using Toast or Bagel function, select the exact number of bread or bagel slices.



The unit preheats quickly, so prep all ingredients before preheating.

HOW TO MINIMIZE SMOKE

ALWAYS USE THE RECOMMENDED OIL OR FAT



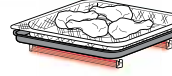
Recommended:
Canola, refined coconut, avocado, vegetable, grapeseed.



Not recommended:
Olive oil, butter, or margarine.



For marinades containing sugar, honey, or other sweeteners, brush onto protein halfway through broiling to avoid burning.

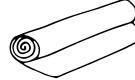


Always place the air fry basket on the sheet pan to avoid drippings falling on the heating elements.

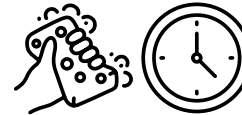
EASY CLEANUP



Spray air fry basket with nonstick cooking spray to minimize sticking.



For easy cleanup, line the sheet pan with parchment paper or aluminum foil, and when using the broil rack, make sure lining is flush against the bottom of the inside of the sheet pan.



For deep cleaning, let accessories soak in warm, soapy water overnight and scrub with a non-abrasive brush or sponge.

ALL FOODS ARE NOT HEATED EQUALLY

Ninja® French Door Premier will activate the appropriate number of heating elements and distribute the right of amount of airflow to deliver delicious, perfectly cooked results.

FUNCTIONS	WHOLE ROAST	AIR ROAST	AIR FRY	BAKE	DEHYDRATE
					
	Rotisserie-style results in less time	Crispy outside, juicy inside	Fast, crispy results	Overall light browning	Removes moisture to make jerky and dried fruit

BEST FOR	Whole chicken Beef tenderloin Pork tenderloin	Smaller proteins Roasted vegetables Sheet pan meals	French fries (frozen or hand cut) Chicken wings or nuggets Breaded foods	Baked goods Casseroles	Best for jerky and dried fruit
			NOTE: For best results, shake or flip ingredients during cooking.	NOTE: Use the same time and temp as a conventional oven.	

ACCESSORY PLACEMENT					
	Sheet Pan on Wire Rack on Bottom Level	Sheet Pan on Wire Rack on Bottom Level	Air Fry Basket on Sheet Pan on Wire Rack on Bottom Level	Sheet Pan on Wire Rack on Bottom Level	Air Fry Basket on Sheet Pan on Wire Rack on Bottom Level

Crumb tray must be installed for all functions. Functions vary by model.

**Air Fry Basket**

**Wire Rack**

KEY
**Sheet Pan**

**Broil Rack**

**Crumb Tray**

NOTE: Accessories vary by model.

REFER TO AIR FRY CHARTS

BROIL	TOAST	BAGEL	PIZZA	REHEAT
				

Top-down heat for a crispy finish

Quick browning on both sides

Fast heating with a crunchy outside

Cook fresh or frozen pizzas

Leftovers

Melting cheese
Nachos
Casserole finishing

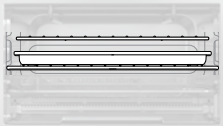
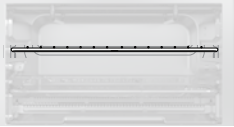
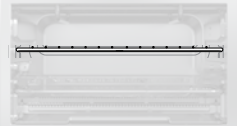
Bread
English muffins
Frozen waffles

Bagels
Artisan breads (e.g., sourdough, ciabatta, baguette)

Homemade pizza
Frozen pizza up to 12"

NOTE: Place bagel slices cut-side up on the middle of the wire rack.

NOTE: When cooking premade frozen pizzas, match time and temp from box instructions.

				
Broil Rack in Sheet Pan on Wire Rack on Top Level	Wire Rack on Top Level	Wire Rack on Top Level	Wire Rack on Bottom Level	Sheet Pan on Wire Rack on Bottom Level

OR
Wire Rack on Top Level

Crumb tray must be installed for all functions. Functions vary by model.



