

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



NINJA CRISPiPRO[®]

COUNTERTOP GLASS COOKING SYSTEM

Quick Start Guide

Recipes, charts, and
how-tos to get cooking



Meet your Ninja CRISPi® PRO

Welcome to your all-in-one customizable glass air fry system designed for nontoxic cooking. Read on for tips, tricks, and how-tos for your Ninja CRISPi PRO.



Prep it



Cook it



Serve it



Store it



Recrisp it

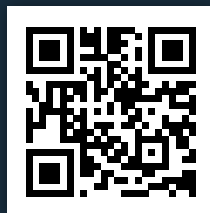
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Meal prep made easy

Get all the containers you need to make your weekly meals a breeze.

Get yours at ninjakitchen.com/accessories



Scan Here

for tips and recipes, and to add to your container collection.



2.5-qt Glassware



6-qt Glassware



4-qt Glassware*

*SOLD SEPARATELY

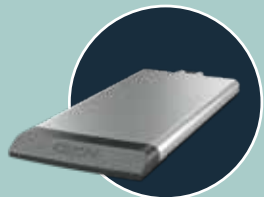
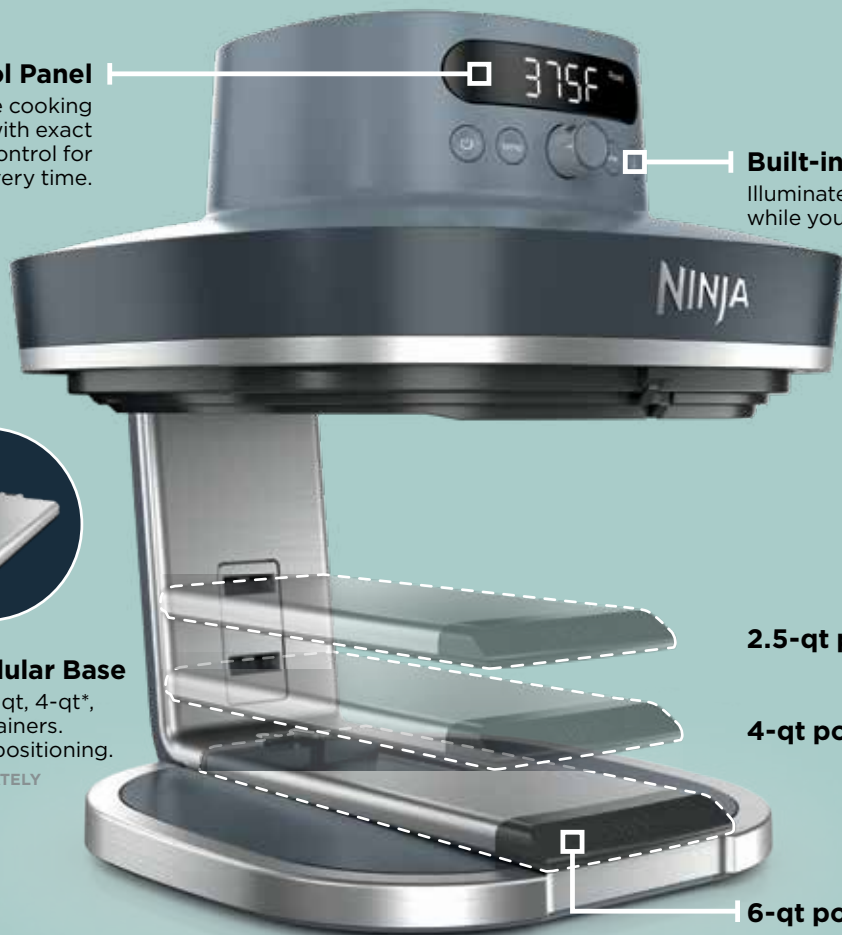
Get to know the Ninja CRISPi® PRO

Control Panel

6 customizable cooking functions with exact temperature control for perfect results every time.

Built-in Light

Illuminate your food while you cook.



Removable Modular Base

Adjusts to fit 2.5-qt, 4-qt*, and 6-qt containers. See next page for positioning.

*SOLD SEPARATELY

2.5-qt position

4-qt position

6-qt position

Let's get started with the modular base

Customize your cooking by easily adjusting the modular base to fit your preferred CleanCrisp™ Glassware



When using **2.5-qt** or **4-qt*** containers, slot the base into the upper or middle position, respectively, on the spine to ensure sealed cooking and heating.

When using the **6-qt** container, rest the adjustable base at the bottom platform of the unit.

