

使用裝置之前，請務必閱讀隨附的 Ninja® 說明手冊。



NINJA CRISPi™

便攜式氣炸鍋

快速入門指南

食譜、烹調指南及操作說明



歡迎使用多合一便攜式氣炸鍋

這本魔法書將引導您發揮氣炸鍋的強大實力。
請繼續閱讀以瞭解 CRISPi 氣炸鍋的提示、技巧及操作說明。



蓋上



酥炸



上菜



保存

輕鬆準備餐點。

購買所有您需要的容器，隨時輕鬆準備餐點。

前往 sharkninja.tw 購買

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食譜小提示

我們為食譜加上了以下圖示，
方便您快速找到適合的料理。



隨附於入門套組



1.4 公升小~~容器~~ 玻璃容器
最多可盛裝 2 人份

隨附於入門套組



3.8 公升大~~容器~~ 玻璃容器
最多可盛裝 6 人份

瞭解 Ninja CRISPi™

輕量型 1526W 氣炸鍋

注意：顏色和模式可能有所不同

CRISPi PowerPod™

感測所使用的 CleanCrisp™ 容器，然後自動調整烹調溫度。

檯面安全支腳

PowerPod™ 配備耐用、耐熱支腳，因此可以放置於平面上。

酥脆盤

大小容器皆適用，可放入 CleanCrisp™ 容器內，幫助食物達到完美酥脆。

易抓握固定手把

輕鬆將容器從廚房搬運到餐桌，即使在烹調後也可安全觸碰。

收納

易保存設計
Pod 置於容器上方。

可拆卸容器轉接環
大容器轉接器

調整 PowerPod™ 底部以契合大容器。

提示：使用小容器不需要轉接器。

轉接環

玻璃容器

● CleanCrisp™ 容器

此玻璃器皿可承受高溫，也可用作盛裝餐點和醃製菜餚的餐具。

提示：CRISPi 氣炸鍋只能與 CleanCrisp™ 玻璃器皿搭配使用。

容器

CleanCrisp™

容器系統 玻璃容器

耐高溫

專為承受烹調時的高溫而設計。

耐熱衝擊

幾分鐘內即可從冷凍到酥脆。

可使用洗碗機清洗

容器和蓋子均不含 BPA，可放入洗碗機清洗。



1.4 公升

小容器 玻璃容器



3.8 公升

大容器 玻璃容器

瞭解 CleanCrisp™ 入門套組



3.8 公升
大容器 玻璃容器
最多可盛裝 6 人份

卡扣蓋

方便保存剩菜。

防漏蓋

適用於小容器，方便準備餐點及攜帶。

易抓握固定手把

固定手把穩固安全，方便將容器從廚房搬運到餐桌。



1.4 公升
小容器 玻璃容器
最多可盛裝 2 人份

耐熱支腳

耐用、耐熱支腳方便將容器和轉接器放置於平面上。

檯

適用檯面材質

花崗岩 | 美耐板 | 石英
木質檯面 | 大理石



瞭解~~控制~~面板

多達四種功能*，簡化您的烹飪過程。



*功能可能因型號而異。

新手入門

1

電源

按下 CRISPi PowerPod™ 上的「開始/電源」以啟動。

2

選擇模式

按下「模式」以選擇所需的烹調功能。

3

調整時間

模式會提供一個初始建議時間。按「-」或「+」調整烹調前或烹調過程的時間。

4

開始烹調

按下「開始/電源」以開始烹調。

4 合 1 功能

從低溫到高溫，共有 4 種烹調功能*。

請參閱第 28-31 頁和第 46-53 頁，瞭解詳細的烹調指南。

低溫
80°C

高溫

如同 200°C 烤箱的烹調方式

保溫



確保餐點保持溫熱，直到可以享用的時刻。

最適合用於：

讓烹調好的餐點保持溫熱或加熱麵包和糕點。

回酥



低溫加熱，讓剩菜重現美味。

冷藏菜餚

最適合用於：

處理高密度食材、起司覆蓋的料理或烹調過的蛋白質、蔬菜及剩菜，例如披薩。

冷藏菜餚

燒烤
烘烤



最適合烘烤肉塊。

最適合用於：

烹調較大塊蛋白質，例如整雞或牛臀肉。

氣炸



以氣炸方式將食材烹調至完美酥脆，或讓剩菜恢復原本的酥脆口感。

最適合用於：

新鮮或冷凍的薯條、雞塊、較小塊蛋白質以及加熱的氣炸薯條。

冷藏菜餚

簡易指南：

玻璃容器 玻璃容器
使用小容器和大容器來烹調每週的午餐和晚餐。

參閱本指南獲取靈感，並視需要加入您最愛的食譜和食材。

說明：
根據以下顏色使用對應的容器準備餐點。

1.4 公升
小容器 玻璃容器



3.8 公升
大容器 玻璃容器



午餐

水牛城風味花椰菜佐藍紋起司沾醬，搭配小黃瓜與芹菜沙拉



請參閱第 14-15 頁的食譜。

雞胸肉佐新鮮沙拉基底



請參閱第 28-29 頁的氣炸烹調指南。

鮭魚塔可餅
(用前一晚剩餘的鮭魚)



請參閱第 9 頁的加熱指南。

雞肉、莫札瑞拉起司及酪梨帕里尼三明治 (用前一晚剩餘的雞肉)



請參閱第 9 頁的加熱指南。

照燒蝦佐紅甜椒與青花菜



請參閱第 18-19 頁的食譜指南。

晚餐

牛肉法士達



請參閱第 36-37 頁的食譜。

香草鮭魚佐鹽膚木馬鈴薯與墨西哥青辣椒



請參閱第 40 頁的食譜。

霹靂霹靂雞佐甜玉米與薯條



請參閱第 38-39 頁的食譜。

沙嗲雞肉串佐花生醬



請參閱第 42-43 頁的食譜。

焗烤起司番茄義大利麵佐新鮮番茄沙拉



請參閱第 41 頁的食譜。

每週膳食規劃

回酥注意事項

建議

加熱的食物立即享用。
將蛋白質食物加熱至冒出熱氣，且中心溫度達到 75°C。
將食物放入冰箱前，先讓食物冷卻。
在烹調過程中翻動或翻面食物。
為避免蛋白質食材變乾並確保均勻加熱，加熱前先將其切半或切片。
加熱燉菜、炒菜及含有醬汁的義大利麵時，不時攪拌以確保均勻受熱。
加熱千層麵、牧羊人派、派和焗烤義大利麵時，先用微波爐加熱（務必取出酥脆盤），再用回酥功能重現均勻酥脆效果。
若要重現酥脆的底部，先將酥脆盤預熱 5 分鐘，然後再放入披薩、鹹派和餡餅等食物。

禁忌

請勿在酥脆盤上放置過多食材，並確保蛋白質食材之間留有空隙，以獲得更酥脆的效果。
請勿加熱蛋白質食材或米飯超過一次。
請勿使用烘焙紙。
請勿在未取出酥脆盤時使用微波爐加熱 玻璃容器 。

清潔指南

CRISPi PowerPod™

每次使用後以濕布擦拭乾淨。切勿將 PowerPod 浸泡在水中或其他液體中。切勿使用洗碗機清潔 PowerPod。

CleanCrisp™ ~~容器~~ **玻璃容器**

可使用洗碗機清潔或手洗。若以手洗方式清潔，請在使用後徹底沖洗所有 **配件**，並自然風乾或以毛巾擦乾。請務必重新手把和玻璃表面之間的縫隙，以去除任何碎屑或肥皂殘留。

注意： ~~玻璃器皿~~ **玻璃容器** 可承受高溫，在高溫狀態下也可安全地放入冷水中。

酥脆盤

可使用洗碗機清潔或手洗。若以手洗方式清潔，請在使用後徹底沖洗所有 ~~部件~~，並自然風乾或以毛巾擦乾。

蓋子

可使用洗碗機（只能放於上層）清潔或手洗。若以手洗方式清潔，請在使用後徹底沖洗所有 **配件** ~~部件~~，並自然風乾或以毛巾擦乾。

~~轉接器~~ **轉接環**

可使用洗碗機清潔或手洗。若以手洗方式清潔，請在使用後徹底沖洗，並自然風乾或以毛巾擦乾。

水牛城風味花椰菜 佐藍紋起司沾醬

準備時間:10 分鐘 | 烹調時間:10 分鐘 | 所用功能:氣炸 | 份量:1-2 人份

食材

適量植物油噴霧
40 公克中筋麵粉
½ 茶匙洋蔥粉
¼ 茶匙大蒜粉
¼ 茶匙孜然粉
½ 茶匙紅椒粉
適量海鹽和黑胡椒粉
選擇 70 毫升自選奶類
215 公克花椰菜，切成 4 公分小朵
30 毫升水牛城辣醬

藍紋起司沾醬

30 公克酸奶油
15 公克美乃滋
40 公克藍紋起司，搗碎
1 湯匙檸檬汁
1 湯匙蝦夷蔥，切碎
適量海鹽和黑胡椒粉

步驟



玻璃容器

將酥脆盤放入小容器中，然後均勻噴上足量的油。在大碗中，混合麵粉、洋蔥粉、大蒜粉、孜然粉、紅椒粉、鹽和黑胡椒。分次加入牛奶，一邊加入一邊攪拌，直到形成順滑且濃稠的麵糊。加入花椰菜小朵並混合至均勻包覆麵糊。甩掉多餘的麵糊，將花椰菜轉移到酥脆盤上。再均勻噴上足量的油。



玻璃容器

將 CRISPi PowerPod™ 放置於容器上，按下「模式」直到「氣炸」指示燈亮起，將時間設定為 10 分鐘，然後按下「開始」以開始烹調。



玻璃容器
小容器 | 1.4 公升

新手初體驗



初級食譜



準備藍紋起司沾醬時，將所有食材放入小碗中，攪拌均勻即可。



烹調完成後，取出花椰菜並拌入水牛城辣醬。在旁搭配藍紋起司沾醬，趁熱上菜。

椰香大蝦

準備時間:15 分鐘 | 烹調時間:8 分鐘 | 所用功能:氣炸 | 份量:2 人份

食材

- 適量植物油噴霧
- 1 湯匙中筋麵粉
- ½ 湯匙玉米粉
- ½ 茶匙紅椒粉
- 適量海鹽和黑胡椒粉
- 1 顆大雞蛋，打散
- 30 公克日式麵包粉
- 10 公克椰子絲
- 120 公克生大蝦，解凍
- 甜辣醬，用作沾醬



步驟

玻璃容器

1. 將酥脆盤放入小容器中。並噴灑大量油。在一個小碗中，加入麵粉、玉米粉、紅椒粉，用鹽和黑胡椒調味並攪拌均勻。在第二個小碗中加入雞蛋並打散。在第三個大碗中，加入日式麵包粉和椰子絲並攪拌均勻。
2. 準備大蝦時，先用廚房紙巾將其擦乾。分成小批量處理大蝦，先裹上調味過的麵粉，接著沾蛋液，最後裹上日式麵包粉與椰子絲混合物，確保表面均勻包覆。
3. 將大蝦轉移到酥脆盤上，然後均勻噴上足量的油。
4. 將 CRISPi PowerPod™ 放置於玻璃容器上，按下「模式」直到「氣炸」指示燈亮起，將時間設定為 8 分鐘，然後按下「開始」以開始烹調。
5. 當時間顯示 2 分鐘時，取下 PowerPod，翻面並重新排列大蝦，以確保受熱均勻且酥脆。將 PowerPod 放回玻璃容器上，按下「開始」繼續烹調。
6. 烹調完成後，將酥脆的椰香大蝦搭配甜辣醬一起上菜。

酸種起司番茄酸辣醬熱壓吐司

準備時間:5 分鐘 | 烹調時間:12 分鐘 | 所用功能:氣炸 | 份量:1 人份

食材

- 1 個 24 公分酸種麵包，切成 1 公分厚片後切半
- 2 片切達起司、高達起司或艾曼塔起司
- ½ 湯匙番茄酸辣醬
- 適量海鹽和黑胡椒粉
- 1 湯匙含鹽奶油，軟化

提示：可改用無麩質麵包，滿足特殊飲食需求。



步驟

玻璃容器

1. 將酥脆盤放入小容器中。在乾淨的砧板上放兩半片的酸種麵包，其中一片依序鋪上 2 片選用的起司、酸辣醬，並撒上海鹽和黑胡椒調味。最上面放剩下的半片酸種麵包。將軟化的奶油均勻塗抹在兩片麵包的外側，然後放在酥脆盤上。
2. 將 CRISPi PowerPod™ 放置於玻璃容器上，按下「模式」直到「氣炸」指示燈亮起，將時間設定為 12 分鐘，然後按下「開始」以開始烹調。
3. 當時間顯示 4 分鐘時，取下 PowerPod，使用矽膠料理夾將熱壓吐司翻面。將 PowerPod 放回玻璃容器上，按下「開始」繼續烹調。
4. 烹調完成後，將吐司從酥脆盤中取出，趁熱享用。