KICKSTARTER RECIPE

CLASSIC WHOLE ROASTED CHICKEN & POTATOES

BEGINNER RECIPE ●○○

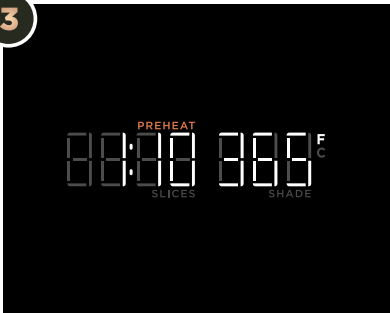
FUNCTION: WHOLE ROAST | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 1 HOUR 10 MINUTES
MAKES: 4 SERVINGS | **ACCESSORIES:** SHEET PAN, WIRE RACK

INGREDIENTS

- | | |
|--|---|
| 1 whole chicken (4-5 pounds), patted dry | 1 bag (24 ounces) baby gold potatoes, cut in quarters |
| Kosher salt, as desired | 1 tablespoon canola oil |
| Ground black pepper, as desired | 1 tablespoon fresh rosemary, minced |

- 1 Place chicken on the center of the sheet pan and season evenly with salt and pepper; set aside.
- 2 Slide wire rack into the bottom level. Select WHOLE ROAST.
- 3 Set temperature to 365°F. Set time to 1 hour 10 minutes. Press START/STOP to begin preheating.
- 4 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 5 While chicken is cooking, prepare potatoes by tossing them in a bowl with oil, rosemary, salt, and pepper until coated.
- 6 **After 30 minutes**, add the potatoes to the pan in an even layer around the chicken. Close door and cook for an additional 30-40 minutes. Cooking is complete when the internal temperature of the chicken reads 165°F on an instant-read thermometer.
- 7 When cooking is complete, remove pan from unit. Allow chicken to rest for 5 minutes before slicing and serving with potatoes.

3



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TIP For easy cleanup, line the sheet pan with aluminum foil.



KICKSTARTER RECIPE

SHEET PAN SAUSAGE & PEPPERS

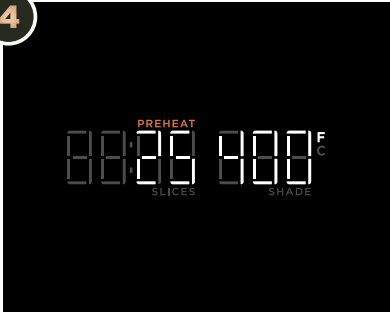
BEGINNER RECIPE ●○○

FUNCTION: AIR ROAST | **PREP:** 5 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 6 SERVINGS
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

- | | |
|---|------------------------------------|
| 3 bell peppers, sliced, seeds removed | Ground black pepper, as desired |
| 1 large white onion, ends trimmed, peeled, sliced | 6 Italian sausages (3 ounces each) |
| 2 tablespoons canola oil | 6 buns |
| Kosher salt, as desired | Desired toppings, for garnish |
-
- 1 In a bowl, toss peppers and onion with canola oil, salt, and pepper until evenly coated; set aside.
 - 2 Place sausages on one side of the sheet pan and the peppers and onions on the other side.
 - 3 Slide wire rack into the bottom level. Select AIR ROAST.
 - 4 Set temperature to 400°F. Set time to 25 minutes. Press START/STOP to begin preheating.
 - 5 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
 - 6 **After 10 minutes**, use silicone-tipped tongs to flip the sausages and toss the peppers and onions. Close door and cook for an additional 10–15 minutes. Cooking is complete when the internal temperature of the sausages reaches 165°F on an instant-read thermometer.
 - 7 When cooking is complete, remove pan from oven. Place a sausage in each bun, then top with peppers, onions, and desired toppings and serve immediately.

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TIP For easy cleanup, line the sheet pan with aluminum foil.



KICKSTARTER RECIPE

CHICKEN WINGS

BEGINNER RECIPE ●○○

FUNCTION: AIR FRY | **PREP:** 5 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **MAKES:** 4 SERVINGS
ACCESSORIES: AIR FRY BASKET, SHEET PAN, WIRE RACK

INGREDIENTS

- 3 pounds chicken wings, patted dry

2 tablespoons canola oil

2 teaspoons garlic powder

2 teaspoons onion powder

Kosher salt, as desired

Ground black pepper, as desired

Nonstick cooking spray
- ³/₄ cup sauce of choice:

 - Buffalo
 - BBQ/Honey BBQ
 - Garlic Parmesan
 - Lemon Pepper
 - Teriyaki
 - Sweet Chili

- 1** In a large bowl, toss chicken wings with oil, garlic powder, onion powder, salt, and pepper until evenly coated.

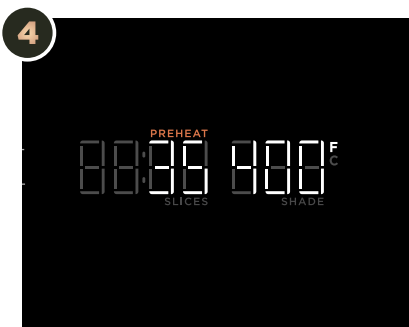
2 Place the air fry basket on the sheet pan. Spray the basket with nonstick cooking spray, then place wings in the basket in an even layer and set aside.