*SOLD SEPARATELY

2.5-QT POSITION

6-QT POSITION

4-QT* POSITION

*CONTAINER SOLD SEPARATELY



CAUTION: The modular base remains hot after use. Allow it to cool or use oven mitts when handling.

CleanCrisp™ GLASSWARE

The cleanest way to cook and store in dishwasher-safe containers that are PFAS and PTFE free.

CleanCrisp Glassware is safe on
Granite, Laminate, Butcher Block, Marble



6-qt XL Glassware

Family-sized cooking

PERFECT FOR:

Feeding a crowd, meal prepping, cooking a whole chicken or roast, and more.



2.5-qt Medium Glassware

Everyday cooking and reheating

PERFECT FOR:

Reviving leftovers, crisping sides, and baking desserts to perfection.

Get to know the glassware

Snap-on lid (x2)

For easy storage of leftovers.



Crisper plate (x2)

Allows air to evenly circulate under and around food for the perfect all-over crisp.



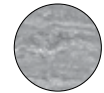
Permanent easy-grip handles

Non-removable handles stay secure and make for easy transport from kitchen to table.

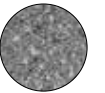


SAFE ON

Granite, Laminate, Butcher Block, and Marble



GRANITE



LAMINATE



BUTCHER BLOCK



MARBLE

Counter-safe feet

Fixed heat protection allows you to serve safely without damaging your counter or tabletops.



Scan here
to expand your cooking system with additional CleanCrisp Glassware Containers



Get to know the control panel



Power: Press to turn the unit on or off.

Functions: Use the dial to select a cook function.

Temp: Press temp button and use dial to set temperature.

Time: Press time button and use dial to set time.

Dial/Start/Pause: Turn dial to adjust function, temperature, and time. Press dial to start or pause cooking. *Cooking will start immediately, no preheating required.*

Light: Press light to illuminate food while cooking.

IMPORTANT:

If container is not properly installed, cooking will not start and "ADD POT" will scroll on the display screen.

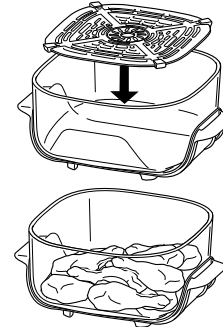
TIP: After pressing the Temp or Time button, press again to return to function selection.

Cooking with the Ninja CRISPi® PRO

STEP ONE

Insert crisper plate and add food

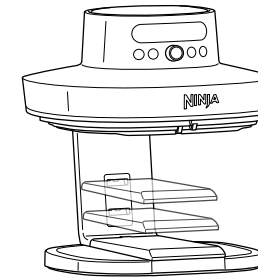
Prep with seasoning or marinade if desired.
TIP: You can marinate directly in the container.



STEP TWO

Set base position

Ensure modular base has been inserted into the correct position for the container you are using.



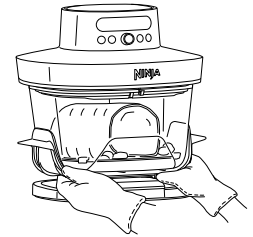
2.5 QT High position
4 QT Middle position
6 QT Low position

STEP THREE

Insert container in the station

Align container with modular base, and push container all the way back toward the spine until it clicks into place.

NOTE: Cooking will not start if container is not properly installed.

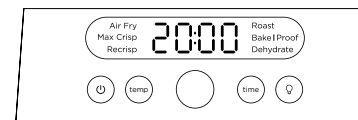


STEP FOUR

Choose settings

Select cook function, temp, and time, then start cooking.

NOTE: No preheating needed.

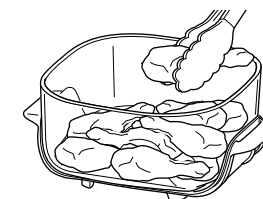


STEP FIVE

Toss occasionally

Pull container out of the station to turn or toss ingredients using silicone-tipped tongs once or twice during cooking.

The unit will pause automatically. Unit will resume cooking when container is reinstalled.

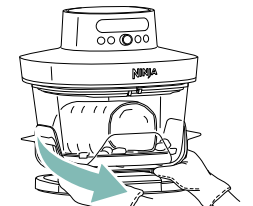


STEP SIX

Serve

CleanCrisp containers can be placed directly on any countertop surface.

CAUTION: Always use oven mitts when handling hot glassware.