混合搭配您最愛的 蛋白質和蔬菜，打造 Crispi 餐點



1.4 公升
小容器 玻璃容器

可容納 1-2 人份個人風味
CRISPi 餐點。

步驟 ❶ 選擇蛋白質

依喜好醃製或調味

禽肉

- 2 塊去骨雞腿肉，切成兩半（每塊 90 公克）
- 1 塊去骨去皮雞胸肉（每塊 170 公克），縱向切成兩半
- 6 塊冷凍雞塊

牛肉

- 1 塊沙朗牛排（230 公克）
- 6 顆肉丸（每顆 15 公克）
- 200 公克紐約客牛排

魚肉/海鮮

- 8-10 隻新鮮或冷凍大蝦（去殼、去腸泥）
- 1 塊鮭魚菲力（120 公克）

豬肉

- 1 塊去骨豬排（150 公克）
- 2 根香腸

植物蛋白

- 280 公克特硬豆腐，切成 4 公分塊狀
- 150 公克新鮮或冷凍素肉，切成 4 公分塊狀

提示：若要增添風味，可將蛋白質食材放在容器內的酥脆盤上，並在每一面刷上喜歡的醃料。放入冰箱冷藏醃製 30 分鐘至隔夜。

步驟 ❷ 選擇蔬菜

拌上 1 湯匙油，依喜好調味

- 100 公克四季豆
修剪剝絲

- 100 公克蘆筍
切除尾部，切成 8 公分段

- 1 顆紅甜椒（150 公克）
去籽，切成四等分

- 200 公克迷你新馬鈴薯
切成四等分

- 150 公克花椰菜
切成 4 公分塊狀

- 150 公克地瓜
切成 4 公分塊狀

- 120 公克櫛瓜
切成 4 公分塊狀

- 120 公克茄子
切成 4 公分塊狀

- 120 公克蘑菇
切成四等分

- 120 公克冷凍薯條

- 120 公克冷凍地瓜薯條

依喜好混合和搭配蔬菜！

提示：若要烹調較細嫩的蔬菜，如青花菜或四季豆，建議在烹調行程的最後階段加入，以達到最佳效果。

步驟 ❸ 用「氣炸」模式烹調

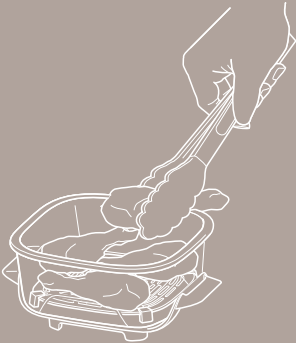
遵循以下指引

將蛋白質和蔬菜並排放在酥脆盤上。使用「氣炸」模式烹調。請參閱下表，瞭解步驟 1 中建議蛋白質對應的烹調時間。

食物類型 時間

雞肉	15-20 分鐘
牛肉	8-15 分鐘
海鮮	6-15 分鐘
豬肉	12-15 分鐘
豆腐/肉類替代品	10-15 分鐘

烹調過程中途將食材翻面，以確保均勻熟透。



注意：確保食物達到安全的烹調溫度。

步驟 ❹ 加入配料

依喜好增添風味

照燒醬

水牛城辣醬

霹靂霹靂醬

海鮮醬

燒烤醬

巴薩米可醋膏

芝麻

酥炸洋蔥

醃製蔬菜

起司碎 （帕瑪森、菲達、山羊等）

新鮮香草



焗烤雞肉千層

準備時間:10 分鐘 | 烹調時間:18 分鐘 | 所用功能:氣炸 | 份量:1 人份

食材

- 適量植物油噴霧
- 1 湯匙中筋麵粉
- ¼ 茶匙牛至
- 適量海鹽和黑胡椒粉
- 1 顆小雞蛋，打散
- 3 湯匙日式麵包粉
- 1 ½ 湯匙帕瑪森起司，刨絲
- 1 塊雞胸肉 (175-200 公克)，拍打至 1 公分厚
- 2 湯匙番茄泥
- 30 公克莫札瑞拉起司絲
- 新鮮羅勒，用作點綴

步驟

1. 將酥脆盤放入小容器中，然後均勻噴上足量的油。將麵粉加入中型碗中，並加入牛至、海鹽和黑胡椒調味。將打散的蛋液倒入另一個中型碗中。在第三個中型碗中，將麵包粉與帕瑪森起司混合均勻。
2. 將雞肉兩面先沾上麵粉，再沾蛋液，接著裹上麵包粉混合物，然後轉移至酥脆盤上。
3. 將 CRISPi PowerPod™ 放置於容器上，按下「模式」直到「氣炸」指示燈亮起，將時間設定為 18 分鐘，然後按下「開始」以開始烹調。當時間顯示 9 分鐘時，取下 PowerPod，然後使用矽膠料理夾將雞肉輕輕翻面。將 PowerPod 放回容器上繼續烹調。
4. 當時間顯示 3 分鐘時，取下 PowerPod，將番茄泥均勻塗抹在雞肉上，再均勻鋪上一層莫札瑞拉起司絲。將 PowerPod 放回容器上，按下「開始」繼續烹調。
5. 烹調完成後，使用外部溫度計確認雞肉內部溫度達到 75°C。在焗烤雞肉千層上撒上新鮮羅勒，即可立即上菜。



玻璃容器
小容器 | 1.4 公升



初級食譜
● ○ ○

印度起司與香料烤青椒

準備時間:10 分鐘 | 醃製時間:3 小時以上 | 烹調時間:13 分鐘
所用功能:氣炸 | 份量:2 人份

食材

- 1 湯匙植物油
- 3 湯匙原味優格
- 1 小瓣大蒜，去皮切末
- 1 茶匙新鮮生薑，去皮切末
- 1 茶匙檸檬汁
- 1 茶匙辣椒粉
- ¼ 茶匙薑黃粉
- ½ 茶匙孜然粉
- ½ 茶匙芫荽粉
- 適量海鹽
- 225 公克印度起司，切成 12 塊 3 公分塊狀
- 1 顆中小型青椒，切成 3 公分塊狀
- 新鮮香菜，切碎，用作佐料
- 原味優格，用作佐料
- 檸檬塊，用作佐料
- 印度烤餅，用於佐餐



步驟

- 將酥脆盤放入小容器中。在大碗中加入植物油、優格、蒜末、薑末、檸檬汁、辣椒粉、薑黃粉、孜然粉、芫荽粉及海鹽並混合均勻。
- 將印度起司和青椒放入碗中，均勻裹上香料混合物。轉移至酥脆盤上，然後在容器上蓋上蓋子。放入冰箱中冷藏醃製至少 3 小時或隔夜。
- 從冰箱中取出容器，取下蓋子並用油塗抹。將 CRISPi PowerPod™ 放置於容器上，按下「模式」直到「氣炸」指示燈亮起，將時間設定為 13 分鐘，然後按下「開始」以開始烹調。
- 當時間顯示 4 分鐘時，取下 PowerPod，翻動印度起司和蔬菜。將 PowerPod 放回容器上，按下「開始」繼續烹調。
- 烹調完成後，將食材從酥脆盤中取出，搭配新鮮香菜、優格、檸檬角及印度烤餅一起上菜。



帕瑪火腿紅醬鱈魚佐寶貝菜

準備時間:10 分鐘 | 烹調時間:15 分鐘 | 所用功能:氣炸 | 份量:2 人份

食材

- 100 公克蘆筍，切除尾部，切成 4 公分長段
- 70 公克玉米筍，縱向切成兩半
- 80 公克甜豆
- 1 茶匙橄欖油
- 適量海鹽和黑胡椒粉
- 2 湯匙紅醬
- 2 塊鱈魚腰肉（每塊 120 公克），厚度不超過 2 公分
- 4 片帕瑪火腿



步驟

- 在小容器中（不放入酥脆盤）將蔬菜與橄欖油、海鹽和黑胡椒拌勻。將鱈魚塊用海鹽和黑胡椒調味，並均勻塗抹紅醬。在砧板上將 2 片帕瑪火腿交叉重疊擺放成十字形。將一塊鱈魚腰肉放在上面，然後將帕瑪火腿包裹起來，形成包裹狀。重複上述步驟處理剩餘的鱈魚，並將包好的兩塊鱈魚放在容器中的蔬菜上方。
- 將 CRISPi PowerPod™ 放置於容器上，按下「模式」直到「氣炸」指示燈亮起，將時間設定為 15 分鐘，然後按下「開始」以開始烹調。
- 當時間顯示 6 分鐘時，取下 PowerPod。取出鱈魚，放在砧板上並翻動蔬菜。翻轉鱈魚，然後放回蔬菜上。將 PowerPod 放回容器上，按下「開始」繼續烹調。
- 烹調完成後，將帕瑪火腿包鱈魚與蔬菜一同盛盤上菜。



焦糖香蕉

準備時間:5 分鐘 | 烹調時間:12 分鐘 | 所用功能:氣炸 | 份量:2 人份



玻璃容器
小容器 | 1.4 公升



初級食譜
●○○○

食材

- 2 根小香蕉，去皮，縱向切成兩半
- 1½ 湯匙紅糖
- ¼ 茶匙肉桂粉
- 希臘優格，用於佐餐
- 胡桃碎，用於佐餐

步驟

- 將酥脆盤放入小容器中。將香蕉切面朝上放入酥脆盤中。在表面均勻鋪上一層紅糖，並撒上肉桂粉。
- 將 CRISPi PowerPod™ 放置於容器上，按下「模式」直到「氣炸」指示燈亮起，將時間設定為 12 分鐘，然後按下「開始」以開始烹調。
- 烹調完成後，靜置冷卻幾分鐘。搭配希臘優格和胡桃碎一同上菜。



玻璃容器

小容器

1.4 公升烹調指南

注意：在烹調前放入酥脆盤。

烹調時間僅適用於本指南建議份量

*注意：自製薯條烹調前，先浸泡於冷水中 30 分鐘，然後沖洗並擦乾。



放入酥脆盤並與手把保持水平，以達到最佳烹調效果。

提示：烹調過程中翻面，以確保食材均勻熟透。

食材	數量	準備工作	油	所用功能	烹調時間	操作
蔬菜						
蘆筍	200 公克	切成兩半	拌上 1 茶匙油	氣炸	5-7 分鐘	烹調中途翻動 2-3 次
櫛瓜	200 公克	切成 2 公分厚圓片	拌上 1 茶匙油	氣炸	8-10 分鐘	烹調中途翻動 2-3 次
紅椒	2 顆	切成四等分	拌上 1 茶匙油	氣炸	8-10 分鐘	於烹調中途翻面
青花菜	200 公克	切成 2.5 公分小朵	拌上 1 茶匙油	氣炸	8-12 分鐘	烹調中途翻動 2-3 次
奶油南瓜	200 公克	切成 2 公分小塊	拌上 1 茶匙油	氣炸	15-18 分鐘	烹調中途翻動 2-3 次
玉米	4 根	整根	拌上 1 茶匙油	氣炸	8-10 分鐘	於烹調中途翻面
花椰菜	200 公克	切成 2.5 公分小朵	拌上 1 茶匙油	氣炸	9-14 分鐘	烹調中途翻動 2-3 次
四季豆	150 公克	修剪剝絲	拌上 1 茶匙油	氣炸	7-10 分鐘	烹調中途翻動 2-3 次
蘑菇	150 公克	洗淨，切成四等分	拌上 1 茶匙油	氣炸	10-15 分鐘	烹調中途翻動 2-3 次
薄皮迷你馬鈴薯	200 公克	切成四等分	拌上 1 茶匙油	氣炸	15-20 分鐘	烹調中途翻動 2-3 次
地瓜	200 公克	切成 1.5 公分塊狀	拌上 1 茶匙油	氣炸	15-20 分鐘	烹調中途翻動 2-3 次
自製細薯條*	200 公克	切成 1 公分寬條狀	無需加入	氣炸	22-24 分鐘	烹調中途翻動 2-3 次
自製粗薯條*	200 公克	切成 2 公分寬條狀	無需加入	氣炸	30-32 分鐘	烹調中途翻動 2-3 次
禽肉						
雞胸肉	2 塊 (每塊 200 公克)	無骨	刷油	氣炸	22-25 分鐘	於烹調中途翻面
帶骨雞腿排	2 塊 (每塊 150-170 公克)	無需加入	刷油	氣炸	18-22 分鐘	無需加入
去骨雞腿排	2-3 塊 (每塊 90 公克)	無需加入	刷油	氣炸	15-18 分鐘	於烹調中途翻面
棒棒腿	2-3 根 (每根 120 公克)	無需加入	刷油	氣炸	17-20 分鐘	於烹調中途翻面
雞翅	250 公克	雞全翅	拌上 1 茶匙油	氣炸	20-25 分鐘	烹調中途翻動 2-3 次
海鮮						
鮭魚菲力	2 塊 (每塊 115 公克)	無需加入	刷油	氣炸	10-14 分鐘	無需加入
大蝦	165 公克	去殼	拌上 1 茶匙油	氣炸	4-6 分鐘	於烹調中途翻面
魚餅	2 塊 (每塊 145 公克)	無需加入	無需加入	氣炸	13-15 分鐘	於烹調中途翻面
素食						
哈羅米起司	225 公克一塊	切成 2 公分方塊	拌上 1 湯匙油	氣炸	8-10 分鐘	於烹調中途翻面
特硬豆腐	280 公克	切成 2 公分方塊	拌上 1 湯匙油	氣炸	10-12 分鐘	於烹調中途翻面

為做出最佳成品，
請時常搖晃或翻動
食物。

為做出最佳成品，請於烹調中途將食物翻面。建議經常查看食材，並用矽膠料理夾翻面，以確保獲得理想的口感。這些烹調時間僅供參考，請根據自己的偏好進行調整。



玻璃容器

小容器

1.4 公升烹調指南（續）

注意：在烹調前放入酥脆盤。

烹調時間僅適用於本指南建議份量

食材	數量	準備工作	油	所用功能	烹調時間	操作
牛肉						
新鮮肉丸	250 公克 (每顆 15 公克)	無需加入	無需加入	氣炸	6-8 分鐘	於烹調中途翻面
肋眼牛排，厚切	1 塊 (380 公克)	為做出最佳成品，烹調前先預熱裝置 5 分鐘	刷油	氣炸	9-12 分鐘	於烹調中途翻面
牛排、牛臀肉或沙朗牛排	1 塊 (230 公克)	為做出最佳成品，烹調前先預熱裝置 5 分鐘	刷油	氣炸	7-10 分鐘	於烹調中途翻面
豬肉						
香腸	5 根	無需加入	無需加入	氣炸	14-18 分鐘	於烹調中途翻面
美式培根	4 片	無需加入	無需加入	氣炸	4-6 分鐘	於烹調中途翻面
培根	3 薄片	無需加入	無需加入	氣炸	5-8 分鐘	於烹調中途翻面
厚切豬排	1 塊帶骨 (250 公克)	無需加入	刷油	氣炸	15-19 分鐘	於烹調中途翻面
羊肉						
羊排	2 塊 (每塊 100 公克)	無需加入	刷油	氣炸	8-11 分鐘	於烹調中途翻面
冷凍食物						
雞塊	250 公克	無需加入	無需加入	氣炸	10-12 分鐘	烹調中途翻動 2-3 次
基輔雞	2 塊	無需加入	無需加入	氣炸	16-20 分鐘	於烹調中途翻面
冷凍漢堡排	1 塊 (110 公克)	無需加入	無需加入	氣炸	17-20 分鐘	於烹調中途翻面
魚柳條	6 條	無需加入	無需加入	氣炸	10-13 分鐘	於烹調中途翻面
裹粉魚柳	2 塊 (每塊 100 公克)	無需加入	無需加入	氣炸	16-20 分鐘	於烹調中途翻面
紐西蘭小龍蝦	200 公克	無需加入	無需加入	氣炸	10-13 分鐘	於烹調中途翻面
薯條	230 公克	無需加入	無需加入	氣炸	12-15 分鐘	烹調中途翻動 2-3 次
地瓜薯條	230 公克	無需加入	無需加入	氣炸	12-14 分鐘	烹調中途翻動 2-3 次
薯角	250 公克	無需加入	無需加入	氣炸	15-18 分鐘	烹調中途翻動 2-3 次
素香腸	6 根	無需加入	無需加入	氣炸	10-13 分鐘	於烹調中途翻面
素漢堡排	2 塊	無需加入	無需加入	氣炸	12-15 分鐘	於烹調中途翻面
素雞塊	200 公克	無需加入	無需加入	氣炸	12-15 分鐘	烹調中途翻動 2-3 次
薯餅	4 塊	無需加入	無需加入	氣炸	15-18 分鐘	於烹調中途翻面
洋蔥圈	150 公克	無需加入	無需加入	氣炸	9-11 分鐘	烹調中途翻動 2-3 次
烤馬鈴薯	250 公克	無需加入	無需加入	氣炸	16-20 分鐘	烹調中途翻動 2-3 次