3 Slide wire rack into the bottom level. Select AIR FRY.

4 Set temperature to 400°F. Set time to 35 minutes. Press START/STOP to begin preheating.
- 5** Once unit is preheated, place basket on the pan on the rack and close the door to begin cooking.

6 **After 15 minutes**, use silicone-tipped tongs to flip the wings. Close door and cook for an additional 15–20 minutes, or until desired level of crispiness is achieved.

7 When cooking is complete, remove pan from unit and transfer wings to a large bowl. Toss with sauce until evenly coated, then serve immediately.



TIP For easy cleanup, line the sheet pan with aluminum foil.

HOW TO BUILD A SHEET PAN MEAL

Using the Air Roast function and some guidelines below,
create your own masterpieces in the Ninja® Precision French Door Oven.

Pick a Protein

4 bone-in chicken thighs
(6–8 oz each)

6 salmon fillets, 1 inch thick
(6 oz each)

1 pound uncooked shrimp
(fresh or frozen thawed)

4 boneless skinless chicken breasts
(8–12 oz each) cut in 1-inch pieces

1 pound flank steak cut in 1/2-inch-thick strips

Pick a Vegetable/Starch

2 bunches asparagus, cut in 1-inch pieces,
ends trimmed

3 medium bell peppers cut in 1-inch pieces

2 medium heads broccoli, cut in 1-inch florets

4 cups Brussels sprouts, cut in half, ends trimmed

4 cups butternut squash, cut in 2-inch pieces

4 cups carrots, cut in 1-inch pieces

3 cups russet potatoes, cut in 1-inch pieces



Season/Marinate

Barbecue

Teriyaki

Hoisin

Cajun blend

Mexican blend

Rosemary lemon marinade

Olive oil

Your favorite marinade
or spice blend



Toss It Up

Toss ingredients with
seasonings or marinade,
then spread them evenly
in 1 layer on the sheet pan.



Cook

Air Roast at 375°F for
10–20 minutes for seafood
and 20–30 minutes for poultry
and red meat, or until proteins
reach food-safe internal
temperatures and your
desired level of crispiness:

Chicken – 165°F
Fish – 145°F
Red meat – 160°F

LOADED TATER TOTS

BEGINNER RECIPE ●○○

FUNCTION: AIR FRY, BROIL | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 27 MINUTES | **MAKES:** 6-8 SERVINGS
ACCESSORIES: AIR FRY BASKET, SHEET PAN, WIRE RACK

INGREDIENTS

- 2 bags (28 ounces each) frozen tater tots
- Kosher salt, as desired
- 2 1/2 cups cheddar cheese, shredded
- 1/2 cup sour cream, for garnish
- 4 strips cooked bacon, crumbled, for garnish
- 1 medium tomato, diced, for garnish
- 4 green onions, sliced, for garnish

DIRECTIONS

- 1 Place tater tots in the air fry basket; set aside.
- 2 Slide wire rack into the bottom level. Select AIR FRY.
- 3 Set temperature to 390°F. Set time to 25 minutes. Press START/STOP dial to start preheating.
- 4 Once unit is preheated, place basket on the pan on the rack and close the door to begin cooking.
- 5 **After 10 minutes**, toss the tater tots. Close door and cook for an additional 10-15 minutes. Cooking is complete when desired crispiness is achieved.
- 6 When cooking is complete, top the tater tots with cheese and close the door.
- 7 Select BROIL and set to HI. Set time to 2 minutes. Press START/STOP to begin cooking.
- 8 When cooking is complete, remove pan from unit. Top tater tots with sour cream, bacon crumbles, diced tomato, and green onions and serve immediately.

TIP For easy cleanup, line the sheet pan with aluminum foil.

GREEK-STYLE ROASTED POTATOES

BEGINNER RECIPE ●○○

FUNCTION: AIR ROAST | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 4-6 SERVINGS
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

- 5 cups Yukon gold potatoes, cut in 1-inch chunks
- 2 tablespoons canola oil
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/2 tablespoon minced garlic
- 1 teaspoon lemon juice
- 1/2 cup feta cheese, crumbled, for garnish
- 1 tablespoon fresh parsley, minced, for garnish
- 1/2 tablespoon fresh thyme, minced, for garnish
- 1/2 tablespoon fresh oregano, minced, for garnish

DIRECTIONS

- 1 In a large bowl, place potatoes, oil, salt, pepper, garlic powder, oregano, garlic, and lemon juice and toss to evenly coat. Place potatoes on the sheet pan in an even layer and set aside.
- 2 Slide wire rack into the bottom level. Select AIR ROAST.
- 3 Set temperature to 350°F. Set time to 30 minutes. Press START/STOP dial to begin preheating.
- 4 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 5 **After 15 minutes**, toss the potatoes. Close door and cook for an additional 10-15 minutes. Cooking is complete when desired crispiness is achieved.
- 6 When cooking is complete, remove pan from unit and transfer potatoes to a serving dish. Top with feta cheese, parsley, thyme, and oregano and serve immediately.

