

Tips & Tricks

Grill



The oil matters

For less smoke, we recommend using oils with a high smoke point—such as vegetable, coconut, grapeseed or avocado oil.



Don't overcrowd

Evenly arrange and space out ingredients in a single layer to ensure consistent browning and even charring.



Batch cooking

Empty the fat/oil from the bottom of the pot if batch cooking more than twice. For best results, allow the unit to run for three minutes between batches to reheat the grill grate.



Check your food temp

The grill cooks quickly, so monitor foods with a thermometer. Internal food temperature continues to rise as food rests, so remove it 5°C before target temperature is reached.

Air Fry



Shake, shake, shake

When air fry crisping, check food and shake crisper basket frequently for even browning. Remove food at desired level of brownness.



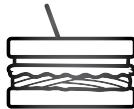
Use oil for crispiness

For best results with fresh vegetables, use an even, light coating of vegetable oil.



Don't overcrowd

Evenly arrange and space out ingredients to ensure consistent browning.



Secure your food

Secure light food with cocktail sticks so it won't be blown around by the fan.

Bake/Roast



Convert traditional recipes

Use the Bake or Roast function to prepare foods typically cooked in the oven. Reduce the temperature by 5°C. Check food often to avoid overcooking.



Prevent oxidation

Fruits like apples and pears brown quickly when cut. To prevent oxidation, soak them in water with a squeeze of lemon juice for 5 minutes.



Trim the fat

Before dehydrating meat, make sure to trim off all fat, as it does not dry out and could spoil.

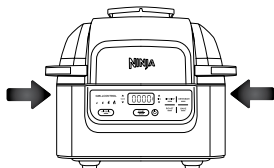


Pasteurise jerky

Finish off dehydrated meats and fish by using the Roast function at 165°C for 1 minute.

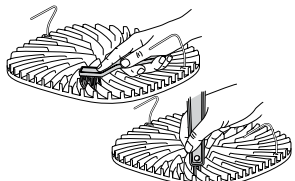
Dehydrate

Cleaning Instructions



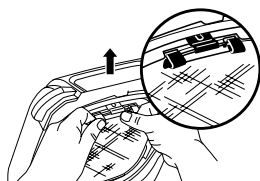
Allow base to cool

before moving the unit, as the sides will be hot after cooking.



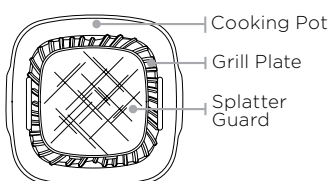
Use cleaning brush

to help clean the accessories. The opposite end of the brush is a scraper to help remove baked-on food.



Remove splatter guard

after it cools and clean after each use. Soak overnight and use cleaning brush to help remove baked-on grease.



Deep clean

by stacking the removable parts in the cooking pot and soaking them in the sink prior to handwashing. **All parts, except the main unit, are dishwasher safe.**

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

NINJA®

Health Grill & Air Fryer

Let's get grilling

Here's what's in the box



Grill



Splatter Guard

Must always be installed when unit is use.



Removable Cooking Pot

Must always be installed when unit is in use. Cook directly in the pot when roasting or baking.



Grill Plate

Use in the cooking pot for best grilling results.



Crisper Basket

Use in the cooking pot for best air crisping results.



Cleaning Brush

with scraper tip



Recipe Book



Quick Start Guide



Instructions

Preheat for better results

For best grilling results, preheat the grill before adding food. It may take about 8 minutes. Adding food before or during preheat may lead to overcooking.



Grilling

Use your Ninja Grill to grill indoors—to get even char, grill marks and juicy flavor.



Grill Plate

Unique design promotes optimal airflow for even cooking, crisping and charring.



Want juicier meat?

After grilling, remove meat and let it rest at least 5 minutes before cutting it.

More flavour. Less smoke.

After countless hours of recipe testing, our chefs have paired your favourite foods with a recommended temperature setting that will maximise grill flavours while minimising smoke. We've also created a list of popular ingredients with our recommended cooking directions.



LOW (200°C)

Best for bacon, sausages, and calzones, and when using thicker barbecue sauces.



MED (230°C)

Best for frozen meats and marinated food.



HIGH (260°C)

Best for steaks, chicken and burgers.



















MAX (up to 265°C)

Best for vegetables, fruit, fresh/frozen seafood and pizza.






FOR LESS SMOKE, WE RECOMMEND USING OILS WITH A HIGH SMOKE POINT—LIKE VEGETABLE OR COCONUT OIL—INSTEAD OF OLIVE OIL. If you choose to cook ingredients at a higher temperature than recommended, it may result in more smoke.