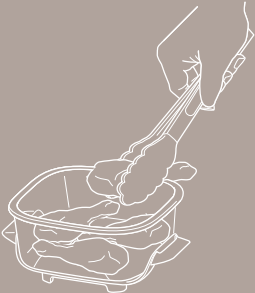


放入酥脆盤並與手把保持水平，以達到最佳烹調效果。

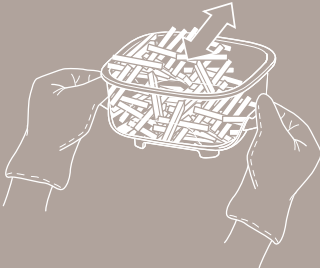
提示：烹調過程中翻面，以確保食材均勻熟透。

為做出最佳成品，請時常搖晃或翻動食物。

為做出最佳成品，請於烹調中途將食物翻面。建議經常查看食材，並用矽膠料理夾翻面，以確保獲得理想的口感。這些烹調時間僅供參考，請根據自己的偏好進行調整。



或者



照燒雞翅

準備時間:5 分鐘 | 烹調時間:40 分鐘 | 所用功能:氣炸 | 份量:4-6 人份

食材

- 1.2 公斤新鮮雞翅
- 適量海鹽和黑胡椒粉
- 2 湯匙葵花油
- 100 毫升照燒醬
- 2 根青蔥，切細絲
- 1 茶匙芝麻

步驟



玻璃容器 玻璃容器

將**酥脆盤**放入**大容器**中。將雞翅放入**容器**中，加入海鹽、黑胡椒和油拌勻。



轉接環

將**轉接器**接到 CRISPi PowerPod™ 上，然後安裝至**容器**上。按下「模式」直到「**氣炸**」指示燈亮起，將時間設定為 40 分鐘，然後按下「開始」以開始烹調。



轉接環

當時間顯示 20 分鐘時，將 PowerPod™ 連同**轉接器**一起取下，使用矽膠料理夾將雞翅翻面。將 PowerPod 放回**容器**上，按下「開始」繼續烹調。當時間顯示 8 分鐘時，再次重複此流程。

玻璃容器



烹調完成後，使用外部溫度計確認雞翅內部溫度達到 75°C。將雞翅轉移到大碗中，加入照燒醬拌勻，使其均勻裹上醬汁。點綴青蔥和芝麻。





玻璃容器
大容器 | 3.8 公升

新手初體驗



初級食譜



莫札瑞拉起司釀茄子

準備時間:15 分鐘 | 烹調時間:27 分鐘 | 所用功能:氣炸 | 份量:2 人份

食材

- 1 個大茄子 (約 300 公克)，去蒂，縱向切成兩半
- 1 ½ 湯匙橄欖油
- 適量海鹽和黑胡椒粉
- 60 公克番茄羅勒醬
- 60 公克櫻桃番茄，切成四等分
- 8 片大羅勒葉，切碎
- 60 克新鮮莫札瑞拉起司 (½ 球)，拍乾，切成 1 公分方塊
- 20 公克帕瑪森起司碎或等量純素起司
- 綠色或番茄沙拉，用於佐餐 (可選)



步驟

- 將**酥脆盤**放入**大容器**中。在茄子切面塗抹橄欖油，然後以海鹽和黑胡椒調味。將茄子切面朝下放置在**酥脆盤**上。
- 將**轉接器**接到 CRISPi PowerPod™ 上，然後安裝至**容器**上。按下「模式」直到「**氣炸**」指示燈亮起，將時間設定為 20 分鐘，然後按下「開始」以開始烹調。
- 在大碗中加入番茄羅勒醬、櫻桃番茄、莫札瑞拉起司、羅勒葉、海鹽和黑胡椒，拌勻後備用。
- 烹調完成後，將茄子轉移至砧板上，用湯匙輕輕挖出果肉，並稍微切碎。將茄子果肉加入番茄混合物中並攪拌均勻。將茄子皮放回**酥脆盤**中，填入準備好的混合物，並在上方撒上帕瑪森起司。
- 將 PowerPod 放回**容器**上，設定使用「**氣炸**」模式，將時間設定為 7 分鐘，然後按下「開始」以開始烹調。
- 烹調完成後，將釀茄子切成兩半，並依喜好佐以綠色或番茄沙拉上菜。



薑蒜毛豆

準備時間:5 分鐘 | 烹調時間:12 分鐘 | 所用功能:氣炸 | 份量:4-6 人份

食材

- 500 公克冷凍毛豆 (帶莢)
- 1 湯匙辣椒油或芝麻油
- 2 湯匙深色醬油或溜醬油 (無麩質替代)
- ¾ 湯匙薑末
- 1 瓣大蒜，去皮切末
- 適量海鹽和黑胡椒粉
- 1 茶匙芝麻
- 辣椒片，用作佐料 (可選)



步驟

- 將**酥脆盤**放入**大容器**中。在大碗中，將毛豆與辣椒油或芝麻油、醬油、薑末、蒜末、海鹽和黑胡椒拌勻，然後放入**酥脆盤**中。
- 將**轉接器**接到 CRISPi PowerPod™ 上，然後安裝至**容器**上。按下「模式」直到「**氣炸**」指示燈亮起，將時間設定為 12 分鐘，然後按下「開始」以開始烹調。
- 當時間顯示 3 分鐘時，取下 PowerPod，使用矽膠料理夾翻動毛豆。將 PowerPod 放回**容器**上，按下「開始」繼續烹調。
- 烹調完成後，將毛豆轉移至餐碗中，撒上芝麻、辣椒片，並淋上容器底部剩餘的醬汁。



牛肉法士達

準備時間:15 分鐘 | 烹調時間:22 分鐘 | 所用功能:氣炸 | 份量:4-6 人份

食材

- 4 顆中型紅椒，切成 1 公分條狀
- 2 顆紅洋蔥，去皮，切成 ½ 公分條狀
- 3 湯匙植物油，分開備用
- 2 湯匙法士塔調味料，分開備用
- 適量海鹽和黑胡椒粉
- 3 塊牛臀肉（每塊約 225 公克），切成 ½ 公分條狀
- 8-12 張 24 公分玉米捲餅（無麩質餐點可改用無麩質捲餅）

配料（可選）

- 酪梨醬
- 酸奶油
- 莎莎醬
- 切達起司屑

提示：淋上辣椒油可以增添少許辛辣風味。

步驟

- 將酥脆盤放入大容器中。
在大碗中，將紅椒和洋蔥與 2 湯匙植物油、1 ½ 湯匙法士達調味料、海鹽和黑胡椒拌勻，然後轉移至酥脆盤上。
- 將轉接器接到 CRISPi PowerPod™ 上，然後安裝至容器上。按下「模式」直到「氣炸」指示燈亮起，將時間設定為 10 分鐘，然後按下「開始」以開始烹調。當時間顯示 5 分鐘時，取下 PowerPod，使用矽膠料理夾翻動蔬菜。將 PowerPod 放回容器上，按下「開始」繼續烹調。
- 烹調完成後，將牛肉與剩餘的油、法士達調味料拌勻，並以海鹽和黑胡椒調味。將牛肉放入容器中，鋪在蔬菜上方。將 PowerPod 放回容器上，設定使用「氣炸」模式，將時間設定為 12 分鐘，然後按下「開始」以開始烹調。
- 當時間顯示 4 分鐘時，取下 PowerPod，使用矽膠料理夾單獨翻動牛肉。將 PowerPod 放回容器上，按下「開始」繼續烹調。
- 烹調完成後，將牛肉法士達搭配玉米捲餅及喜愛的配料一起上菜。



霹靂霹靂雞

燒烤

準備時間：5 分鐘 | 醃製時間：1 小時以上 | 預熱時間：5 分鐘 | 烹調時間：55 分鐘 | 所用功能：~~烘烤~~ | 份量：4 人份

食材

- 2 湯匙橄欖油
- 1 茶匙煙燻紅椒粉
- 1 茶匙紅椒粉
- ¼ 茶匙辣椒片
- ½ 茶匙洋蔥粉
- ½ 茶匙芫荽粉
- 1 茶匙乾牛至
- ½ 茶匙細海鹽
- ½ 茶匙大蒜粉
- 1.5 公斤中型全雞，去骨或切成兩半
- 薯條、玉米及沙拉，用於佐餐（可選）

步驟



玻璃容器

將酥脆盤放入大容器中。將雞肉以外的所有食材加入大碗中，攪拌均勻至形成糊狀。混合均勻後，將去骨或切成兩半的雞加入碗中，並均勻塗抹醃料。蓋上蓋子，放入冰箱冷藏醃製至少 1 小時，最多可醃 24 小時。



烹調前，先將裝置預熱 5 分鐘。將轉接器接到 CRISPi PowerPod™ 上，然後安裝至容器上。按下「模式」直到「~~烘烤~~」指示燈亮起，將時間設定為 5 分鐘，然後按下「開始」。





玻璃容器

大容器 | 3.8 公升

新手初體驗



中級食譜





玻璃容器

預熱完成後，將雞胸朝下放置在酥脆盤上。將 PowerPod™ 放回容器上，按下「模式」直到「~~烘烤~~」指示燈亮起，將時間設定為 55 分鐘，然後按下「開始」以開始烹調。



玻璃容器

當時間顯示 35 分鐘時，取下 PowerPod，將雞肉翻面。將 PowerPod 放回容器上，按下「開始」繼續烹調。



烹調完成後，使用外部溫度計確認雞肉達到理想的酥脆口袋，並且內部溫度達到 75°C。將雞肉取出放置於砧板上，靜置 15 分鐘。建議搭配薯條與玉米一起上菜。

香草鮭魚佐鹽膚木馬鈴薯 與墨西哥青辣椒

準備時間:15 分鐘 | 烹調時間:40 分鐘 | 所用功能: ~~烘烤~~ | 份量:4 人份

燒烤



食材

750 公克小馬鈴薯，切成兩半

2 湯匙葵花油，分開備用

1 茶匙鹽膚木

適量海鹽和黑胡椒粉

1 片帶皮鮭魚菲力（500 公克）

1 顆檸檬的皮屑

5 公克新鮮蒔蘿，切碎

10 公克新鮮歐芹，切碎

130 ~~公克~~ 墨西哥青辣椒

130 公克



步驟

1. 將酥脆盤放入大容器中。在大碗中，將馬鈴薯與 1 湯匙油、鹽膚木、海鹽和黑胡椒拌勻，然後放入酥脆盤中。將轉接器接到 CRISPi PowerPod™ 上，然後安裝至容器上。按下「模式」直到「~~烘烤~~」指示燈亮起，將時間設定為 22 分鐘，然後按下「開始」以開始烹調。
2. 準備鮭魚時，將其放在砧板上，魚肉朝下，沿魚皮與魚肉切 3 條縱向切口，但注意不要切斷整塊魚肉。將鮭魚表面均勻塗抹 ½ 湯匙橄欖油、檸檬皮屑、海鹽和黑胡椒。在切口填入蒔蘿和歐芹，然後將鮭魚放在一旁備用。
3. 在中型碗中，將墨西哥青辣椒與剩餘的油和海鹽拌勻，然後放在一旁備用。
4. 當時間顯示 7 分鐘時，取下 PowerPod，使用矽膠料理夾翻動馬鈴薯。將 PowerPod 放回容器上，按下「開始」繼續烹調。
5. 烹調完成後，取下 PowerPod，翻動馬鈴薯，然後將鮭魚魚皮朝上放在馬鈴薯上方。將 PowerPod 放回容器上，設定使用「~~烘烤~~」模式，將時間設定為 18 分鐘，然後按下「開始」以開始烹調。
6. 當時間顯示 7 分鐘時，取下 PowerPod，將墨西哥青辣椒放在鮭魚周圍，將 PowerPod 放回容器上，按下「開始」繼續烹調。
7. 烹調完成後，將鮭魚與馬鈴薯及墨西哥青辣椒一起盛盤上菜。

燒烤

焗烤起司番茄義大利麵

準備時間:5 分鐘 | 烹調時間:18 分鐘 | 所用功能:氣炸 | 份量:4-6 人份



食材

400 公克生蝴蝶麵（煮熟 750 公克）

*趁熱使用

1 湯匙橄欖油

800 毫升番茄泥

1 湯匙酸豆，切碎

6 湯匙番茄日曬番茄乾，切碎

½ 茶匙大蒜粉

6 湯匙帕馬森起司或等量純素起司，分開備用

適量海鹽和黑胡椒粉

20 公克新鮮羅勒，切碎

140 公克莫札瑞拉起司絲



步驟

1. 在大容器中（不放入酥脆盤），加入剛煮熟的義大利麵、橄欖油、番茄泥、酸豆、日曬番茄乾、大蒜粉、2 湯匙帕馬森起司以及適量海鹽和黑胡椒，攪拌至均勻混合。
2. 將轉接器接到 CRISPi PowerPod™ 上，然後安裝至容器上。按下「模式」直到「氣炸」指示燈亮起，將時間設定為 14 分鐘，然後按下「開始」以開始烹調。當時間顯示 7 分鐘時，取下 PowerPod 並翻炒食材。將 PowerPod 放回容器上，按下「開始」繼續烹調。烹調完成後，取下 PowerPod，加入羅勒葉並攪拌均勻。在表面撒上莫札瑞拉起司絲及剩餘的帕馬森起司。
3. 將 PowerPod 放回容器上，設定使用「氣炸」模式，將時間設定為 4 分鐘，然後按下「開始」以開始烹調。
4. 烹調完成後，趁熱盛盤享用。

提示：蝴蝶麵可替換成任何其他形狀的義大利麵，或改用無麩質版本。

沙嗲雞肉串佐花生醬

準備時間:15 分鐘 | 烹飪時間:15 分鐘 | 醃製時間:1 小時以上
所用功能:氣炸 | 份量:2-4 人份



醃料

- 400 公克迷你雞柳
- 1 湯匙椰子油，融化
- 2 湯匙醬油
- 1 瓣大蒜，去皮切末
- ¼ 茶匙辣椒片
- 2 茶匙新鮮生薑，去皮切末
- ½ 茶匙薑黃粉
- 1 顆大萊姆的皮屑（果汁留作醬汁用）
- 適量黑胡椒粉