TIP For easy cleanup, line the sheet pan with aluminum foil.

BEEF NACHOS SUPREME

INTERMEDIATE RECIPE ●●○

FUNCTION: AIR ROAST, BROIL | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 17 MINUTES | **MAKES:** 6-8 SERVINGS
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

- 1 pound flank steak, cut in 1/2-inch pieces
- 1 tablespoon canola oil
- 1 packet (1 ounce) taco seasoning
- Kosher salt, as desired
- Ground black pepper, as desired
- 1/2 bag (8 ounces) tortilla chips
- 1 can (15.5 ounces) black beans, drained, rinsed
- 1/2 cup red onion, diced
- 3 cups Mexican cheese blend, shredded
- 1/2 cup sour cream, for garnish
- 1/2 cup guacamole, for garnish
- 1 medium tomato, diced, for garnish
- 1/4 cup cilantro, roughly chopped, for garnish

DIRECTIONS

- 1 In a large bowl, toss flank steak with oil, taco seasoning, salt, and pepper until evenly coated. Place steak on the sheet pan in an even layer and set aside
- 2 Slide wire rack into the bottom level. Select AIR ROAST.
- 3 Set temperature to 400°F. Set time to 10 minutes. Press START/STOP to begin preheating.
- 4 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 5 **After 5 minutes**, use silicone-tipped tongs to toss the steak. Close door and cook for an additional 5 minutes. Cooking is complete when the internal temperature of the steak reaches 135°F on an instant-read thermometer.
- 6 When cooking is complete, remove steak from the pan and set aside.
- 7 Clean the pan, then place a layer of tortilla chips on the pan. Top with beans, reserved steak, red onion, and cheese, then place the pan back on the rack and close the door.
- 8 Select Broil and set to LO. Set time to 7 minutes. Press START/STOP to begin cooking.
- 9 When cooking is complete, remove pan from unit. Top nachos with dollops of sour cream and guacamole, diced tomato, and chopped cilantro and serve immediately.

TIP For easy cleanup, line the sheet pan with aluminum foil.

CHEESY BREAD WITH MARINARA SAUCE

INTERMEDIATE RECIPE ●●○

FUNCTION: PIZZA | **PREP:** 15 MINUTES | **TOTAL COOK TIME:** 17 MINUTES | **MAKES:** 8-12 SERVINGS
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

- 2 cups mozzarella cheese, shredded
- 1 cup cheddar cheese, shredded
- 1/4 cup Parmesan cheese, grated
- 2 teaspoons garlic powder
- 1 teaspoon dried parsley, divided
- 16 ounces pre-made pizza dough, room temperature
- 1/2 stick (4 tablespoons) salted butter
- 1 tablespoon garlic, minced
- 1 teaspoon garlic salt
- Marinara sauce, for serving

DIRECTIONS

- 1 Spray the sheet pan with nonstick cooking spray and set aside. In a large bowl, add mozzarella cheese, cheddar cheese, Parmesan cheese, garlic powder, and 1/2 teaspoon parsley. Set aside.
- 2 Split dough into 2 pieces. On a clean, floured surface, roll out each ball into a 10 x 8-inch rectangle.
- 3 Spread 1/3 of the prepared cheese mixture on the long half of the rectangle leaving a 1/2-inch border, then fold the other side of the dough over the cheese mixture. Press the edges of the dough together to seal and place on the prepared pan. Repeat with the other piece of dough.
- 4 Use a knife to cut each piece of dough into 8 equal pieces, then sprinkle the tops with the remaining cheese mixture and set aside.
- 5 Slide wire rack into the bottom level. Select PIZZA.
- 6 Set temperature to 450°F. Set time to 17 minutes. Press START/STOP to begin preheating.
- 7 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 8 While cheesy bread is cooking, to a small microwave-safe bowl, add butter, garlic, garlic salt, and remaining 1/2 teaspoon parsley and microwave for 30 seconds or until the butter is melted. Stir to combine.
- 9 When cooking is complete, remove pan from unit and allow the cheesy bread to cool slightly before brushing with garlic butter and serving with marinara sauce.