6 customizable cooking functions

Max Crisp



Get an extra-crispy crunch with rapid heat. Great for finishing cheesy or crunchy dishes. Best for prepackaged frozen foods.

Air Fry



Crisp your favorite food to perfection with little to no oil. Best for fresh proteins.

Bake/Proof



Perfectly bake desserts or prepare bread. Best for cookies and other baked goods.

Roast



Caramelized outside, tender inside. Best for large proteins and veggies.

Recrisp



Revive food with an even, crispy texture. Best for leftovers.

Dehydrate



Remove moisture from fresh ingredients. Best for chips and jerky.



6 QT
CleanCrisp... Container

**ROAST &
AIR FRY**

BEGINNER RECIPE



KICKSTARTER RECIPE

WHOLE ROAST CHICKEN WITH HERBED POTATOES & CARROTS

FUNCTION: WHOLE ROAST | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 1 HOUR 10 MINUTES

MAKES: 4 SERVINGS | **ACCESSORIES:** SHEET PAN, WIRE RACK

Ingredients

2 pounds baby potatoes
2 large carrots, peeled, cut in 2-inch pieces
1/4 cup extra virgin olive oil
3 teaspoons fresh rosemary, finely chopped, divided
3 teaspoons fresh thyme, finely chopped, divided

Kosher salt, as desired
Ground black pepper, as desired
1 whole roaster chicken (4-5 pounds), patted dry, giblets removed
1 teaspoon garlic powder

- Place the crisper plate in the 6-quart container, then place the potatoes and carrots on the plate. Drizzle with 2 tablespoons oil, 1 teaspoon rosemary, 1 teaspoon thyme, salt, and pepper, and toss to combine.
- Rub entire chicken with remaining olive oil and season generously with remaining rosemary and thyme, garlic powder, salt, and pepper. Place the chicken on the crisper plate and arrange the vegetables around the chicken.
- Insert the container into the station. Use the dial to select ROAST, set temperature to 375°F, and set time to 1 hour 15 minutes.
- Cooking is complete when the internal temperature of the chicken reaches 165°F on an instant-read thermometer. Add additional cooking time if needed.
- Once chicken is complete, remove container from station and remove chicken from container, setting aside on a cutting board or plate to rest. ç
- To resume cooking the vegetables, insert the container into the station. Use the dial to select AIR FRY, set temperature to 390°F, and set time to 10 minutes.
- When cooking is complete, carve chicken and serve hot with vegetables.

2



3



5





KICKSTARTER RECIPE

FLUFFY GARLICKY DINNER ROLLS

PREP: 20 MINUTES | PROOF: 1 HOUR | COOK TIME: 20 MINUTES | MAKES: 8 SERVINGS

Ingredients

All-purpose flour, as needed
 1 bag (16 ounces) pre-made pizza dough
 Nonstick cooking spray
 $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) unsalted butter, room temperature
 5 cloves garlic, peeled, minced
 $\frac{1}{4}$ cup chopped fresh parsley
 Flaky sea salt, as desired

- 1 Lightly flour a clean work surface and divide dough balls into 9 equal pieces. Gently shape dough into balls.
- 2 Lightly spray 2.5-quart container with nonstick cooking spray. Transfer dough balls to container, leaving space between each ball. Cover container with lid and allow to proof for 1 hour, or until dough has doubled in size.
- 3 Once dough has proofed, remove lid from container. Adjust the modular base into the upper position on the spine to lift the container to the heating element for sealed cooking. Insert the container into the station. Use the dial to select BAKE, set temperature to 350°F, and set time to 20 minutes.
- 4 Meanwhile, add butter and garlic to a small bowl. Microwave until melted, about 30–45 seconds. Set aside.
- 5 When 3 minutes remain on the timer, pull container out of the station and brush rolls with garlic butter. Insert container into station to resume cooking.
- 6 When cooking is complete, remove container from the station. Top rolls with flaky sea salt as desired. Allow rolls to cool for 5 minutes before serving.