花生醬

- 1 湯匙醬油或溜醬油（無麩質替代）
- 1 湯匙楓糖漿
- ¾ 茶匙魚露
- ¼ 茶匙辣椒片
- 1 顆萊姆的果汁（使用醃料中的萊姆）
- 50 公克滑順花生醬
- 35 公克椰奶
- 1 茶匙咖哩粉

配料：

- 烤花生
- 芫荽
- 萊姆角

步驟

1. 將酥脆盤放入大容器中。在中型碗中加入所有醃料食材，攪拌至均勻混合。將雞柳加入醃料中，攪拌至均勻裹上，然後放入冰箱冷藏醃製至少 1 小時或過夜。
2. 在小碗中將所有花生醬食材混合，攪拌至呈現順滑糊狀。如果花生醬太濃稠，可加入少許水調整至合適的稠度。放置一旁備用。
3. 將迷你雞柳均勻排列在酥脆盤上。將轉接器接到 CRISPI PowerPod™ 上，然後安裝至容器上。按下「模式」直到「氣炸」指示燈亮起，將時間設定為 15 分鐘，然後按下「開始」以開始烹調。
4. 當時間顯示 5 分鐘時，取下 PowerPod，使用矽膠料理夾將雞肉翻面。將 PowerPod 放回轉接器上，按下「開始」繼續烹調。
5. 烹調完成後，使用外部溫度計確認雞肉內部溫度達到 75°C。將雞柳搭配花生醬盛盤，撒上烤花生、香菜，並擠入一些萊姆汁點綴。



提示：搭配椰香米飯享用，即成完整餐點。

薄荷青醬酥皮羊排佐青蔬與菲達起司

準備時間:20 分鐘 | 預熱時間:5 分鐘 | 烹調時間:37-42 分鐘

所用功能:~~烘烤~~與氣炸 | 份量:4-6 人份

燒烤

食材

10 公克新鮮歐芹葉

10 公克新鮮薄荷葉

1 瓣大蒜，去皮

30 公克松子

½ 顆檸檬的皮屑與果汁

8 湯匙特級初榨橄欖油，分開備用

適量海鹽和黑胡椒粉

25 公克日式麵包粉

2 塊法式處理羊架
(每塊 500 公克)，烹調前在室溫下放置 1 小時

1 湯匙第戎芥末醬

400 公克櫛瓜，縱向切成兩半後切成 1 公分塊狀

300 公克蘆筍，切除尾部，切成 5 公分長段

200 公克冷凍豌豆

2 湯匙新鮮薄荷，切碎

150 公克菲達起司，搗碎

檸檬塊，用作佐料

步驟

1. 準備青醬時，將歐芹、薄荷、大蒜、松子、檸檬皮屑、檸檬汁、6 湯匙橄欖油、海鹽和黑胡椒加入攪拌機中。將食材攪打至均勻混合，但保留些許顆粒口感。將青醬混合物加入小碗中，並混合麵包粉。

2. 準備羊排時，將第戎芥末醬刷在兩塊羊架的表面，然後均勻裹上薄荷青醬麵包糊，輕輕按壓使其附著，形成覆蓋羊排上下及側面的酥脆外皮。

3. 烹調前，先將裝置預熱 5 分鐘。將**酥脆盤放入大容器**中。將**轉接環**接到 CRISPi PowerPod™ 上，然後安裝至**玻璃容器**上。按下「模式」直到「**烘烤**」指示燈亮起，將時間設定為 5 分鐘，然後按下「開始」。

4. 預熱完成後，將準備好的羊架放置在酥脆盤上。羊排放入**玻璃容器**中時，使兩排羊骨皆朝上並朝向內部，交錯排列並在**玻璃容器**中央交叉。將 PowerPod 放回**玻璃容器**上，按下「模式」直到「**烘烤**」指示燈亮起，視需要的熟度將時間設定為 25-30 分鐘。按下「開始」以開始烹調。

5. 烹調完成後，取出羊排並放在砧板上靜置，趁此時間烹調蔬菜。將櫛瓜、蘆筍與豌豆放入酥脆盤中，加入海鹽和黑胡椒調味，並與剩餘的橄欖油拌勻。將 PowerPod 放回**玻璃容器**上，設定使用「**氣炸**」模式，將時間設定為 12 分鐘，然後按下「開始」以開始烹調。當時間顯示 5 分鐘時，取下 PowerPod 並翻動蔬菜。將 PowerPod 放回**轉接環**上，按下「開始」繼續烹調。

6. 烹調完成後，將蔬菜與新鮮薄荷和菲達起司拌勻。將蔬菜盛盤，搭配酥皮羊排與檸檬角一起上菜。



玻璃容器

大容器

3.8 公升烹調指南

注意：在烹調前放入酥脆盤。

烹調時間僅適用於本指南建議份量	
食材	數量
蔬菜	
蘆筍	400 公克
紅椒	4 顆 (600 公克)
青花菜	400 公克
奶油南瓜	500 公克
玉米	4 根
花椰菜	600 公克
四季豆	400 公克
蘑菇	400 公克
地瓜	700 公克
迷你馬鈴薯	700 公克
自製細薯條*	500 公克
自製粗薯條*	500 公克
櫛瓜	600 公克
禽肉	
棒棒腿	6 塊 (每塊 120 公克)
雞翅	1.2 公斤
雞胸肉	4 塊 (每塊 200 公克)
帶骨雞腿排	4-6 塊 (每塊 150-170 公克)
去骨雞腿排	4-6 塊 (每塊 90 公克)

***注意：**自製薯條烹調前，先浸泡於冷水中 30 分鐘，然後沖洗並擦乾。



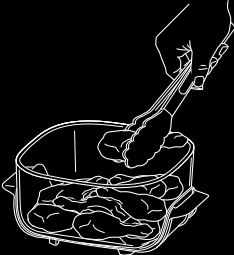
放入酥脆盤並與手把保持水平，以達到最佳烹調效果。

提示：烹調過程中翻面，以確保食材均勻熟透。

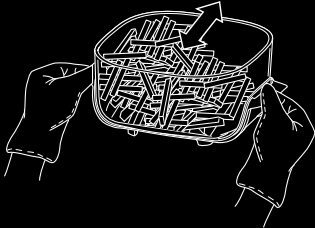
所用功能	烹調時間	操作
氣炸	8-10 分鐘	烹調中途翻動 2-3 次
氣炸	20-24 分鐘	於烹調中途翻面
氣炸	9-13 分鐘	烹調中途翻動 2-3 次
氣炸	15-20 分鐘	烹調中途翻動 2-3 次
氣炸	13-16 分鐘	於烹調中途翻面
氣炸	11-15 分鐘	烹調中途翻動 2-3 次
氣炸	15-18 分鐘	烹調中途翻動 2-3 次
氣炸	10-15 分鐘	烹調中途翻動 2-3 次
氣炸	18-22 分鐘	烹調中途翻動 2-3 次
氣炸	20-25 分鐘	烹調中途翻動 2-3 次
氣炸	28-30 分鐘	烹調中途翻動 2-3 次
氣炸	30-32 分鐘	烹調中途翻動 2-3 次
氣炸	10-14 分鐘	烹調中途翻動 2-3 次
氣炸	18-22 分鐘	於烹調中途翻面
氣炸	40-45 分鐘	烹調中途翻動 2-3 次
氣炸	23-26 分鐘	於烹調中途翻面
氣炸	20-24 分鐘	無需加入
氣炸	17-19 分鐘	於烹調中途翻面

為做出最佳成品，請時常搖晃或翻動食物。

為做出最佳成品，請於烹調中途將食物翻面。建議經常查看食材，並用矽膠料理夾翻面，以確保獲得理想的口感。這些烹調時間僅供參考，請根據自己的偏好進行調整。



或者



玻璃容器

大容器

3.8 公升烹調指南（續）

注意：在烹調前放入酥脆盤。

烹調時間僅適用於本指南建議份量

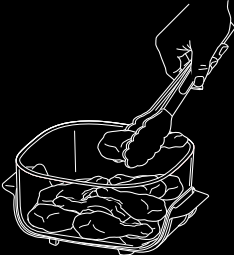
食材	數量	準備工作	油	所用功能	烹調時間	操作
海鮮						
魚餅	4 塊	無需加入	無需加入	氣炸	16-18 分鐘	於烹調中途翻面
鮭魚菲力	4-6 塊 (每塊 120 公克)	無需加入	刷油	氣炸	12-14 分鐘	無需加入
大蝦	330 公克	整隻，去殼	拌上 1 湯匙油	氣炸	5-7 分鐘	於烹調中途翻面
牛肉						
漢堡排	4-6 塊 (每塊 115 公克)	無需加入	無需加入	氣炸	10-15 分鐘	於烹調中途翻面
新鮮肉丸	500 公克 (每顆 15 公克)	無需加入	無需加入	氣炸	8-10 分鐘	於烹調中途翻面
牛排	2 塊 (每塊 230 公克)	為做出最佳成品，烹調前先預熱裝置 5 分鐘	刷油	氣炸	8-11 分鐘	於烹調中途翻面
羊肉						
羊排	4-6 塊 (每塊 100 公克)	無需加入	刷油	氣炸	10-15 分鐘	於烹調中途翻面
豬肉						
培根	6 薄片	無需加入	無需加入	氣炸	7-9 分鐘	於烹調中途翻面
美式培根	6 片	無需加入	無需加入	氣炸	6-8 分鐘	於烹調中途翻面
豬排	3 塊帶骨 (每塊 250 公克)	無需加入	刷油	氣炸	20-25 分鐘	於烹調中途翻面
香腸	10 根	無需加入	無需加入	氣炸	16-20 分鐘	於烹調中途翻面
素食						
哈羅米起司	2 塊 (每塊 225 公克)	切成 2 公分方塊	拌上 2 湯匙油	氣炸	10-12 分鐘	於烹調中途翻面
特硬豆腐	2 塊 (每塊 280 公克)	切成 2 公分方塊	拌上 2 湯匙油	氣炸	10-14 分鐘	於烹調中途翻面



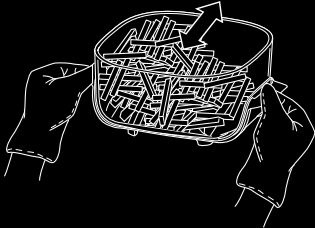
提示：烹調過程中翻面，以確保食材均勻熟透。

為做出最佳成品，
請時常搖晃或翻動
食物。

為做出最佳成品，請於烹調中途將食物翻面。建議經常查看食材，並用矽膠料理夾翻面，以確保獲得理想的口感。這些烹調時間僅供參考，請根據自己的偏好進行調整。



或者



玻璃容器

大容器

3.8 公升烹調指南（續）

注意：在烹調前放入酥脆盤。

烹調時間僅適用於本指南建議份量

*注意：自製薯條烹調前，先浸泡於冷水中 30 分鐘，然後沖洗並擦乾。

食材	數量	準備工作	油	所用功能	烹調時間	操作
冷凍食物						
魚柳條	10 條	無需加入	無需加入	氣炸	12-15 分鐘	於烹調中途翻面
裹粉魚柳	4 塊 (每塊 100 公克)	無需加入	無需加入	氣炸	18-22 分鐘	於烹調中途翻面
雞塊	600 公克	無需加入	無需加入	氣炸	12-15 分鐘	烹調中途翻動 2-3 次
基輔雞	4 塊	無需加入	無需加入	氣炸	18-22 分鐘	於烹調中途翻面
牛肉漢堡排	4 塊 (110 公克)	無需加入	無需加入	氣炸	18-22 分鐘	於烹調中途翻面
素漢堡排	2 塊	無需加入	無需加入	氣炸	15-18 分鐘	於烹調中途翻面
地瓜薯條	500 公克	無需加入	無需加入	氣炸	14-17 分鐘	烹調中途翻動 2-3 次
粗薯條	700 公克	無需加入	無需加入	氣炸	20-25 分鐘	烹調中途翻動 2-3 次
帶皮薯條	500 公克	無需加入	無需加入	氣炸	17-20 分鐘	烹調中途翻動 2-3 次
薯角	650 公克	無需加入	無需加入	氣炸	18-24 分鐘	烹調中途翻動 2-3 次
薯條	500 公克	無需加入	無需加入	氣炸	17-20 分鐘	烹調中途翻動 2-3 次
烤馬鈴薯	750 公克	無需加入	無需加入	氣炸	20-25 分鐘	烹調中途翻動 2-3 次
薯餅	8 塊	無需加入	無需加入	氣炸	17-20 分鐘	於烹調中途翻面
素香腸	12 根	無需加入	無需加入	氣炸	13-15 分鐘	於烹調中途翻面
素雞塊	600 公克	無需加入	無需加入	氣炸	10-13 分鐘	烹調中途翻動 2-3 次
紐西蘭小龍蝦	450 公克	無需加入	無需加入	氣炸	12-15 分鐘	於烹調中途翻面
洋葱圈	350 公克	無需加入	無需加入	氣炸	11-14 分鐘	烹調中途翻動 2-3 次
約克夏布丁	8 塊 (150 公克)	無需加入	無需加入	氣炸	3-4 分鐘	於烹調中途翻面

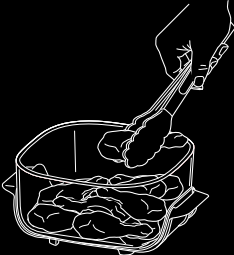


放入酥脆盤並與手把保持水平，以達到最佳烹調效果。

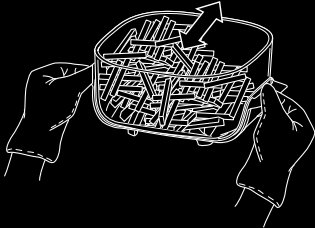
提示：烹調過程中翻面，以確保食材均勻熟透。

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請時常搖晃或翻動
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為做出最佳成品，請於烹調中途將食物翻面。建議經常查看食材，並用矽膠料理夾翻面，以確保獲得理想的口感。這些烹調時間僅供參考，請根據自己的偏好進行調整。