BEEF TENDERLOIN & RED POTATOES

BEGINNER RECIPE ●○○

FUNCTION: WHOLE ROAST | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 45 MINUTES | **MAKES:** 4-6 SERVINGS
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

- 1 bag (24 ounces) red potatoes, cut in 1-inch pieces
- 1 tablespoon canola oil
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 beef tenderloin (2 1/2-3 pounds)
- 2 tablespoons salted butter, cut in cubes
- 2 tablespoons parsley, roughly chopped
- Horseradish cream sauce, for serving

DIRECTIONS

- 1 In a medium bowl, place potatoes, oil, salt, and pepper and toss to evenly coat. Place tenderloin in the center of the sheet pan and season liberally with salt and pepper. Then add the potatoes to the pan around the tenderloin and set aside.
- 2 Slide wire rack into the bottom level. Select WHOLE ROAST.
- 3 Set temperature to 425°F. Set time to 45 minutes. Press START/STOP to begin preheating.
- 4 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 5 **After 30 minutes**, check the doneness of the tenderloin. Cooking is complete when the internal temperature of the beef reaches 120°F on an instant-read thermometer.
- 6 When cooking is complete, remove pan from unit and transfer tenderloin to a cutting board to rest for 10 minutes.
- 7 While tenderloin is resting, transfer potatoes to a bowl, add butter and parsley, and toss to evenly coat.
- 8 After tenderloin has rested, slice and serve with potatoes.

TIP For easy cleanup, line the sheet pan with aluminum foil.

CITRUSY SALMON WITH ASPARAGUS & BLISTERED TOMATOES

BEGINNER RECIPE ●○○

FUNCTION: AIR ROAST | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

- 1 bunch asparagus, ends trimmed, cut in 2-inch pieces
- 1 cup cherry tomatoes
- 1 tablespoon canola oil
- Kosher salt, as desired
- Ground black pepper, as desired
- 2 lemons, sliced in 1/4-inch rounds
- 4 skinless salmon fillets (8 ounces each)
- 2 teaspoons seafood seasoning
- Tartar sauce, for serving

DIRECTIONS

- 1 In a medium bowl, toss asparagus and cherry tomatoes with oil, salt, and pepper until evenly coated.
- 2 Place 8 lemon slices on the sheet pan in groups of 2, then place the salmon fillets on top and season evenly with seafood seasoning. Then place the asparagus and tomatoes on the pan around the salmon and set aside.
- 3 Slide wire rack into the bottom level. Select AIR ROAST.
- 4 Set temperature to 425°F. Set time to 15 minutes. Press START/STOP to begin preheating.
- 5 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 6 **After 10 minutes**, check the doneness of the fish. Cooking is complete when the internal temperature of the fish reaches 145°F on an instant-read thermometer.
- 7 When cooking is complete, remove pan from unit and transfer salmon and vegetables to a serving dish with a side of tartar sauce.

TIP For easy cleanup, line the sheet pan with aluminum foil.

CHICKEN BACON RANCH PIZZA

BEGINNER RECIPE ●○○

FUNCTION: PIZZA | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **MAKES:** 8-10 SERVINGS
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

Nonstick cooking spray
12 ounces pre-made pizza dough, room temperature
1/2 cup ranch dressing, plus additional for garnish
1 tablespoon garlic, minced
2 cups mozzarella cheese, shredded
2 cups cooked chicken, diced
6 strips cooked bacon, roughly chopped
Parsley, chopped for garnish

DIRECTIONS

- 1 Spray the sheet pan with nonstick cooking spray, then stretch the dough to cover the prepared pan.
- 2 Spread ranch dressing and garlic in an even layer on the dough, leaving a 1/2-inch crust around the edge. Then top with cheese, chicken, and bacon and set aside.
- 3 Slide wire rack into the bottom level. Select PIZZA.
- 4 Select tempature to 450°F. Set time to 20 minutes. Press START/STOP to begin preheating.
- 5 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 6 When cooking is complete, remove pan from unit and allow pizza to cool slightly before garnishing with a drizzle of ranch dressing and parsley, slicing, and serving.

TIP Refer to the Air Fry Cooking Chart in the back on this Inspiration Guide for chicken and bacon cooking instructions.