BUFFALO CHICKEN DIP

PREP: 15 MINUTES | COOK TIME: 24 MINUTES | MAKES: 6-8 SERVINGS



INGREDIENTS

- 1 block (8 ounces) cream cheese, softened
- 1/2 cup sour cream
- 1 cup Buffalo sauce
- 2 scallions, thinly sliced, whites and greens separated
- 3 cups shredded cheddar cheese, divided
- Ground black pepper, as desired
- 3 cups cooked chicken breast, shredded

TO SERVE (OPTIONAL)

- Chips
- Crackers
- Celery sticks
- Carrot sticks



DIRECTIONS

- 1 Add the cream cheese and sour cream to the 2.5-quart container and use a silicone spatula to combine. Add the buffalo sauce, scallion whites, 2 cups cheddar cheese, and black pepper to the container, and mix to combine. Add the shredded chicken breast and gently fold into the mixture until all chicken is evenly coated.
- 2 Adjust the modular base into the upper position on the spine to lift the container to the heating element for sealed cooking. Insert the container into the station. Use the dial to select AIR FRY, set temperature to 375°F, and set time to 20 minutes.
- 3 When 10 minutes remain on the timer, pull container out of the station and use a silicone spatula to stir dip to ensure even cooking. Insert container into station to resume cooking.
- 4 When cooking is complete, remove container from station. Stir dip once more, then evenly top with remaining cheddar cheese. Insert the container into the station. Use the dial to select MAX CRISP, set temperature to 450°F, and set time to 4 minutes.
- 5 When cooking is complete, garnish dip with scallion greens. Serve hot with chips, crackers, and/or vegetable sticks as desired.

LAYERED LOADED NACHOS

PREP: 5 MINUTES | COOK TIME: 8 MINUTES | MAKES: 6-8 SERVINGS



INGREDIENTS

- 4 cups tortilla chips, divided
- 2 cans (15 ounces each) pinto beans, drained, rinsed, divided
- 2 cups shredded cheddar cheese, divided

TOPPINGS (OPTIONAL)

- Salsa
- Sour cream
- Guacamole
- Diced tomato
- Diced red onion
- Diced avocado
- Sliced black olives
- Sliced pickled jalapeño peppers



DIRECTIONS

- 1 In the 6-quart container, layer ingredients in the following order: 1 cup chips, 3/4 cup beans, 1/2 cup cheese. Repeat 3 more times for a total of 4 layers.
- 2 Insert the container into the station. Use the dial to select AIR FRY, set temperature to 325°F, and set time to 8 minutes.
- 3 When cooking is complete, remove container from station and top nachos with toppings as desired. Serve hot.

TIP: Swap beans out for 1 1/2 cups pre-cooked ground beef or diced chicken breast.

ROASTED GARLIC BROCCOLI

PREP: 5 MINUTES | COOK TIME: 10 MINUTES | MAKES: 4 SERVINGS



INGREDIENTS

- 1 head broccoli, cut in 2-inch florets (approx. 4 cups)
- 4 cloves garlic, peeled, minced
- 3 tablespoons vegetable oil
- Kosher salt, as desired
- Ground black pepper, as desired

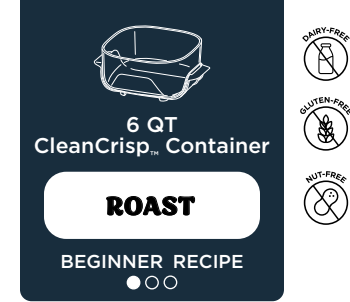
DIRECTIONS

- 1 Place the crisper plate in the 2.5-quart container. Add broccoli, garlic, oil, salt, and pepper, and toss with silicone-tipped tongs to coat.
- 2 Adjust the modular base into the upper position on the spine to lift the container to the heating element for sealed cooking. Insert the container into the station. Use the dial to select ROAST, set temperature to 375°F, and set time to 10 minutes.
- 3 When 5 minutes remain on the timer, pull container out of the station and use silicone-tipped tongs to gently toss broccoli to ensure even cooking. Insert container into station to resume cooking.
- 4 When cooking is complete, remove container from the station. Serve broccoli immediately.



DRY-RUBBED PORK TENDERLOIN WITH ROASTED POTATOES

PREP: 15 MINUTES | MARINATE: 30 MINUTES-16 HOURS | COOK TIME: 25 MINUTES
MAKES: 4 SERVINGS



INGREDIENTS

- 1 pork tenderloin (1 1/2 pounds), cut in half
- 1 pound Yukon gold potatoes, rinsed, cut in 1 1/2-inch pieces
- 3 tablespoons extra virgin olive oil
- Kosher salt, as desired
- Ground black pepper, as desired
- 2 teaspoons Italian seasoning

MARINADE

- 3 tablespoons extra virgin olive oil
- 2 tablespoons light brown sugar
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 1/2 teaspoons Italian seasoning
- Kosher salt, as desired
- Ground black pepper, as desired