或者



玻璃容器

大容器 3.8 公升烹調指南（續）

注意：在烹調前放入酥脆盤。

烹調時間僅適用於本指南建議份量						
食材	數量	準備工作	油	所用功能	烹調時間	操作
烘烤						
蝴蝶雞	中型全雞（約 1.5 公斤）	以鹽和黑胡椒調味。使用前預熱裝置 5 分鐘	刷油	燒烤	50-55 分鐘	雞 剛開始雞胸朝下，於烹調中途翻面
全雞	小型全雞（約 1.2 公斤）	以鹽和黑胡椒調味。使用前預熱裝置 5 分鐘	刷油	烘烤	55-60 分鐘	雞 剛開始雞胸朝下，於烹調中途翻面
整隻雞腿	4 隻（每隻 250 公克）	以鹽和黑胡椒調味。使用前預熱裝置 5 分鐘	刷油	烘烤	35-40 分鐘	於烹調中途翻面
豬菲力	2 條（每條 400-500 公克）	以鹽和黑胡椒調味。使用前預熱裝置 5 分鐘	刷油	烘烤	25-35 分鐘	於烹調中途翻面
脆皮豬里肌	1.2 公斤	在脂肪表面劃刀，並以海鹽和黑胡椒調味。使用前預熱裝置 5 分鐘	刷油	烘烤	75-80 分鐘	剛開始將脂肪面朝下烹調，25 分鐘後翻面
整塊羊架	2 塊（每塊 400-500 公克）	以鹽和黑胡椒調味。使用前預熱裝置 5 分鐘	刷油	烘烤	20-30 分鐘	無需加入
大型帶皮鮭魚菲力	500-800 公克	以鹽和黑胡椒調味。	刷油	烘烤	20 分鐘	無需加入
牛臀肉	1.5 公斤	以鹽和黑胡椒調味。使用前預熱裝置 5 分鐘	刷油	烘烤	40-50 分鐘	於烹調中途翻面
整條牛菲力	1 公斤	以鹽和黑胡椒調味。使用前預熱裝置 5 分鐘	刷油	烘烤	35-45 分鐘	於烹調中途翻面
帶骨去腿全鴨	1.2 公斤	在脂肪表面劃刀，並以海鹽和黑胡椒調味。使用前預熱裝置 5 分鐘	無需加入	烘烤	30-40 分鐘	剛開始鴨胸朝下，於烹調中途翻面

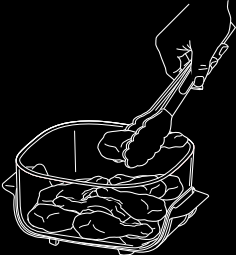
提示：使用前，先將裝置使用「~~烘烤~~」模式預熱 5 分鐘，以便快速烤出香脆表面



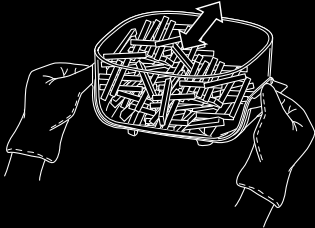
提示：烹調過程中翻面，以確保食材均勻熟透。

為做出最佳成品，
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食物。

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或者



[illegible][illegible]

NINJA CRISPi™

便攜式氣炸鍋

NINJA 是 SharkNinja Operating LLC 的註冊商標。
CLEANCRISP、NINJA CRISPI 和 POWERPOD 是 SharkNinja Operating LLC 的商標。
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FN101TWSeries_IG_QSG_xRecipe_TC_E_MP_Mv8

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



NINJA CRISPi™

PORTABLE GLASS COOKING SYSTEM

Quick start guide

Recipes, charts, and
how-tos to get cooking



Welcome to your all-in-one portable glass cooking system

Now you've got the power of an air fryer in the palm of your hand.
Read on for tips, tricks, and how-to's, for your CRISPi Air Fryer.



SNAP IT



CRISP IT



SERVE IT



STORE IT

Meal prep made easy.

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

Get yours at sharkninja.tw

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Get to Know the Ninja CRISPi™	4
Meet your CleanCrisp™ Starter Set	5
Get To Know The Control Panel	6
4-in-1 Functions	7
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Large Container Cooking Charts	46-53

Recipe Key

We've tagged recipes with these icons to help find the right ones for you.



Included in starter set



1.4L Small Container
Feeds up to 2 people

Included in starter set



3.8L Large Container
Feeds up to 6 people

Get to know the Ninja CRISPi™

1526 watt air fryer in a lightweight pod

NOTE: Colours and modes may vary

CRISPi PowerPod™

Senses which CleanCrisp™ container you're using and adjusts cooking temperature.

Counter-safe legs

Set the PowerPod™ down to rest on surfaces, due to its durable, heat-resistant prongs.

Crisper plates

Large and small, fits in the CleanCrisp™ containers to perfectly crisp your food.

Permanent easy-grip handles

Easy transport from kitchen to table, the handles are touch safe after cooking.

Easy-to-store design

Pod nests on top of containers.

Large Container Adaptor

Adapts the PowerPod™ to fit the large container.

Tip: No adaptor needed for the small container.

CleanCrisp™ Container

This glassware withstands high heat and doubles as a serving and marinating dish.

Tip: The CRISPi air fryer will work with CleanCrisp™ Glassware **ONLY**.

CleanCrisp™ Container System

High-Heat Resistant

Designed to endure high temperatures during cooking.

Thermal-shock Resistant

Go from frozen to crispy textures in minutes.

Dishwasher-Safe

Dishwasher-safe containers and lids are BPA free.



1.4L
Small Container



3.8L
Large Container

Meet your CleanCrisp™ starter set



3.8L
Large Container
Feed up to 6 people

Snap-on lid

for easy storage of leftovers.

Leak-resistant lid

for the small container, makes meal prep and taking on the go easy.

Permanent easy-grip handles

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



1.4L
Small Container
Feed up to 2 people

Heat-resistant feet

Set the container and adaptor down on a surface with durable, heat-safe feet.

Safe on

GRANITE | LAMINATE | QUARTZ
BUTCHER BLOCK | MARBLE



Get to know the control panel

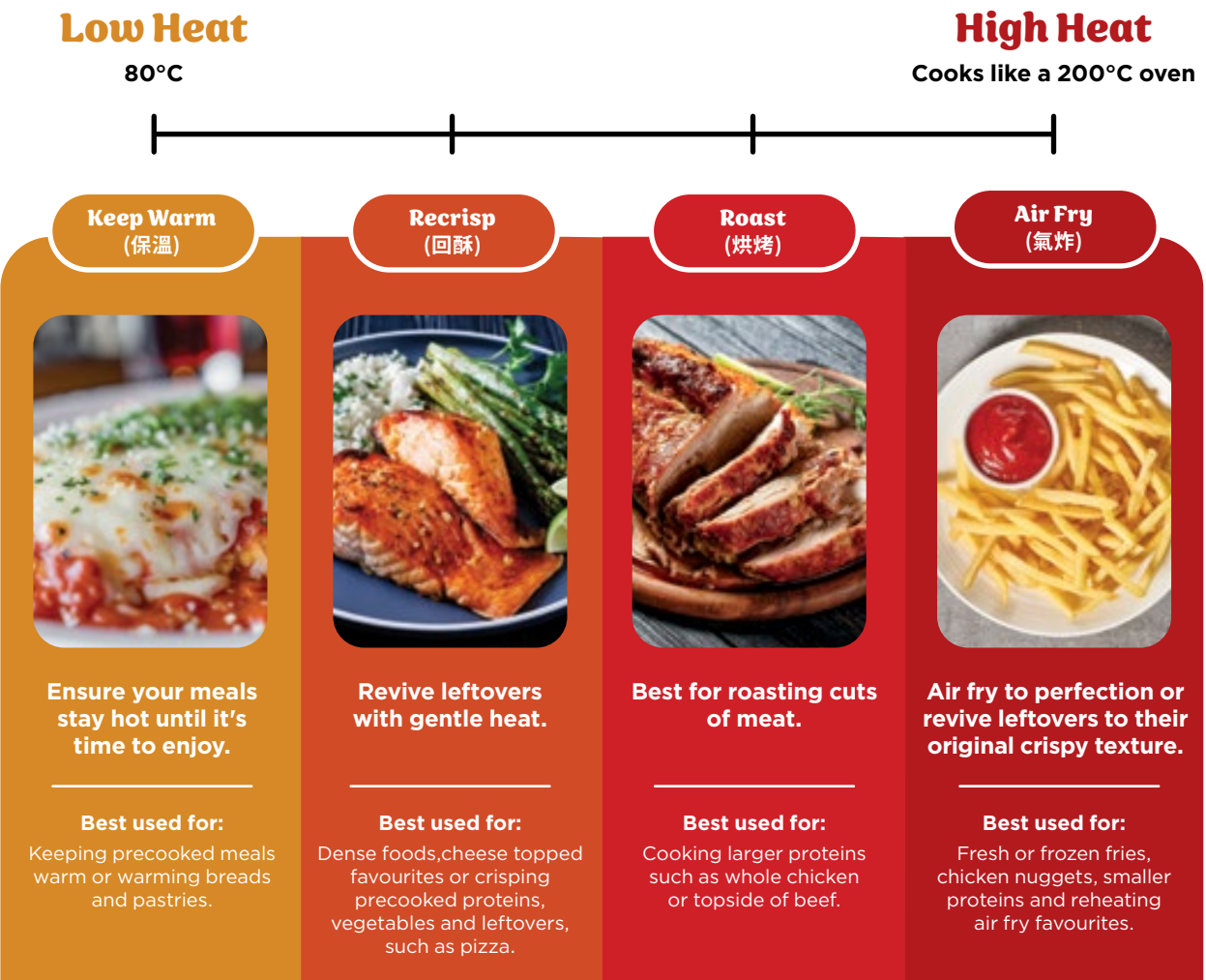
Simplified cooking with up to 4 functions*.



*Functions may vary by model.

4-in-1 functionality

Go from low heat to high heat with 4 cooking functions*.
See pages 28-31 and 46-53 for detailed cooking charts.



Getting started

- 1 Power**
Press **START/POWER** on the CRISPi PowerPod™ to turn on.
- 2 Select mode**
Press the **MODE (模式)** button to select the desired cook function.
- 3 Adjust time**
The mode will start with a suggested time. Press - or + to adjust the cook time before or during cooking.
- 4 Start Cooking**
Press **START/POWER** to start cooking.

Crisping Dishes

Air fry fresh or frozen food to perfection.

How to Crisp

Roast

Air Fry

1 Choose your container and add Crisper Plate

Place crisper plate level with handles for optimum performance.



PLACE CRISPER PLATE LEVEL WITH HANDLES FOR OPTIMUM PERFORMANCE.

2 Add food

Prep with seasoning or marinate if needed.

Tip: You can marinate directly in the CleanCrisp™ container.

Note: Parchment paper cannot be used in the CleanCrisp™ containers

3 Attach pod and select mode

Attach pod onto adaptor until you hear front and back click. Place assembled pod and adaptor on top of container. Select mode and adjust time as needed.

Note: Adaptor should not be used when cooking with the small container.

4 Turn the food occasionally

Lift the pod to turn ingredients 1-2 times using silicone-tipped tongs.

Safe sense: Cooking will automatically pause when you remove the pod from the container. To resume cooking, place PowerPod™ on container and press START.

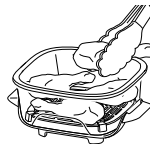
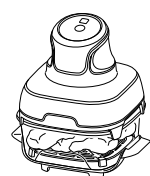
5 Serve

CleanCrisp™ containers can be placed directly on any surface.

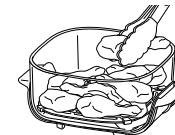
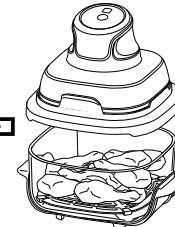
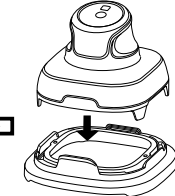
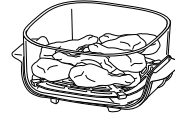
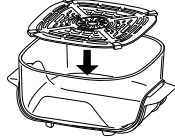


Note: PowerPod™ has durable, heat-safe feet allowing it to be set down on surfaces.

Small Container
1.4L



Large Container
3.8L



Tips:

Use the adaptor for the large container.

When checking food, lift away pod with adaptor connected.

Recrisping leftovers

Revive leftovers into new dishes.

How to Recrip

Recrip

1 Add Crisper Plate

2 Add foods for crisping

Add foods that you want to crisp (proteins, veggies, etc.).

3 Attach PowerPod™ and select mode

Place PowerPod on container. Select Recrip. Cook for 5-12 minutes or until food is heated through.

4 Serve

Serve straight from the container or remove food using silicone-tipped tongs/utensil or tip out using Safe-to-Touch handles. CleanCrisp™ Glass Containers can be placed directly on a surface.

Tip: The Small Container 1.4L container is the perfect size for leftovers.



Use the Small and Large Containers to cook lunch and dinner for the week.

Follow this guide for inspiration and add in your favourite recipes and ingredients as desired.

Key:

Use the colours below to meal prep in each container.

1.4L
Small Container



3.8L
Large Container



Your easy guide

to weekly meal planning

LUNCH

Cauliflower Buffalo Bites with Blue Cheese Dip served with cucumber and celery salad



See pages 14-15 for recipe.

Chicken Breast served over fresh salad



See pages 28-29 for Air Fry chart.

Salmon Tacos (with last nights salmon leftovers)



See page 9 for reheat guidance.

Chicken, Mozzarella and Avocado Panini (with last nights chicken leftovers)



See page 9 for reheat guidance.

Teriyaki Prawn with Capsicum & Broccoli



See pages 18-19 for recipe guidance.

DINNER

Beef Fajitas



See pages 36-37 for recipe.

Herby Salmon with Sumac Potatoes & Padrón Chillies



See page 40 for recipe.

Peri Peri Chicken served with sweetcorn and fries



See pages 38-39 for recipe.

Chicken Satay with Peanut Sauce



See pages 42-43 for recipe.

Cheesy Tomato Pasta Bake served with a fresh tomato salad



See page 41 for recipe.

RECRISP DOs and DON'Ts

DOs

Serve reheated food immediately.
Reheat proteins until steaming hot throughout, with a core temperature of 75°C.
Leave food to cool down before putting into fridge.
Turn or flip foods halfway through cooking.
To avoid proteins from drying out and for even reheating, cut in half or in slices before reheating.
When reheating stews, stirfrys and saucy pastas, stir regularly for an even reheat.
When reheating lasagne, cottage pies, pies, and pasta bakes: microwave first (making sure to remove Crisper Plate). Then recrisp to get a crisp even finish.
For a crisp bottom, preheat unit with crisper tray for 5 minutes before adding food loads such as pizza, quiche slices and tarts.

DON'Ts

Don't overload the Crisper Plate and make sure to provide space between proteins to get them extra crispy.
Don't reheat proteins or rice more than once.
Don't use baking paper.
Don't microwave with the Crisper Plate in the container.

Cleaning Guide

CRISPi PowerPod™

Wipe clean with a damp cloth after each use. NEVER immerse the PowerPod in water or any other liquid. NEVER clean the PowerPod in a dishwasher.

CleanCrisp™ Containers

Can be washed in the dishwasher or by hand. If handwashing, thoroughly rinse and air or towel dry all parts after use. Be sure to rinse between the handles and glass surface to remove any debris or soap residue.

Note: Glassware withstands high heat and is safe to put into cold water when hot.