MAPLE DIJON PORK WITH ROASTED BRUSSELS SPROUTS & SWEET POTATOES

BEGINNER RECIPE ●○○

FUNCTION: WHOLE ROAST | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 4-6 SERVINGS
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

2 tablespoons Dijon mustard
3 tablespoons maple syrup
1 teaspoon apple cider vinegar
3 medium sweet potatoes, peeled, cut in 1-inch cubes
1 bag (12 ounces) Brussels sprouts, ends trimmed, cut in half
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired
1 pork tenderloin (1 1/2-2 pounds)
1 teaspoon dried oregano
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon paprika

DIRECTIONS

- 1 In a small bowl, stir together mustard, maple syrup, and apple cider vinegar until combined. Set aside.
- 2 In a medium bowl, toss sweet potatoes and Brussels sprouts with oil, salt, and pepper until evenly coated. Place tenderloin in the center of the sheet pan and season with salt, pepper, oregano, garlic powder, onion powder, and paprika.
- 3 Use a basting brush to coat the pork with half the mustard mixture. Add the sweet potatoes and Brussels sprouts to the pan around the pork and set aside.
- 4 Slide wire rack into the bottom level. Select WHOLE ROAST.
- 5 Set temperature to 425°F. Set time to 25 minutes. Press START/STOP to begin preheating.
- 6 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 7 **After 10 minutes**, remove the pan from the unit and brush the remaining mustard mixture on the pork. Close the door and cook for another 10-15 minutes, or until internal temperature of the pork reaches 145°F on an instant-read thermometer.
- 8 When cooking is complete, remove pan from unit and transfer the pork to a cutting board to rest for 10 minutes. After pork has rested, slice and serve with potatoes and Brussels sprouts.

TIP For easy cleanup, line the sheet pan with aluminum foil.

AIR-FRIED ORANGE CHICKEN

INTERMEDIATE RECIPE ●●○

FUNCTION: AIR FRY | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **MAKES:** 4 SERVINGS
ACCESSORIES: AIR FRY BASKET, SHEET PAN, WIRE RACK

INGREDIENTS

- 2 pounds boneless skinless chicken thighs, cut in 1-inch pieces
- 1/3 cup cornstarch
- Kosher salt, as desired
- Ground black pepper, as desired
- Nonstick cooking spray
- 2–4 cups white rice, cooked, for serving
- Sesame seeds, for garnish
- Green onion, sliced, for garnish

SAUCE

- Zest of 1 orange
- 1 cup freshly squeezed orange juice (approx. 4 oranges)
- 4 tablespoons brown sugar
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon ginger paste
- 2 tablespoons minced garlic
- 1 tablespoon cornstarch
- 1 tablespoon cold water

TIP For easy cleanup, line the sheet pan with aluminum foil.

TIP Like your orange chicken spicier? Add 1 tablespoon sriracha with sauce ingredients in step 6.

DIRECTIONS

- 1 In a large bowl, toss the chicken with cornstarch, salt, and pepper until evenly coated.
- 2 Place the air fry basket on the sheet pan. Spray the basket with nonstick cooking spray, place chicken in the basket in an even layer, then spray chicken with nonstick cooking spray; set aside.
- 3 Slide wire rack into the bottom level. Select AIR FRY.
- 4 Set temperature to 400°F. Set time to 20 minutes. Press START/STOP to begin preheating.
- 5 Once unit is preheated, place basket on the pan on the rack and close the door to begin cooking.
- 6 While chicken is cooking, in a small saucepan combine all sauce ingredients except cornstarch and water. Place over medium heat until sauce starts to simmer, about 5 minutes. In a small bowl, stir together cornstarch and water, then add to the sauce and stir until thickened. Remove from heat and set aside.
- 7 **After the chicken has been cooking for 10 minutes**, use silicone-tipped tongs to flip it. Close door and cook for an additional 10 minutes. Cooking is complete when the internal temperature of the chicken reaches 165°F on an instant-read thermometer.
- 8 When cooking is complete, remove pan from unit and transfer chicken to a large bowl. Toss with the sauce until evenly coated. Serve over rice topped with sliced green onion and sesame seeds.

ITALIAN SAUSAGE & RICOTTA STUFFED SHELLS

INTERMEDIATE RECIPE ●●○

FUNCTION: BAKE | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **MAKES:** 4–6 SERVINGS
ACCESSORY: WIRE RACK

INGREDIENTS

FILLING

- 1 egg
- 1 tub (16 ounces) ricotta cheese
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/2 cup Parmesan cheese, shredded
- 1/2 cup mozzarella cheese, shredded

SHELLS

- 1 jar (24 ounces) tomato basil pasta sauce
- 1 pound jumbo shell pasta, cooked per package instructions
- 1 pound hot Italian sausage, cooked, crumbled
- 1 cup mozzarella cheese, shredded