Grilling Cheat Sheet

 <p>Sirloin Steaks 2 steaks (400-450g, 3cm. thick) Pat dry. Rub with 1 teaspoon vegetable oil. Season with salt and pepper. HIGH 9-11 mins Frozen: MED 18-24 mins Flip halfway through cooking.</p>	 <p>Boneless Chicken Breasts 4 breasts (200-250g) Pat dry. Rub with 1 teaspoon vegetable oil. Season with salt and pepper. HIGH 14-18 mins Frozen: MED 22-26 mins Flip halfway through cooking.</p>	 <p>80% Lean Burgers 4 burgers (110g) Season with salt and pepper. Pre-packed: HIGH 4-6 mins Handmade: HIGH 5-9 mins Frozen: MED 10-15 mins Flipping not necessary.</p>	 <p>Salmon 4 fillets (140-170g) Pat dry. Rub with 1 teaspoon vegetable oil. Season with salt and pepper. MAX 7-9 mins Frozen: MAX 10-13 mins Do not flip during cooking.</p>
 <p>Fresh Chicken Thighs 4 thighs (200-250g) Pat dry. Rub with 1 teaspoon vegetable oil. Season with salt and pepper. HIGH 23-26 mins Frozen: MED 25-28 mins Flip halfway through cooking.</p>	 <p>Boneless Pork Chops 4 chops (230g each) Pat dry. Rub with 1 teaspoon vegetable oil. Season with salt and pepper. HIGH 14-16 mins Frozen: MED 20-23 mins Flip halfway through cooking.</p>	 <p>Hot Dogs (4 hot dogs) Whole HIGH 3-5 mins Flip halfway through cooking.</p>	 <p>Sausages 6 sausages Whole LOW 8-12 mins Frozen: LOW 10-14 min Flip halfway through cooking.</p>
 <p>Prawns 500g Jumbo (16-18 count) Pat dry. Rub with 1 teaspoon vegetable oil. Season with salt and pepper. MAX 3-5 mins Frozen: MAX 4-6 mins Do not flip during cooking.</p>	 <p>Marinated/Barbecue Chicken Thighs 4 thighs (200-250g each) MED 18-21 mins LOW 20-25 mins if using a thick sauce Flip 2 to 3 times while cooking.</p>	 <p>Boneless Marinated/Barbecue Chicken Breast 4 breasts (200-250g each) MED 16-19 mins LOW 19-24 mins if using a thick sauce Flip 2 to 3 times while cooking.</p>	 <p>Pineapple (6-8 slices, 5cm thick) MAX 7-9 mins Flip gently several times during cooking.</p>
 <p>Peppers & Onions (1 pepper, 1 onion) Cut in 1-in. slices MAX 11-13 mins Stir gently several times during cooking.</p>	 <p>Courgette 3-4 each Cut in quarters lengthwise. Toss with vegetable oil. Season with salt and pepper. MAX 12-16 mins Flip several times during cooking.</p>	 <p>Fresh Corn on the Cob (4 ears) Brush lightly with vegetable oil. Season with salt and pepper. MAX 10-13 mins Flip halfway through cooking.</p>	 <p>Fresh Asparagus (1 bunch) Toss with vegetable oil. Season with salt and pepper. MAX 5-7 mins Spread evenly on grill grate. Do not flip.</p>

For more charts, please reference the included Inspiration Guide.

Using your grill's functions

FUNCTION	ACCESSORY USED	TEMP	TIME	PREHEAT
GRILL Grill indoors for juicy, charred flavor.		Adjust temp between Low and Max. Refer to the previous page or the Inspiration Guide for which settings to use.	Set time, in minutes, and press START/STOP.	PRE will appear, and the blinking bars will show preheating progress. Once preheated, "Add Food" will display.
AIR FRY Crisp without the guilt of deep frying.		Adjust temp between 150°C-230°C.	Set time, in minutes, and press START/STOP.	Do not add food before preheating is complete. Grill preheat can take approximately 8 minutes because of the grill plate's high density. Air Fry, Roast, and Bake preheat takes approximately 3 minutes.
ROAST Roast your favourite foods right in the pot.		Adjust temp between 120°C-265°C.	Set time, in minutes, and press START/STOP.	If you just used a different function, and the grill plate is at room temperature when you place it in the unit, "Add Food" may appear on the screen immediately. We recommend allowing the grill plate to heat up for at least 6 minutes before placing ingredients on it.
BAKE Make cakes and other baked goods easily and quickly.		Adjust temp between 120°C-205°C.	Set time, in minutes, and press START/STOP.	
DEHYDRATE Create delicious homemade vegetable chips and jerky.		Adjust temp between 40°C-90°C.	Add food, set time, in hours, and press START/STOP. There is no preheat.	

Sneak a Peek

Lift the lid while cooking to check on or flip food. The unit will automatically pause cooking when the lid is lifted and cooking will resume when it is closed.