DIRECTIONS

- 1 Add all marinade ingredients to a small bowl and mix to combine.
- 2 Place crisper plate in the 6-quart container. Place tenderloin on plate and evenly coat all sides with marinade.
- 3 Cover container with lid and place in refrigerator to marinate for at least 30 minutes or up to 16 hours.
- 4 When ready to cook, arrange potatoes around tenderloin on plate. Drizzle potatoes with olive oil, salt, pepper, and Italian seasoning.
- 5 Insert the container into the station. Use the dial to select ROAST, set temperature to 375°F, and set time to 25 minutes.
- 6 When 10 minutes remain on the timer, pull container out of the station and use silicone-tipped tongs to gently turn tenderloin and potatoes to ensure even cooking. Insert container into station to resume cooking.
- 7 Cooking is complete when the internal temperature of the tenderloin reaches at least 145°F on an instant-read thermometer. Add additional cooking time if needed.
- 8 Allow pork to rest for 5 minutes before slicing and serving with potatoes.



TIP: No time to marinate? Use pre-marinated pork tenderloin for a faster meal.

MARINATED SKIRT STEAK WITH ROASTED BRUSSELS SPROUTS

PREP: 15 MINUTES | **MARINATE:** 30 MINUTES-16 HOURS | **COOK TIME:** 20 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 1/2 pounds skirt steak, trimmed, cut in 4 pieces
12 ounces Brussels sprouts, trimmed, cut in half
2 tablespoons extra virgin olive oil
Kosher salt, as desired
Ground black pepper, as desired

MARINADE

2 cloves garlic, peeled, minced
2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
2 tablespoons soy sauce
2 tablespoons honey
Ground black pepper, as desired



DIRECTIONS

- 1 Add all marinade ingredients to a small bowl and mix until emulsified.
- 2 Place crisper plate in the 6-quart container. Place skirt steak on plate and evenly coat on both sides with marinade.
- 3 Cover container with lid and place in refrigerator to marinate for at least 30 minutes or up to 16 hours.
- 4 When ready to cook, arrange Brussels sprouts around steak on plate. Drizzle Brussels sprouts with olive oil, salt, and pepper.
- 5 Insert the container into the station. Use the dial to select ROAST, set temperature to 375°F, and set time to 20 minutes.
- 6 When 7 minutes remain on the timer, pull container out of the station and use silicone-tipped tongs to gently turn steak and Brussels sprouts to ensure even cooking. Insert container into station to resume cooking.
- 7 When cooking is complete, remove container from station. Allow steak to rest for 5 minutes before slicing and serving with Brussels sprouts.

TIP: No time to marinate? Use pre-marinated skirt steak for a faster meal.

BROWN BUTTER CHOCOLATE CHIP COOKIES

PREP: 30 MINUTES | **CHILL:** 20 MINUTES | **COOK TIME:** 15 MINUTES
MAKES: 18 COOKIES

INGREDIENTS

1 cup (2 sticks) salted butter
2 1/4 cups all-purpose flour
1 teaspoon cornstarch
1 teaspoon baking powder
1 teaspoon baking soda
3/4 teaspoon kosher salt
1 cup light brown sugar
2/3 cup granulated sugar
2 large eggs
1 1/2 teaspoons vanilla
1 bag (10 ounces) dark chocolate chips (60% cocoa)
Flaky sea salt, as desired



DIRECTIONS

- 1 Add butter to a medium saucepan and place over medium heat. Melt butter, stirring frequently, cooking until golden brown and fragrant. Transfer brown butter to a large bowl and allow to cool for 5-10 minutes.
- 2 Meanwhile, in a separate bowl, add the flour, cornstarch, baking powder, baking soda, and salt, and whisk to combine. Set aside.
- 3 Once butter has cooled to room temperature, add both sugars, eggs, and vanilla, and whisk to combine. Gradually fold the flour mixture into the wet mixture. Stir to combine until dough forms and all flour is absorbed, then fold in chocolate chips. Cover dough and chill in the refrigerator for 20 minutes.
- 4 Meanwhile, place crisper plate in the 2.5-quart container. Trim parchment paper to fit the plate and place it on the plate, ensuring the parchment is not touching glass container.
- 5 Once dough is chilled, scoop it into 16 portions, about 3 tablespoons each. Roll dough into balls and arrange 4 balls on the parchment-lined crisper plate, making sure to leave space between each portion. Keep remaining dough in the refrigerator to keep cool.
- 6 Adjust the modular base into the upper position on the spine to lift the container to the heating element for sealed cooking. Insert the container into the station. Use the dial to select BAKE, set temperature to 325°F, and set time to 15 minutes.
- 7 Once cooking is complete, top cookies with flaky sea salt and allow to cool for 5 minutes before serving. Repeat steps 5-7 with remaining dough, or freeze it for up to 2 weeks and bake when ready to enjoy.



