Cooking Cheat Sheet

**PRESSURE**
- Fresh Boneless Chicken Breasts (6 small or 6 large (2 lbs) HIGH for 8-10 mins Quick release)
- Fresh Pork Shoulder (4 lbs) HIGH for 1 hour 10 mins Quick release
- Long-Grain White Rice (1 cup water HIGH for 2 mins Natural release)
- Brown Rice (1 ½ cups water HIGH for 8 mins Quick release)
- Russet Potatoes (for mashing) 2 lbs, peeled, cut in 1-inch pieces HIGH for 8 mins Quick release
- Frozen Chicken (1 rack, cut in quarters) 400°F for 10-15 mins Quick release
- Air Crisp 400°F for 10–15 mins

**STEAM**
- Fresh Broccoli 1 head, cut into florets Reversible Rack in steam position 2 cups water 3-5 mins
- Fresh Corn on the Cob 4 ears, whole, husks removed Reversible Rack in steam position 2 cups water 4-6 mins
- Fresh Asparagus 1 bunch, whole spears Reversible Rack in steam position 2 cups water 7-10 mins
- Fresh Green Beans 1 bag (12 oz) Reversible Rack in steam position 2 cups water 6-12 mins
- Fresh Carrots 1 lb, peeled, cut into 1-inch pieces Reversible Rack in steam position 2 cups water 7-12 mins

**AIR CRISP**
- Frozen Breaded Chicken Cutlets 1 box (1 lb) Cook & Crisp Basket 350°F for 20 mins Flip halfway through
- Frozen Chicken Nuggets 1 box (12 oz) Cook & Crisp Basket 350°F for 10 mins Shake halfway through
- Frozen Fries 1 lb Cook & Crisp Basket 350°F for 10 mins Shake halfway through
- Fresh Burgers 4 ground beef patties, 6 oz each (¼ lb each) Cook & Crisp Basket 375°F for 8-10 mins Flip halfway through
- Fresh Brussels Sprouts 1 lb, cut in half 1 tsp oil Cook & Crisp Basket 350°F for 10-15 mins Shake halfway through

**TenderCrisp**
- Fresh Whole Roast Chicken 1 whole chicken (5 lbs) Cook & Crisp Basket Pressure HIGH for 22 mins Natural release Intermediate, then Quick release Pat dry and brush with oil/sauce Air Crisp 400°F for 8-10 mins
- Fresh St. Louis Ribs 1 rack, cut in quarters Cook & Crisp Basket Pressure HIGH for 10 mins Quick release Pat dry and brush with oil/sauce Air Crisp 400°F for 10-15 mins
- Head of Cauliflower 1 medium head, leaves removed Cook & Crisp Basket Pressure LOW for 3 mins Quick release Pat dry and brush with oil/sauce Air Crisp 350°F for 10 mins
- Frozen Chicken Wings 2 lbs frozen Cook & Crisp Basket Pressure HIGH for 5 mins Quick release Pat dry and brush with oil/sauce Air Crisp 350°F for 10-20 mins Shake halfway through
- Frozen New York Strip Steaks 2 frozen NY strip steaks (12 oz each) Reversible Rack in broil position Pressure HIGH for 2 mins Quick release Pat dry and brush with oil/sauce Broil for 15-16 mins

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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
- Pressure Lid
- Crisping Lid
- Removable Cooking Pot
- 45+ Recipe Inspiration Guide
- Instruction Booklet
- Cooking Cheat Sheet
- Deluxe Reversible Rack
- Air Crisp Basket with Detachable Diffuser
- Sear/Sauté Base
- “Look Ma, No Lid” Sear/Sauté Base

**Why are there 2 lids?**

We’re glad you asked. 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.

**First time pressure cooking?**

Try this water test to practice with pressure.

1. Add 3 cups 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 your Foodi beeps, turn valve to VENT for quick release.

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

Go to ninjakitchen.com for how-to-videos.
**TenderCrisp™ 101: Herb-Roasted Chicken**

Use both lids to create a TenderCrisp take on this classic recipe.

**PREP:** 10 MINUTES  |  **TOTAL COOK TIME:** 68 MINUTES  |  **MAKES:** 6 SERVINGS

**APPROX. PRESSURE BUILD:** 10 MINUTES  |  **PRESSURE COOK:** 40 MINUTES  |  **PRESSURE RELEASE:** 1 MINUTES  |  **AIR CRISP:** 15 MINUTES

**INGREDIENTS**

- 1 whole fresh (not frozen) uncooked chicken (6-7 pounds)
- 1/4 cup lemon juice
- 1/4 cup hot water
- 1/4 cup honey
- 2 tablespoons plus 2 teaspoons kosher salt, divided
- 1 tablespoon whole black peppercorns
- 5 sprigs fresh thyme
- 5 cloves garlic, peeled, smashed
- 1 tablespoon canola oil
- 2 teaspoons ground black pepper

**PREP:** 10 MINUTES  |  **TOTAL COOK TIME:** 68 MINUTES  |  **MAKES:** 6 SERVINGS

**APPROX. PRESSURE BUILD:** 10 MINUTES  |  **PRESSURE COOK:** 40 MINUTES  |  **PRESSURE RELEASE:** 1 MINUTES  |  **AIR CRISP:** 15 MINUTES

**FUNCTION ACCESSORY REQUIRED**

- **PRESSURE**
  - Deluxe Reversible Rack
- **STEAM**
  - Deluxe Reversible Rack
- **SLOW COOK**
  - Deluxe Reversible Rack
- **SEAR/SAUTÉ**
  - Deluxe Reversible Rack
- **AIR CRISP**
  - Cook & Crisp™ Basket
- **BAKE/ROAST**
  - Cook & Crisp™ Basket
- **DEHYDRATE**
  - Cook & Crisp™ Basket

**STEPS**

1. Remove packet of giblets, if included in cavity of the chicken.
2. Rinse chicken and tie legs together with cooking twine.
3. When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4. In a small bowl, mix together lemon juice, hot water, honey, and 2 tablespoons salt. Pour mixture into the pot. Place whole peppercorns, thyme, and garlic in the pot.
5. Brush chicken with canola oil or spray with cooking spray. Season with salt and pepper.
6. Place chicken into the Cook & Crisp™ Basket and place basket in pot. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 15 minutes. Select START/STOP to begin.
7. Let chicken rest for 5-10 minutes. Cooking is complete when internal temperature reaches 165°F. Remove chicken from basket using the Ninja® roast lifters* (or 2 large serving forks).

*The Ninja roast lifters are sold separately on ninjaaccessories.com.