Crisper Plates

Can be washed in the dishwasher or by hand. If handwashing, thoroughly rinse and air or towel dry all parts after use.

Lids

Can be washed in the dishwasher (top rack only) or by hand. If handwashing, thoroughly rinse and air or towel dry all parts after use.

Adaptor

Can be washed in the dishwasher or by hand. If handwashing, thoroughly rinse and air or towel dry after use.

STARTERS/SNACKS

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STARTERS/SNACKS



STARTERS/SNACKS



STARTERS/SNACKS

Coconut Prawns

Prep: 15 minutes | **Cook:** 8 minutes | **Function:** AIR FRY | **Makes:** 2 servings



Ingredients

- Vegetable oil spray, as necessary
- 1 tablespoon plain flour
- ½ tablespoon cornflour
- ½ teaspoon paprika
- Sea salt and ground black pepper, as desired
- 1 large egg, beaten
- 30g panko breadcrumbs
- 10g desiccated coconut
- 120g raw king prawns, defrosted
- Sweet chilli sauce, to serve



Directions

- 1. Insert Crisper Plate in Small Container** and spray generously with oil. In a small bowl, combine flour, cornflour, paprika, season with salt and pepper and mix. In a second small bowl add beaten egg. In a third, larger bowl, combine panko breadcrumbs and desiccated coconut and mix well.
- 2.** To prepare the prawns, first pat dry with kitchen paper towels. In small batches, coat the prawns in the seasoned flour, followed by egg and lastly the panko breadcrumb and coconut mix, making sure there is an even crumb coating.
- 3.** Transfer prawns to the Crisper Plate then generously spray with oil.
- 4.** Attach CRISPi PowerPod™ to container, press MODE (模式) until **AIR FRY** illuminates, set time to 8 minutes and press START to begin cooking.
- 5.** When 2 minutes is displayed, remove PowerPod, flip and reposition prawns for an even crisp. Return PowerPod to container and press START to resume cooking.
- 6.** When cooking is complete, serve crispy coconut prawns with sweet chilli sauce.

Sourdough Cheese & Tomato Chutney Toastie

Prep: 5 minutes | **Cook:** 12 minutes | **Function:** AIR FRY | **Makes:** 1 serving



Ingredients

- 1 x 24cm Sourdough, sliced to 1cm thick, cut in half
- 2 slices Cheddar, Gouda or Emmental cheese
- ½ tablespoon tomato chutney
- Sea salt and ground black pepper, as desired
- 1 tablespoon salted butter, softened

TIP: Use gluten free bread for dietary requirements.



Directions

- 1. Insert Crisper Plate in Small Container.** On a clean board put the two half slices of sourdough bread, top one with 2 slices of chosen cheese, chutney and season with salt and pepper. Top with the remaining half sourdough slice. Evenly spread the softened butter on the outsides of both slices and place on Crisper Plate.
- 2.** Attach CRISPi PowerPod™ to container, press MODE (模式) until **AIR FRY** illuminates, set time to 12 minutes and press START to begin cooking.
- 3.** When 4 minutes is displayed, remove PowerPod and flip toastie with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 4.** When cooking is complete, remove toastie from Crisper Plate and enjoy warm.

Mix & Match your favourite proteins and vegetables for a Crispi meal



1.4L
**SMALL
CONTAINER**

1-2 servings with
a personal CRISPi meal.

Step 1 Pick your protein

Marinate or season as desired

POULTRY

2 BONELESS, CHICKEN THIGHS,
CUT IN HALF (90G EACH)
1 BONELESS, SKINLESS
CHICKEN BREAST (170G EACH),
CUT IN HALF LENGTHWAYS
6 FROZEN CHICKEN NUGGETS

BEEF

1 SIRLOIN STEAK (230G)
6 MEATBALLS (15G EACH)
200G STEAK STRIPS

FISH/SEAFOOD

8-10 LARGE PRAWNS FRESH
OR FROZEN
(PEELED, DEVEINED)
1 SALMON FILLET (120G)

PORK

1 BONELESS PORK CHOP (150G)
2 SAUSAGES

PLANT-BASED

280G TOFU, EXTRA FIRM
CUT IN 4CM PIECES
150G PLANT-BASED MEAT,
(FRESH OR FROZEN)
CUT IN 4CM PIECES

TIP: For extra flavour, place protein
on Crisper Plate in container and brush
on all sides with desired marinade.
Refrigerate for 30 minutes to overnight.

Step 2 Pick your vegetable

Toss in 1 tablespoon of oil
and season as desired

100G GREEN BEANS
trimmed

100G ASPARAGUS
trimmed, cut in 8cm pieces

1 CAPSICUM (150G)
seeded, cut in quarters

200G BABY NEW POTATOES
cut in quarters

150G CAULIFLOWER
cut in 4cm pieces

150G SWEET POTATO
cut in 4cm pieces

120G ZUCCHINI
cut in 4cm pieces

120G EGGPLANT
cut in 4cm pieces

120G MUSHROOMS
cut in quarters

120G FROZEN FRENCH FRIES

120G FROZEN SWEET POTATO FRIES

Mix and match vegetables
as desired!

TIP: If you would like to cook delicate
veg such as broccoli or green beans,
for best performance add them towards
the end of the cooking cycle.

Step 3 Cook on AIR FRY

Following guidelines below

Place protein and vegetable
side by side on Crisper Plate.
Cook on **AIR FRY**. See table
below for recommended cook
times reflective of our suggested
proteins in **STEP 1**.

Food type	Time
CHICKEN	15-20 MINS
BEEF	8-15 MINS
SEAFOOD	6-15 MINS
PORK	12-15 MINS
TOFU/MEAT SUBSTITUTE	10-15 MINS

Flip contents halfway through
cooking for even doneness.



NOTE: Ensure food reaches correct
food-safe temperatures.

Step 4 Top it

as desired

TERIYAKI SAUCE

BUFFALO SAUCE

PERI PERI SAUCE

HOISIN SAUCE

BBQ SAUCE

BALSAMIC GLAZE

SESAME SEEDS

CRISPY FRIED ONIONS

PICKLED VEGETABLES

CRUMBLLED CHEESE
(PARMESAN, FETA, GOAT, ETC.)

FRESH HERBS

Marinated Lemon & Garlic Chicken Thighs with Zucchini & Tomatoes

Prep: 10 minutes | **Marinade:** 3+ hours | **Cook:** 18 minutes **Function:** AIR FRY | **Makes:** 1 serving

Ingredients

- Vegetable oil spray, as necessary
- 2 tablespoons olive oil, divided
- Zest of one lemon, divided
- 1 small garlic clove, peeled, minced
- 1 ½ teaspoons Dijon mustard
- 2 boneless, skinless chicken thighs (approx. 80-90g each)
- Sea salt and ground black pepper, as desired
- ½ small zucchini (approx. 120g), cut in ½ lengthways and in 4cm pieces
- 6 cherry tomatoes
- Lemon wedges, to serve
- Fresh parsley, chopped, to serve

Directions



Insert Crisper Plate in Small Container and spray generously with oil. In a small bowl combine 1 ½ tablespoons olive oil, ¾ of lemon zest, garlic, Dijon mustard, chicken thighs, salt and pepper. Mix well then transfer to Crisper Plate.



In a small bowl toss the zucchini and tomatoes with remaining olive oil, lemon zest and season with salt and pepper. Transfer to Crisper Plate. Place lid on container and leave in the fridge for at least 3 hours or overnight.



Remove container from fridge. Remove lid and attach CRISPi PowerPod™ to container, set to **AIR FRY**, set time to 18 minutes and press START to begin cooking.



When 5 minutes is displayed, remove PowerPod, flip chicken thighs and toss vegetables. Return PowerPod to container and press START to resume cooking.



When cooking is complete, ensure chicken reaches an internal temperature of 75°C by using an external thermometer. Remove chicken thighs, zucchini and tomatoes to a plate and pour over any remaining juice at the bottom of the container. Serve with lemon wedges and chopped parsley.





Small Container | 1.4L

Kickstarter



BEGINNER RECIPE





Chicken Parmigiana

Prep: 10 minutes | **Cook:** 18 minutes | **Function:** AIR FRY | **Makes:** 1 serving



Small Container | 1.4L



BEGINNER RECIPE



Ingredients

- Vegetable oil spray, as necessary
- 1 tablespoon plain flour
- ¼ teaspoon oregano
- Sea salt and ground black pepper, as desired
- 1 small egg, beaten
- 3 tablespoons panko breadcrumbs
- 1 ½ tablespoons Parmesan cheese, finely grated
- 1 chicken breast (175-200g), flattened to 1cm thick
- 2 tablespoons passata
- 30g grated mozzarella
- Fresh basil, as garnish

Directions

- 1. Insert Crisper Plate in Small Container** and spray generously with oil. Add the flour to a medium bowl and season with oregano, salt and pepper. Add the beaten egg to a separate medium bowl. In a third medium bowl, mix the breadcrumbs and Parmesan cheese.
- 2.** Dip both sides of the chicken in the flour, then dip in the egg, followed by the breadcrumbs and transfer to Crisper Plate.
- 3.** Attach CRISPi PowerPod™ to container, press **MODE (模式)** until **AIR FRY** illuminates, set time to 18 minutes and press **START** to begin cooking. When 9 minutes is displayed, remove PowerPod and using silicone-tipped tongs, gently flip chicken. Return PowerPod to container to resume cooking
- 4.** When 3 minutes is displayed, remove PowerPod and spread passata over chicken followed by an even layer of grated mozzarella. Return PowerPod to container and press **START** to resume cooking.
- 5.** When cooking is complete, ensure chicken reaches an internal temperature of 75°C by using an external thermometer. Top chicken parmigiana with fresh basil and serve immediately.

Paneer & Green Capsicum Tikka

Prep: 10 minutes | **Marinade:** 3+ hours | **Cook:** 13 minutes
Function: AIR FRY | **Makes:** 2 servings



Ingredients

- 1 tablespoon vegetable oil
- 3 tablespoons plain yoghurt
- 1 small garlic clove, peeled, minced
- 1 teaspoon fresh ginger, peeled, minced
- 1 teaspoon lemon juice
- 1 teaspoon chilli powder
- ¼ teaspoon ground turmeric
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- Sea salt, as desired
- 225g paneer, cut into 12 x 3cm pieces
- 1 small to medium green capsicum, cut in 3cm pieces
- Fresh coriander, chopped, to serve
- Plain yoghurt, to serve
- Lemon wedges, to serve
- Naan bread, to serve



Directions

- 1. Insert Crisper Plate in Small Container.** In a large bowl combine vegetable oil, yoghurt, garlic, ginger, lemon juice, chill powder, turmeric, ground cumin, ground coriander and salt.
- 2.** Add the paneer and capsicum to the bowl and coat in tikka mixture. Transfer to Crisper Plate then place lid on container. Marinade in the fridge for at least 3 hours or overnight.
- 3.** Remove container from fridge, remove lid and apply with oil. Attach CRISPi PowerPod™ to container, press MODE (模式) until **AIR FRY** illuminates, set time to 13 minutes and press START to begin cooking.
- 4.** When 4 minutes is displayed, remove PowerPod, toss paneer and vegetables. Return PowerPod to container and press START to resume cooking.
- 5.** When cooking is complete, remove from Crisper Plate and serve with fresh coriander, yoghurt, lemon wedges and naan bread.

Prosciutto Red Pesto Cod with Baby Vegetables

Prep: 10 minutes | **Cook:** 15 minutes | **Function:** AIR FRY | **Makes:** 2 servings



Ingredients

- 100g asparagus, trimmed, cut into 4cm pieces
- 70g baby sweetcorn, cut in half lengthways
- 80g sugar snap peas
- 1 teaspoon olive oil
- Sea salt and ground black pepper, as desired
- 2 tablespoons red pesto
- 2 cod loins, (120g each), no thicker than 2cm
- 4 prosciutto slices



Directions

- 1. In Small Container (without Crisper Plate),** toss vegetables with oil, salt and pepper. Season the cod pieces with salt and pepper and rub with red pesto. Lay 2 prosciutto slices overlapping in a cross shape on a chopping board. Place one cod loin on top and fold in prosciutto to make a parcel. Repeat process with remaining cod and place both cod pieces on top of the vegetables in container.
- 2.** Attach CRISPi PowerPod™ to container, press MODE (模式) until **AIR FRY** illuminates, set time to 15 minutes and press START to begin cooking.
- 3.** When 6 minutes is displayed, remove PowerPod. Remove cod, place on a chopping board and toss vegetables. Flip cod then place back on top of vegetables. Return PowerPod to container and press START to resume cooking.
- 4.** When cooking is complete, serve prosciutto wrapped cod with vegetables.

Caramelised Bananas

Prep: 5 minutes | **Cook:** 12 minutes | **Function:** AIR FRY | **Makes:** 2 servings



Small Container | 1.4L



BEGINNER RECIPE
● ○ ○

Ingredients

2 small bananas, peeled, cut in half lengthways
1 ½ tablespoons brown sugar
¼ teaspoon ground cinnamon
Greek yoghurt, to serve
Chopped pecans, to serve

Directions

- 1. Insert Crisper Plate in Small Container.** Add bananas to Crisper Plate cut side up. Top with an even layer of brown sugar and sprinkle with cinnamon.
- 2.** Attach CRISPi PowerPod™ to container, press MODE (模式) until **AIR FRY** illuminates, set time to 12 minutes and press START to begin cooking.
- 3.** When cooking is complete, leave to cool for a few minutes. Serve with Greek yoghurt and chopped pecans.



Small Container 1.4L cooking chart

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY

***NOTE:** When cooking homemade fries, soak in cold water for 30 mins, rinse and pat dry ahead of cooking.

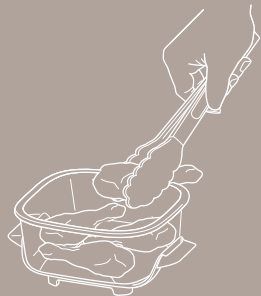


TIP: Flip food during cooking to ensure even doneness.