2.5-qt Air Fry Chart

NOTE: If cooking smaller amounts of food, use the recommended function, but reduce the time. For best results, check food periodically and shake or toss it often until it reaches the desired doneness.

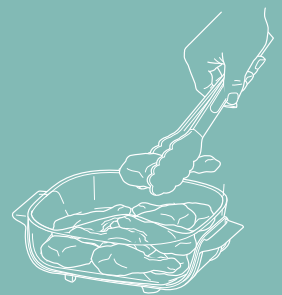
NOTE: Install crisper plate before cooking.

NOTE: When cooking multiple foods back to back, reduce cook time by 3-5 minutes to prevent overcooking.

INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	TEMP	COOK TIME	INTERACTION
VEGETABLES							
Asparagus	1 bunch (¾ lb)	Stems trimmed	Toss with 2 tsp oil	AIR FRY	400°F	10-15 min	None
Bell peppers	4 peppers	Seeded, cut in quarters	None	AIR FRY	400°F	15-20 mins	Flip halfway through cooking
Broccoli	2 small heads (1 lb)	Cut in 1-inch florets	Toss with 1 Tbsp oil	AIR FRY	400°F	10-15 min	Toss halfway through cooking
Brussels sprouts	1 lb	Cut in half, stems removed	Toss with 1 Tbsp oil	AIR FRY	400°F	15-20 mins	Toss halfway through cooking
Butternut squash	1 lb	Peeled, cut in 1-2-inch pieces	Toss with 1 Tbsp oil	AIR FRY	400°F	15-20 mins	Toss halfway through cooking
Carrots	1 lb	Peeled, cut in ½-inch pieces	Toss with 1 Tbsp oil	AIR FRY	400°F	20-25 mins	None
Cauliflower	1 small head (1 lb)	Cut in 1-inch florets	Toss with 2 Tbsp oil	AIR FRY	400°F	15-20 mins	Toss halfway through cooking
Green beans	1 lb	Trimmed	Toss with 1 Tbsp oil	AIR FRY	400°F	15-20 mins	Toss halfway through cooking
Kale (for chips)	2 cups, packed	Torn in pieces, stems removed	None	AIR FRY	400°F	3-5 mins	Toss halfway through cooking
Mushrooms	1 lb	Rinsed, cut in quarters	Toss with 1 Tbsp oil	AIR FRY	400°F	15-20 mins	None
Sweet potatoes	1 lb	Cut in ½-inch pieces	Toss with 1 Tbsp oil	AIR FRY	400°F	20-25 mins	Toss halfway through cooking
Zucchini	1 lb	Cut in ½-inch rounds	Toss with 1 Tbsp oil	AIR FRY	400°F	15-20 mins	Toss halfway through cooking
POULTRY							
Chicken drumsticks	6 each (1 ½ lbs)	None	None	AIR FRY	400°F	15-20 mins	None
Chicken wings	1 ½ lbs	Drumettes & flats	1 Tbsp	AIR FRY	400°F	20-25 mins	Toss twice during cooking

For best results, shake or toss often.

For best results flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



OR



2.5-qt Air Fry Chart, continued

NOTE: If cooking smaller amounts of food, use the recommended function, but reduce the time. For best results, check food periodically and shake or toss it often until it reaches the desired doneness.

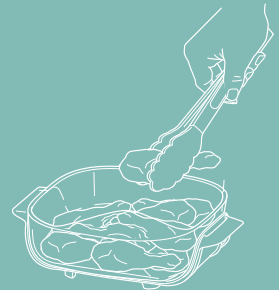
NOTE: Install crisper plate before cooking.

NOTE: When cooking multiple foods back to back, reduce cook time by 3-5 minutes to prevent overcooking.