DIRECTIONS

- 1 Add all filling ingredients to a medium bowl and mix to evenly combine.
- 2 Spread 3/4 cup pasta sauce in an even layer on the bottom of an 11 x 7-inch glass baking dish. Assemble the stuffed shells by adding a scoop of filling to each shell and placing it in the dish in one layer. After all the shells have been filled and placed in the dish, top the shells with the remaining tomato sauce, then the cooked sausage and mozzarella cheese, wrap with aluminum foil; set aside.
- 4 Slide wire rack into the bottom level. Select BAKE.
- 5 Set temperature to 400°F. Set time to 20 minutes. Press START/STOP to begin preheating.
- 6 Once unit has preheated, place the baking dish on the rack and close the door to begin cooking.
- 7 **When 10 minutes remain**, remove foil from the baking dish and return to the oven to continue cooking.
- 8 When cooking is complete, remove baking dish from unit and serve stuffed shells immediately.

OPEN-FACED APPLE PIE

BEGINNER RECIPE ●○○

FUNCTION: BAKE | **PREP:** 5 MINUTES | **TOTAL COOK TIME:** 45 MINUTES | **MAKES:** 6-8 SERVINGS
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

- 1 roll pre-made pie dough (14.1 ounces)
- 1 can (21 ounces) apple pie filling
- 1 egg
- Turbinado or granulated sugar, as desired
- Vanilla ice cream, for serving

DIRECTIONS

- 1 Unroll the pie dough on a clean work surface. Add the pie filling to the center of the dough, leaving a 2-inch rim around the perimeter free of filling. Fold the edges of the dough up and over the filling 6 times, leaving the center open.
- 2 In a small bowl, add the egg and lightly whisk to create an egg wash. Use a pastry brush to coat the pie crust with egg wash, then lightly sprinkle with sugar.
- 3 Use a large spatula to place the pie in the center of the sheet pan.
- 4 Slide wire rack into the bottom level. Select BAKE.
- 5 Set temperature to 350°F. Set time to 45 minutes. Press START/STOP to begin preheating.
- 6 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 7 When cooking is complete, remove pan from unit and allow the pie to cool for 5-10 minutes before slicing and serving with a scoop of vanilla ice cream.

TIP For easy cleanup, line the sheet pan with parchment paper.

DOUBLE CHOCOLATE ESPRESSO COOKIES

BEGINNER RECIPE ●○○

FUNCTION: BAKE | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 24 MINUTES TOTAL | **MAKES:** 18 COOKIES
ACCESSORIES: SHEET PAN, WIRE RACK

INGREDIENTS

- 2 tablespoons instant espresso
- 1 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/3 cup cocoa powder, special dark
- 8 tablespoons (1 stick) salted butter, room temperature
- 1 cup brown sugar, packed
- 2 teaspoons vanilla extract
- 1 egg
- 1 cup chocolate chunks
- Flaky salt, for garnish

DIRECTIONS

- 1 In a small bowl, place instant espresso, then sift in the flour, baking soda, and cocoa powder. Set aside.
- 2 In a separate large bowl, place butter and brown sugar and beat with a hand mixer until mixture lightens in color, about 4 minutes. Add the vanilla extract and egg and mix for another minute.
- 3 Add the dry ingredients to the wet ingredients and mix again until just combined. Then use a rubber spatula to fold in the chocolate chunks.
- 4 Use a cookie scoop to portion the dough into 18 cookies, and place them on a parchment-lined baking sheet. Chill in the freezer for 10 minutes.
- 5 After dough has been chilled, place 6 cookies on the sheet pan in 2 rows of 3.
- 6 Slide wire rack into the bottom level. Select BAKE.
- 7 Set temperature to 350°F. Set time to 8 minutes. Press START/STOP to begin preheating.
- 8 Once unit is preheated, place the pan on the rack and close the door to begin cooking.
- 9 After 8 minutes, remove pan from unit and transfer cookies to a wire cooling rack, sprinkle with flaky salt, and allow to cool.
- 10 Repeat steps 5-9 twice more with the remaining dough. Allow cookies to cool completely before serving.

TIP For crispier cookies, bake each batch for 11 minutes.