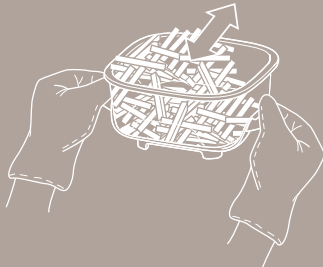
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
VEGETABLES						
Asparagus	200g	Cut in half	Toss with 1 tsp oil	AIR FRY	5-7 mins	Toss 2-3 times during cooking
Zucchini	200g	Cut in 2cm rounds	Toss with 1 tsp oil	AIR FRY	8-10 mins	Toss 2-3 times during cooking
Capsicum	2	Cut in quarters	Toss with 1 tsp oil	AIR FRY	8-10 mins	Flip halfway through cooking
Broccoli	200g	Cut in 2.5cm florets	Toss with 1 tsp oil	AIR FRY	8-12 mins	Toss 2-3 times during cooking
Butternut squash	200g	Cut in 2cm pieces	Toss with 1 tsp oil	AIR FRY	15-18 mins	Toss 2-3 times during cooking
Corn cobettes	4	Whole	Toss with 1 tsp oil	AIR FRY	8-10 mins	Flip halfway through cooking
Cauliflower	200g	Cut in 2.5cm florets	Toss with 1 tsp oil	AIR FRY	9-14 mins	Toss 2-3 times during cooking
Green beans	150g	Trimmed	Toss with 1 tsp oil	AIR FRY	7-10 mins	Toss 2-3 times during cooking
Mushrooms	150g	Rinsed, Cut in quarters	Toss with 1 tsp oil	AIR FRY	10-15 mins	Toss 2-3 times during cooking
Baby potatoes	200g	Cut in quarters	Toss with 1 tsp oil	AIR FRY	15-20 mins	Toss 2-3 times during cooking
Sweet potatoes	200g	Cut in 1.5cm pieces	Toss with 1 tsp oil	AIR FRY	15-20 mins	Toss 2-3 times during cooking
Thin homemade fries*	200g	Cut into 1cm wide sticks	None	AIR FRY	22-24 mins	Toss 2-3 times during cooking
Thick homemade fries*	200g	Cut into 2cm wide sticks	None	AIR FRY	30-32 mins	Toss 2-3 times during cooking
POULTRY						
Chicken breasts	2 breasts (200g each)	Boneless	Brush with oil	AIR FRY	22-25 mins	Turn halfway through cooking
Chicken Thigh, Bone in	2 (150-170g each)	None	Brush with oil	AIR FRY	18-22 mins	None
Chicken Thigh, Boneless	2-3 (90g each)	None	Brush with oil	AIR FRY	15-18 mins	Turn halfway through cooking
Chicken drumsticks	2-3 (120g each)	None	Brush with oil	AIR FRY	17-20 mins	Turn halfway through cooking
Chicken wings	250g	Drumettes & flats	Toss with 1 tsp oil	AIR FRY	20-25 mins	Toss 2-3 times during cooking
SEAFOOD						
Salmon fillets	2 (115g each)	None	Brush with oil	AIR FRY	10-14 mins	None
Prawns	165g	Peeled	Toss with 1 tsp oil	AIR FRY	4-6 mins	Toss halfway through cooking
Fish Cake	2 (145g each)	None	None	AIR FRY	13-15 mins	Flip halfway through cooking
VEGETARIAN						
Halloumi cheese	225g block	Cut into 2cm cubes	Toss with 1 Tbsp oil	AIR FRY	8-10 mins	Toss halfway through cooking
Tofu, extra firm	280g	Cut into 2cm cubes	Toss with 1 Tbsp oil	AIR FRY	10-12 mins	Toss halfway through cooking

For best results, shake or turn 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



Small Container 1.4L cooking chart, continued

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY



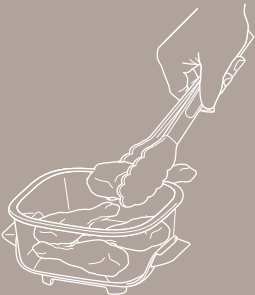
PLACE CRISPER PLATE LEVEL WITH HANDLES FOR OPTIMUM PERFORMANCE.

TIP: Flip food during cooking to ensure even doneness.

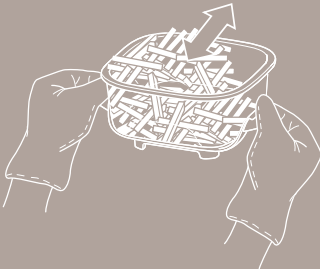
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
BEEF						
Meatballs, fresh	250g (15g each)	None	None	AIR FRY	6-8 mins	Flip halfway through cooking
Ribeye Steak, Thick Cut	1 (380g)	For best results, preheat unit for 5 minutes before cooking	Brush with oil	AIR FRY	9-12 mins	Flip halfway through cooking
Steak, Rump or sirloin steak	1 (230g)	For best results, preheat unit for 5 minutes before cooking	Brush with oil	AIR FRY	7-10 mins	Flip halfway through cooking
PORK						
Sausages	5	None	None	AIR FRY	14-18 mins	Flip halfway through cooking
Streaky bacon	4 slices	None	None	AIR FRY	4-6 mins	Flip halfway through cooking
Bacon	3 rashers of bacon	None	None	AIR FRY	5-8 mins	Flip halfway through cooking
Thick cut pork chop	1 bone in (250g)	None	Brush with oil	AIR FRY	15-19 mins	Flip halfway through cooking
LAMB						
Lamb chops	2 (100g each)	None	Brush with oil	AIR FRY	8-11 mins	Flip halfway through cooking
FROZEN FOODS						
Chicken nuggets	250g	None	None	AIR FRY	10-12 mins	Toss 2-3 times during cooking
Chicken Kiev	2	None	None	AIR FRY	16-20 mins	Flip halfway through cooking
Burger, frozen	1 pattie (110g)	None	None	AIR FRY	17-20 mins	Flip halfway through cooking
Fish fingers	6	None	None	AIR FRY	10-13 mins	Flip halfway through cooking
Fish fillets breaded/battered	2 (100g each)	None	None	AIR FRY	16-20 mins	Flip halfway through cooking
Scampi	200g	None	None	AIR FRY	10-13 mins	Toss halfway through cooking
French fries	230g	None	None	AIR FRY	12-15 mins	Toss 2-3 times during cooking
Sweet potato fries	230g	None	None	AIR FRY	12-14 mins	Toss 2-3 times during cooking
Potato Wedges	250g	None	None	AIR FRY	15-18 mins	Toss 2-3 times during cooking
Vegetarian sausages	6	None	None	AIR FRY	10-13 mins	Flip halfway through cooking
Vegetarian burger	2	None	None	AIR FRY	12-15 mins	Flip halfway through cooking
Vegetarian nuggets	200g	None	None	AIR FRY	12-15 mins	Toss 2-3 times during cooking
Hash Browns	4	None	None	AIR FRY	15-18 mins	Flip halfway through cooking
Onion Rings	150g	None	None	AIR FRY	9-11 mins	Toss 2-3 times during cooking
Roast potatoes	250g	None	None	AIR FRY	16-20 mins	Toss 2-3 times during cooking

For best results, shake or turn 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



Teriyaki-Glazed Wings

Prep: 5 minutes | **Cook:** 40 minutes | **Function:** AIR FRY | **Makes:** 4-6 servings

Ingredients

- 1.2kg fresh chicken wings
- Sea salt and ground black pepper, as desired
- 2 tablespoons sunflower oil
- 100ml teriyaki sauce
- 2 spring onions, thinly sliced
- 1 teaspoon sesame seeds

Directions



Insert Crisper Plate in Large Container. Add chicken wings salt, pepper and oil to the container and toss.



Attach the adaptor onto the CRISPi PowerPod™ then install onto the container. Press MODE (模式) until **AIR FRY** illuminates, set time to 40 minutes and press START to begin cooking.



When 20 minutes is displayed, remove PowerPod™ with the attached adaptor and flip wings with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking. Repeat this process again when 8 minutes is displayed.



When cooking is complete, ensure wings reach an internal temperature of 75°C by using an external thermometer. Transfer to a large bowl, add teriyaki sauce and toss to coat. Garnish with spring onions and sesame seeds.





Large Container | 3.8L

Kickstarter



BEGINNER RECIPE



Stuffed Eggplant with Mozzarella

Prep: 15 minutes | **Cook:** 27 minutes | **Function:** AIR FRY | **Makes:** 2 servings



Ingredients

- 1 large eggplant (approx. 300g), stalk removed, cut in half lengthwise
- 1 ½ tablespoons olive oil
- Sea salt and ground black pepper, as desired
- 60g tomato and basil passata
- 60g cherry tomatoes, cut in quarters
- 8 large basil leaves, chopped
- 60g fresh mozzarella (½ a ball), patted dry, cut in 1cm cubes
- 20g grated Parmesan or vegetarian equivalent
- Green or tomato salad, to serve, optional



Directions

- 1. Insert Crisper Plate in Large Container.** Brush the flesh of the eggplant with olive oil, then season with salt and pepper. Place eggplant cut side down on the Crisper Plate.
- 2.** Attach the adaptor onto the CRISPi PowerPod™ then install onto the container. Press MODE (模式) until **AIR FRY**, illuminates, set time to 20 minutes and press START to begin cooking.
- 3.** In a large bowl, combine tomato and basil sauce, cherry tomatoes, mozzarella, basil, salt and pepper and set aside.
- 4.** When cooking is complete, transfer the eggplants to a chopping board, lightly hollow out the flesh with a spoon and roughly chop. Add the eggplant flesh to the tomato mixture and mix. Add eggplant skin to Crisper Plate, fill with the prepared mixture and top with Parmesan cheese.
- 5.** Return PowerPod to container, set to **AIR FRY**, set time to 7 minutes and press START to begin cooking.
- 6.** When cooking is complete, cut stuffed eggplants in half and serve with a green or tomato salad as desired.

Ginger & Garlic Edamame

Prep: 5 minutes | **Cook:** 12 minutes | **Function:** AIR FRY | **Makes:** 4-6 servings



Ingredients

- 500g frozen edamame soybeans in pods
- 1 tablespoon chilli or sesame oil
- 2 tablespoons dark soy sauce or tamari for gluten free equivalent
- ¾ tablespoon minced ginger
- 1 garlic clove, peeled, minced
- Sea salt and ground black pepper, as desired
- 1 teaspoon sesame seeds
- Chilli flakes, to serve, optional



Directions

- 1. Insert Crisper Plate in Large Container.** In a large bowl, toss edamame with chilli or sesame oil, soy sauce, ginger, garlic, salt and pepper and then place on Crisper Plate.
- 2.** Attach the adaptor onto the CRISPi PowerPod™ then install onto the container. Press MODE (模式) until **AIR FRY**, illuminates, set time to 12 minutes and press START to begin cooking.
- 3.** When 3 minutes is displayed, remove PowerPod and toss edamame with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 4.** When cooking is complete, transfer edamame to a serving bowl and top with sesame seeds, chilli flakes and any marinade at the bottom of the container.

Beef Fajitas

Prep: 15 minutes | **Cook:** 22 minutes | **Function:** AIR FRY | **Makes:** 4-6 servings



Large Container | 3.8L



BEGINNER RECIPE



Ingredients

- 4 medium capsicum, cut into 1cm slices
- 2 red onions, peeled, cut into ½ cm slices
- 3 tablespoons vegetable oil, divided
- 2 tablespoon fajita seasoning, divided
- Sea salt and ground black pepper, as desired
- 3 rump steaks (approx. 225g each), cut in ½ cm strips
- 8-12 x 24cm tortilla wraps (use gluten free wraps for gluten free meal)

Toppings (optional)

- Guacamole
- Sour cream
- Salsa
- Grated Cheddar cheese

TIP: Top with chilli oil for a little kick.

Directions

- 1. Insert Crisper Plate in Large Container.**
In a large bowl, toss capsicum and onions with 2 tablespoons oil, 1 ½ tablespoons fajita seasoning, salt and pepper, then transfer to Crisper Plate.
- 2.** Attach the adaptor onto the CRISPi PowerPod™ then install onto the container. Press MODE (模式) until **AIR FRY** illuminates, set time to 10 minutes and press START to begin cooking. When 5 minutes is displayed, remove PowerPod and toss vegetables with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 3.** When cooking is complete, toss beef in remaining oil, fajita seasoning and season with salt and pepper. Add beef to the container on top of the vegetables. Return PowerPod to container, set to **AIR FRY**, set time to 12 minutes and press START to begin cooking.
- 4.** When 4 minutes is displayed, remove PowerPod and toss beef only with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 5.** When cooking is complete, serve beef fajitas with tortilla wraps and toppings as desired.



Peri Peri Chicken

Prep: 5 minutes | **Marinade:** 1+ Hour | **Preheat:** 5 minutes | **Cook:** 55 minutes | **Function:** ROAST | **Makes:** 4 servings

Ingredients

- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon paprika
- ¼ teaspoon chilli flakes
- ½ teaspoon onion powder
- ½ teaspoon ground coriander
- 1 teaspoon dried oregano
- ½ teaspoon fine sea salt
- ½ teaspoon garlic powder
- 1.5kg medium chicken, spatchcocked or halved
- Fries, sweetcorn and salad, to serve (optional)

Directions



Insert Crisper Plate in Large Container. Add all of the ingredients except for the chicken into a large bowl and mix until combined into a paste. Once combined add the spatchcocked or halved chicken to the bowl and rub with marinade to coat evenly. Cover and leave in the fridge to marinade for at least 1 hour and up to 24 hours.



When ready to cook, preheat unit for 5 minutes. Attach the adaptor onto the CRISPi PowerPod™ then install onto the container. Press **MODE (模式)** until **ROAST** illuminates, set time to 5 minutes and press **START**.





Large Container | 3.8L

Kickstarter



INTERMEDIATE RECIPE





Once preheated, add the chicken breast-side down onto Crisper Plate. Return PowerPod™ to container, press **MODE (模式)** until **ROAST** illuminates, set time to 55 minutes and press **START** to begin cooking.



When 35 minutes is displayed, remove PowerPod and flip chicken over. Return power PowerPod to container and press **START** to resume cooking.



When cooking is complete, ensure chicken is to desired crispiness and reaches an internal temperature of 75°C by using an external thermometer. Remove chicken to a board and let rest for 15 minutes. We recommend serving with fries and sweetcorn.

Herby Salmon with Sumac Potatoes & Jalepeno Chillis

Prep: 15 minutes | **Cook:** 40 minutes | **Function:** ROAST | **Makes:** 4 servings



Ingredients

750g baby potatoes, cut in half
2 tablespoons sunflower oil, divided
1 teaspoon sumac
Sea salt and ground black pepper, as desired
1 half salmon side (500g), skin on
Zest of 1 lemon
5g fresh dill, chopped
10g fresh parsley, chopped
130g jalepeno chillis



Directions

- 1. Insert Crisper Plate in Large Container.** In a large bowl, toss potatoes with 1 tablespoon oil, sumac, salt and pepper and then place on Crisper Plate. Attach the adaptor onto the CRISPi PowerPod™ then install onto the container. Press MODE until **ROAST** illuminates, set time to 22 minutes and press START to begin cooking.
- 2.** To prepare the salmon, place on a chopping board flesh side down and make 3 vertical cuts through the skin and flesh, being careful to not cut all the way through. Evenly coat the fish on all sides with 1/2 tablespoon oil, lemon zest, salt and pepper. Fill the three cuts on the skin with dill and parsley and set fish aside.
- 3.** In a medium bowl, toss jalepeno chillis in the remaining oil and salt and set aside.
- 4.** When 7 minutes is displayed, remove PowerPod and toss potatoes with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 5.** When cooking is complete, remove PowerPod, toss potatoes and place salmon on top of potatoes, skin side up. Return PowerPod in container set to **ROAST**, set time to 18 minutes and press START to begin cooking.
- 6.** When 7 minutes is displayed, remove PowerPod, add jalepeno chillis around the salmon and return PowerPod to container and press START to resume cooking.
- 7.** When cooking is complete, serve salmon with potatoes and jalepeno chillis.