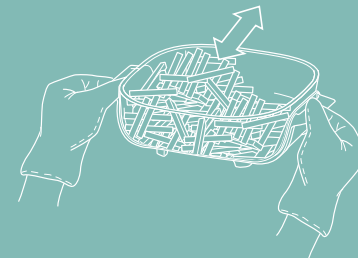
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	TEMP	COOK TIME	INTERACTION
FROZEN FOODS							
Burgers	4 patties, 80% lean (1/4 lb each)	None	None	MAX CRISP	450°F	10-15 mins	None
Chicken nuggets	1 lb	None	None	MAX CRISP	450°F	10-15 mins	Toss 2-3 times during cooking
Egg bites	9 bites (2 oz each)	None	None	MAX CRISP	450°F	10-15 mins	None
Fish fillets	1 box (6 fillets)	None	None	MAX CRISP	450°F	10-15 mins	None
Fish sticks	18 fish sticks (11 oz)	None	None	MAX CRISP	450°F	10-15 mins	Flip halfway through cooking
French fries	1 lb	None	None	MAX CRISP	450°F	10-15 mins	Toss 2-3 times during cooking
Hashbrown patties	4 patties (9 oz)	None	None	MAX CRISP	450°F	10-15 mins	Flip halfway through cooking
Mozzarella sticks	1 box (11 oz)	None	None	MAX CRISP	450°F	8-10 mins	Toss 2-3 times during cooking
Pizza rolls	1 bag (20 oz)	None	None	MAX CRISP	450°F	10-15 mins	Toss halfway through cooking
Popcorn shrimp	1 box (12 oz)	None	None	MAX CRISP	450°F	8-10 mins	Toss 2-3 times during cooking
Sweet potato fries	1/2 bag (10 oz)	None	None	MAX CRISP	450°F	8-12 mins	Toss 2-3 times during cooking
Tater tots	1/2 bag (1 lb total)	None	None	MAX CRISP	450°F	15-20 mins	Toss 2-3 times during cooking

For best results, shake or toss often.

For best results flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



OR



6-qt Air Fry Chart

NOTE: If cooking smaller amounts of food, use the recommended function, but reduce the time. For best results, check food periodically and shake or toss it often until it reaches the desired doneness.

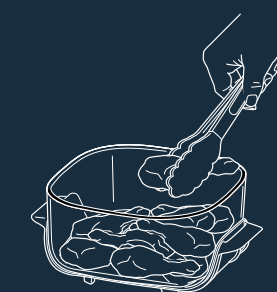
NOTE: Install crisper plate before cooking.

NOTE: When cooking multiple foods back to back, reduce cook time by 3-5 minutes to prevent overcooking.

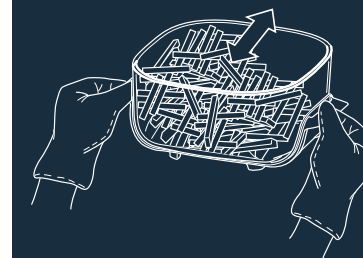
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	TEMP	COOK TIME	INTERACTION
VEGETABLES							
Asparagus	2 bunches	Stems trimmed	Toss with 2 tsp oil	AIR FRY	400°F	15-20 mins	Toss halfway through cooking
Bell peppers	10 peppers	Seeded, cut in quarters	None	AIR FRY	400°F	20-25 mins	Flip halfway through cooking
Broccoli	2 heads (1 1/2 lbs)	Cut in 1-inch florets	Toss with 1 tbsp oil	AIR FRY	400°F	15-20 mins	Toss halfway through cooking
Brussels sprouts	2 lbs	Cut in half, stems removed	Toss with 1 tbsp oil	AIR FRY	400°F	15-20 mins	Toss halfway through cooking
Butternut squash	2 lbs	Peeled, cut in 1-2-inch pieces	Toss with 1 tbsp oil	AIR FRY	400°F	30-35 mins	Toss halfway through cooking
Carrots	2 lbs	Peeled, cut in 1/2-inch pieces	Toss with 1 tbsp oil	AIR FRY	400°F	25-30 mins	None
Cauliflower	1 large head (1 1/2-2 lbs)	Cut in 1-inch florets	Toss with 2 tbsp oil	AIR FRY	400°F	20-25 mins	Toss halfway through cooking
Green beans	2 lbs	Trimmed	Toss with 1 tbsp oil	AIR FRY	400°F	20-25 mins	Toss halfway through cooking
Kale (for chips)	3 cups, packed	Torn in pieces, stems removed	None	AIR FRY	400°F	10-15 mins	Toss halfway through cooking
Mushrooms	2 1/2 lbs	Rinsed, cut in quarters	Toss with 1 tbsp oil	AIR FRY	400°F	20-25 mins	Toss halfway through cooking
Sweet potatoes	2 1/2 lbs	Cut in 1/2-inch pieces	Toss with 1 tbsp oil	AIR FRY	400°F	30-35 mins	Toss halfway through cooking
Zucchini	2 lbs	Cut in 1/2-inch rounds	Toss with 1 tbsp oil	AIR FRY	400°F	20-25 mins	Toss halfway through cooking
POULTRY							
Chicken breasts, boneless	5-6 breasts (6-8 oz each)	None	None	AIR FRY	400°F	20-25 mins	None
Chicken drumsticks	6 each (1 1/2 lbs)	None	None	AIR FRY	400°F	15-20 mins	None
Chicken wings	2 lbs	Drumettes & flats	Toss with 1 tbsp oil	AIR FRY	400°F	30-35 mins	Toss twice during cooking
SEAFOOD							
Crab cakes	5 cakes (6-8 oz each)	None	Brush with oil	AIR FRY	400°F	15-20 mins	None
Salmon fillets	4 fillets (6 oz each)	None	Brush with oil	AIR FRY	400°F	10-15 mins	None
Shrimp	3 lbs	Whole, peeled, tails on	Toss with 1 tbsp oil	AIR FRY	400°F	20-25 mins	None