AIR FRY CHART

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
FROZEN FOODS					
Chicken nuggets	1-2 boxes (12-24 oz each)	None	None	400°F	14-20 mins
Fish fillets (breaded)	1-2 packages (10-20 fillets each)	None	None	400°F	16-22 mins
Fish sticks	1-2 boxes (11.4-22.8 oz each)	None	None	400°F	12-14 mins
French fries	16-48 oz	None	None	390°F	22-42 mins
Mozzarella sticks	1-2 boxes (16-32 oz each)	None	None	375°F	10-14 mins
Pizza rolls	1-2 bags (24.8-48 oz, 50-100 count each)	None	None	375°F	11-26 mins
Popcorn shrimp	1-2 box (12-24 oz)	None	None	390°F	10-16 mins
Pot stickers	3 bags (24 count each)	None	1 tbsp	390°F	15-18 mins
Tater tots	1-2 lbs	None	None	390°F	15-20 mins
MEAT, POULTRY, FISH					
Bacon	1/2 package (8 oz)	None	None	390°F	7-10 mins
Burgers	5 patties, 80% lean (1/4 lb each)	1 inch thick	None	375°F	10-12 mins
Chicken drumsticks	6 drumsticks	Pat dry	Brush with oil	400°F	22-25 mins
Chicken thighs	5 thighs (4-6 oz each)	Pat dry	Brush with oil	390°F	22-28 mins
Chicken wings	1-2 lbs	Pat dry	1 tbsp	400°F	18-26 mins
Crab cakes	6 cakes (6-8 oz each)	None	Brush with oil	390°F	15-18 mins
Salmon fillets	5 fillets (6-8 oz each)	None	Brush with oil	390°F	18-20 mins
Sausages	12 sausages, whole	None	None	390°F	12-14 mins
Shrimp	2 lbs	Pat dry	None	390°F	7-12 mins

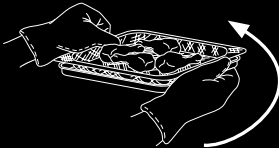
TIP For greasy or battered items in the air fry basket, place the pan underneath it on the wire rack.

For best results,
shake, flip,
or rotate often

We recommend frequently checking your food and shaking, rotating, or flipping it to ensure desired results. Use these cook times as a guide, adjusting to your preference.



Shake your food
AND



Toss or flip with
silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

AIR FRY CHART – CONTINUED

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	2 bunches	Cut in half, trim stems	2 tbpsps	420°F	12-15 mins
Bell pepper	4 peppers	Cut in quarters, remove seeds	1 tbsp	400°F	15-20 mins
Broccoli	1 large head	Cut in 1-2-inch florets	1 tbsp	400°F	10-15 mins
Brussels sprouts	1-2 lbs	Cut in half, remove stems	1 tbsp	425°F	15-22 mins
Carrots	1 lb	Peel, cut in 1/4-inch rounds	1 tbsp	425°F	10-15 mins
Cauliflower	1 large head	Cut in 1-2-inch florets	2 tbpsps	400°F	10-15 mins
Corn on the cob	5 ears	Whole ears, remove husks	1 tbsp	400°F	16-20 mins
Green beans	1 bag (12 oz)	Trim ends	1 tbsp	420 F	12-16 mins
Mushrooms	1 container (16 oz)	Clean with soft brush or cloth, slice thinly	1 tbsp	390°F	25-30 mins
Potatoes, russet	1½ lbs	Cut in 1-inch wedges	1 tbsp	390°F	20-25 mins
Potatoes, russet	1 lb	Hand-cut fries, soak in cold water 30 mins, then pat dry	1-3 tbpsps	400°F	22-26 mins
Potatoes, sweet	1 lb	Hand-cut fries, soak in cold water 30 mins, then pat dry	1 tbsp	400°F	18-25 mins
Zucchini	1 lb	Cut in eighths lengthwise, then cut in half	1 tbsp	400°F	15-20 mins

DEHYDRATE CHART

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 1/8-inch slices, remove core, rinse in lemon water, pat dry	135°F	7-8 hours
Bananas	Peel, cut in 3/8-1/2-inch slices	135°F	8-10 hours
Fresh herbs	Rinse, pat dry, remove stems	135°F	4-6 hours
Mangos	Peel, cut in 3/8-inch slices, remove pit	135°F	6-8 hours
Mushrooms	Clean with soft brush or cloth (do not wash)	135°F	6-8 hours
Pineapple	Peel, cut in 3/8-1/2-inch slices, remove core	135°F	6-8 hours
Strawberries	Cut in half or in 1/2-inch slices	135°F	6-8 hours
Tomatoes	Cut in 3/8-inch slices; remove stems if planning to rehydrate	135°F	6-8 hours
MEAT & POULTRY		FRUITS & VEGETABLES	
Beef jerky	Cut in 1/4-inch slices, remove all fat, marinate 8-24 hours	150°F	5-7 hrs
Chicken jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-7 hrs

TIP Can’t find a food in the chart? Find an ingredient that is similar and follow the preparation, temperature, and dehydrate time.



FRENCH DOOR PREMIER

AIR FRYER | CONVECTION OVEN | TOASTER

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