For best results, shake or toss often.

For best results, flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



OR



6-qt Air Fry Chart, continued

NOTE: If cooking smaller amounts of food, use the recommended function, but reduce the time. For best results, check food periodically and shake or toss it often until it reaches the desired doneness.

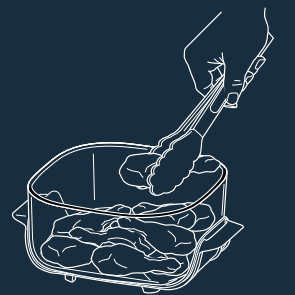
NOTE: Install crisper plate before cooking.

NOTE: When cooking multiple foods back to back, reduce cook time by 3-5 minutes to prevent overcooking.

INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	TEMP	COOK TIME	INTERACTION
BEEF							
Hot dogs	18 each	None	None	AIR FRY	400°F	10-15 minutes	Flip halfway through cooking
Meatballs, fresh	12 meatballs (2 oz each)	None	None	AIR FRY	400°F	15-20 mins	None
Steaks	5 steaks (6 oz each)	None	None	AIR FRY	400°F	10-15 mins	None
Strip steaks	2 steaks (10-12 oz each)	None	None	AIR FRY	400°F	15-20 mins	None
PORK							
Bacon	4 strips	None	None	AIR FRY	400°F	7-12 mins	None
Pork chops	5 boneless chops (8 oz each)	None	Brush with oil	AIR FRY	400°F	15-20 mins	None
Pork tenderloin	2 tenderloins (1-1 1/2 lbs), cut in half	Whole	Brush with oil	AIR FRY	400°F	30-35 mins	Flip halfway through cooking
Sausages	8 sausages	Whole	None	AIR FRY	325°F	15-20 mins	None
FROZEN FOODS							
Burgers	4 patties, 80% lean (1/4 lb each)	None	None	MAX CRISP	450°F	10-15 mins	None
Chicken nuggets	1 1/2 boxes (1 1/2 lbs)	None	None	MAX CRISP	450°F	15-20 mins	Toss 2-3 times during cooking
Egg bites	9 bites (2 oz each)	None	None	MAX CRISP	450°F	10-15 mins	None
Fish fillets	1 box (6 fillets)	None	None	MAX CRISP	450°F	10-15 mins	None
Fish sticks	18 fish sticks (11 oz)	None	None	MAX CRISP	450°F	10-15 mins	Flip halfway through cooking
French fries	2 lbs	None	None	MAX CRISP	450°F	10-15 mins	Toss 2-3 times during cooking
Hashbrown patties	4 patties (9 oz total)	None	None	MAX CRISP	450°F	10-15 mins	Flip halfway through cooking
Mozzarella sticks	2 boxes (11 oz each)	None	None	MAX CRISP	450°F	10-15 mins	Toss 2-3 times during cooking
Pizza rolls	2 bags (20 oz each)	None	None	MAX CRISP	450°F	10-15 mins	Toss halfway through cooking
Popcorn shrimp	2 boxes (14-16 oz each)	None	None	MAX CRISP	450°F	15-20 mins	Toss 2-3 times during cooking
Sweet potato fries	1 bag (20 oz)	None	None	MAX CRISP	450°F	10-15 mins	Toss 2-3 times during cooking
Tater tots	1 bag (32 oz)	None	None	MAX CRISP	450°F	20-25 mins	Toss 2-3 times during cooking

For best results, shake or toss often.

For best results, flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



OR



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