Cheesy Tomato Pasta Bake

Prep: 5 minutes | **Cook:** 18 minutes | **Function:** AIR FRY | **Makes:** 4-6 servings



Ingredients

400g raw farfalle pasta (750g cooked)
***use while still hot**
1 tablespoon olive oil
800ml passata
1 tablespoon capers, chopped
6 tablespoons sundried tomatoes, chopped
½ teaspoon garlic powder
6 tablespoons Parmesan or vegetarian equivalent, divided
Sea salt and ground black pepper, as desired
20g fresh basil, finely chopped
140g grated mozzarella



Directions

- 1. In the Large Container (without Crisper Plate),** add the cooked hot pasta, oil, passata, capers, sundried tomatoes, garlic powder, 2 tablespoons Parmesan cheese, salt and pepper and mix to evenly combine.
- 2.** Attach the adaptor onto the CRISPi PowerPod™ then install onto the container. Press MODE (模式) until **AIR FRY** illuminates, set time to 14 minutes and press START to begin cooking. When 7 minutes is displayed, remove PowerPod and stir. Return PowerPod to container and press START to resume cooking. When cooking is complete remove PowerPod, add basil and stir. Top with grated mozzarella and remaining parmesan.
- 3.** Return PowerPod to container, set to **AIR FRY**, set time to 4 minutes and press START to begin cooking.
- 4.** When cooking is complete, serve and eat warm.

TIP: You can substitute the farfalle pasta for any shape or swap for gluten free.

Chicken Satay with Peanut Sauce

Prep: 15 minutes | **Cook:** 15 minutes | **Marinade:** 1+ Hour
Function: AIR FRY | **Makes:** 2-4 servings



Marinade

400g chicken mini fillets
1 tablespoon coconut oil, melted
2 tablespoons soy sauce
1 garlic clove, peeled, minced
¼ teaspoon chilli flakes
2 teaspoons fresh ginger, peeled, minced
½ teaspoon turmeric
Zest of 1 large lime (save juice for sauce)
Ground black pepper, as desired

Peanut Sauce

1 tablespoon soy sauce or tamari
for gluten free equivalent
1 tablespoon maple syrup
¾ teaspoon fish sauce
¼ teaspoon chilli flakes
Juice of 1 lime (lime from marinade)
50g smooth peanut butter
35g coconut cream
1 teaspoon curry powder

Toppings:

Roasted peanuts
Coriander
Lime wedges

Directions

- 1. Insert Crisper Plate in Large Container.** In a medium bowl, add all marinade ingredients and mix to combine. Mix in chicken fillets to evenly coat in marinade and leave in the fridge for at least 1 hour or overnight.
- 2.** In a small bowl mix all peanut sauce ingredients together to form a smooth paste. If paste is too thick, add a little water to loosen. Set aside.
- 3.** Place mini chicken fillets in an even layer on Crisper Plate. Attach the adaptor onto the CRISPI PowerPod™ then install onto the container. Press MODE (模式) until **AIR FRY** illuminates, set time to 15 minutes and press START to begin cooking.
- 4.** When 5 minutes is displayed, remove PowerPod and flip chicken with silicone-tipped tongs. Return PowerPod to adaptor and press START to resume cooking.
- 5.** When cooking is complete, ensure chicken reaches an internal temperature of 75 °C by using an external thermometer. Serve chicken with peanut sauce and garnish with dry roasted peanuts, coriander and a squeeze of lime.



TIP: Serve with coconut rice to enjoy as a full meal.

Mint Pesto Crusted Lamb with Green Veg & Feta

Prep: 20 minutes | **Preheat:** 5 minutes | **Cook:** 37-42 minutes
Function: ROAST & AIR FRY | **Makes:** 4-6 servings



Large Container | 3.8L



INTERMEDIATE RECIPE



Ingredients

10g fresh parsley leaves
10g fresh mint leaves
1 clove garlic, peeled
30g pinenuts
Zest and juice ½ lemon
8 tablespoons extra virgin olive oil, divided
Sea salt and ground black pepper, as desired
25g panko breadcrumbs
2 French trimmed lamb racks
(500g each) left at room temperature for 1 hour
prior to cooking
1 tablespoon Dijon mustard
400g zucchini, halved lengthways, in 1cm pieces
300g asparagus, stalkes removed, cut in 5cm pieces
200g frozen peas
2 tablespoons fresh mint, chopped
150g feta cheese, crumbled
Lemon wedges, to serve

Directions

1. To prepare pesto, add parsley, mint, garlic, pinenuts, lemon zest, lemon juice, 6 tablespoons olive oil, salt and pepper to a blender. Blend ingredients until combined yet still retaining some texture. Add mixture to a small bowl and mix with breadcrumbs.
2. To prepare lamb, brush both lamb racks all over with mustard and coat with mint pesto crumb, pressing down so it sticks to create a crust around the top, bottom and sides of the lamb.
3. When ready to cook, preheat unit for 5 minutes. **Insert Crisper Plate in Large Container.** Attach the adaptor onto the CRISPi PowerPod™ then install onto the container. Press **MODE (模式)** until **ROAST** illuminates, set time to 5 minutes and press **START**.
4. Once preheated, transfer the prepared lamb racks to Crisper Plate. Add lamb in such a way that the bones are facing inwards and upwards towards the middle of the container and are interlaced. Return PowerPod to container, press **MODE (模式)** until **ROAST** illuminates, set time to 25-30 minutes depending on desired doneness. Press **START** to begin cooking.
5. When cooking is complete, remove lamb racks to a board and allow to rest whilst you cook your vegetables. Add zucchini, asparagus and peas to Crisper Plate, season with salt and pepper and toss with remining olive oil. Return PowerPod to container, set to **AIR FRY**, set time to 12 minutes and press **START** to begin cooking. When 5 minutes is displayed, remove PowerPod and toss vegetable. Return PowerPod to adaptor and press **START** to resume cooking.
6. When cooking is complete, toss vegetables with fresh mint and feta. Remove to a serving dish and serve with crusted lamb and lemon wedges.



Large Container 3.8L Cooking Chart

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY

***NOTE:** When cooking homemade fries, soak in cold water for 30 mins, rinse and pat dry ahead of cooking.



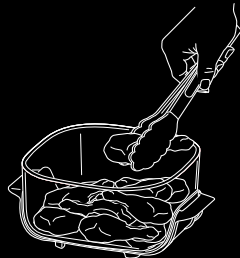
PLACE CRISPER PLATE LEVEL WITH HANDLES FOR OPTIMUM PERFORMANCE.

TIP: Flip food during cooking to ensure even doneness.

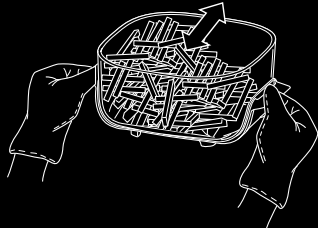
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
VEGETABLES						
Asparagus	400g	Cut in half horizontally, stems trimmed	Toss with 1 Tbsp oil	AIR FRY	8-10 mins	Toss 2-3 times during cooking
Capsicum	4 (600g)	Whole, turn halfway	Toss with 1 Tbsp oil	AIR FRY	20-24 mins	Flip halfway through cooking
Broccoli	400g	Cut in 2.5cm florets	Toss with 1 Tbsp oil	AIR FRY	9-13 mins	Toss 2-3 times during cooking
Butternut squash	500g	Cut in 2cm pieces	Toss with 1 Tbsp oil	AIR FRY	15-20 mins	Toss 2-3 times during cooking
Corn on the cob	4	Whole ears, husks removed, ends trimmed	Toss with 1 Tbsp oil	AIR FRY	13-16 mins	Flip halfway through cooking
Cauliflower	600g	Cut in 2.5cm florets	Toss with 1 Tbsp oil	AIR FRY	11-15 mins	Toss 2-3 times during cooking
Green beans	400g	Trimmed	Toss with 1 Tbsp oil	AIR FRY	15-18 mins	Toss 2-3 times during cooking
Mushrooms	400g	Rinsed, cut in quarters	Toss with 1 Tbsp oil	AIR FRY	10-15 mins	Toss 2-3 times during cooking
Sweet Potato	700g	Cut in 1.5cm pieces	Toss with 1 Tbsp oil	AIR FRY	18-22 mins	Toss 2-3 times during cooking
Baby potatoes	700g	Cut in half	Toss with 2 Tbsp oil	AIR FRY	20-25 mins	Toss 2-3 times during cooking
Thin homemade fries*	500g	Cut into 1cm wide sticks	None	AIR FRY	28-30 mins	Toss 2-3 times during cooking
Thick homemade fries*	500g	Cut into 2cm wide sticks	None	AIR FRY	30-32 mins	Toss 2-3 times during cooking
Zucchini	600g	Cut in 2cm rounds	Toss with 1 Tbsp oil	AIR FRY	10-14 mins	Toss 2-3 times during cooking
POULTRY						
Chicken Drumsticks	6 (120g each)	None	Brush with oil	AIR FRY	18-22 min	Flip halfway through cooking
Chicken wings	1.2kg	Drumettes & flats	Toss with 1 Tbsp oil	AIR FRY	40-45 min	Toss 2-3 times during cooking
Chicken Breast	4 (200g each)	None	Brush with oil	AIR FRY	23-26 mins	Flip halfway through cooking
Chicken Thigh Bone in	4-6 (150-170g each)	None	Brush with oil	AIR FRY	20-24 mins	None
Chicken Thigh Boneless	4-6 (90g each)	None	Brush with oil	AIR FRY	17-19 mins	Flip halfway through cooking

For best results, shake or turn 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.



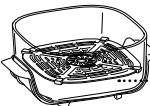
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Large Container 3.8L Cooking Chart, continued

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY



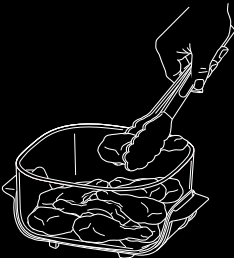
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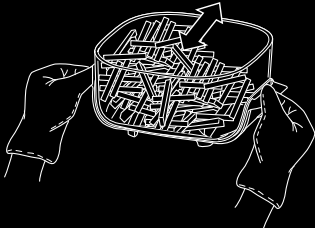
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
SEAFOOD						
Fish cakes	4	None	None	AIR FRY	16-18 mins	Flip halfway through cooking
Salmon fillets	4-6 fillets (120g each)	None	Brush with oil	AIR FRY	12-14 mins	None
Prawns	330g	Whole, Peeled	Toss with 1 Tbsp oil	AIR FRY	5-7 mins	Flip halfway through cooking
BEEF						
Burgers	4-6 patties (115g each)	None	None	AIR FRY	10-15 mins	Flip halfway through cooking
Meatballs, fresh	500g (15g each)	None	None	AIR FRY	8-10 mins	Flip halfway through cooking
Steaks	2 steaks (230g each)	For best results, Preheat unit for 5 minutes before cooking	Brush with oil	AIR FRY	8-11 mins	Flip halfway through cooking
LAMB						
Lamb chops	4-6 (100g each)	None	Brush with oil	AIR FRY	10-15 mins	Flip halfway through cooking
PORK						
Bacon	6 rashers of bacon	None	None	AIR FRY	7-9 mins	Flip halfway through cooking
Streaky bacon	6 slices	None	None	AIR FRY	6-8 mins	Flip halfway through cooking
Pork chops	3 bone-in (250g each)	None	Brush with oil	AIR FRY	20-25 mins	Flip halfway through cooking
Sausages	10 sausages	None	None	AIR FRY	16-20 mins	Flip halfway through cooking
VEGETARIAN						
Halloumi cheese	2 x 225g blocks	Cut into 2cm cubes	Toss with 2 Tbsp oil	AIR FRY	10-12 mins	Toss halfway through cooking
Tofu, extra firm	2 x 280g blocks	Cut into 2cm cubes	Toss with 2 Tbsp oil	AIR FRY	10-14 mins	Toss halfway through cooking

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OR



Large Container 3.8L Cooking Chart, continued

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY

***NOTE:** When cooking homemade fries, soak in cold water for 30 mins, rinse and pat dry ahead of cooking.



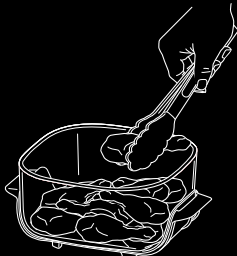
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TIP: Flip food during cooking to ensure even doneness.

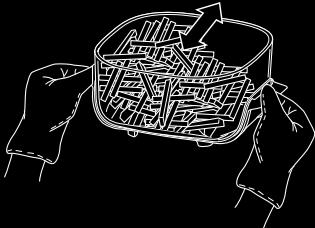
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
FROZEN FOODS						
Fish fingers	10	None	None	AIR FRY	12-15 mins	Flip halfway through cooking
Fish Fillets Batter/breaded	4 (100g each)	None	None	AIR FRY	18-22 mins	Flip halfway through cooking
Chicken nuggets	600g	None	None	AIR FRY	12-15 mins	Toss 2-3 times during cooking
Chicken kiev	4	None	None	AIR FRY	18-22 mins	Flip halfway through cooking
Beef burgers	4 patties (110g)	None	None	AIR FRY	18-22 mins	Flip halfway through cooking
Vegetarian burgers	2	None	None	AIR FRY	15-18 mins	Flip halfway through cooking
Sweet potato fries	500g	None	None	AIR FRY	14-17 mins	Toss 2-3 times during cooking
Chunky fries	700g	None	None	AIR FRY	20-25 mins	Toss 2-3 times during cooking
Skin on fries	500g	None	None	AIR FRY	17-20 mins	Toss 2-3 times during cooking
Potato Wedges	650g	None	None	AIR FRY	18-24 mins	Toss 2-3 times during cooking
French fries	500g	None	None	AIR FRY	17-20 mins	Toss 2-3 times during cooking
Roast potatoes	750g	None	None	AIR FRY	20-25 mins	Toss 2-3 times during cooking
Hash Browns	8	None	None	AIR FRY	17-20 mins	Flip halfway through cooking
Vegetarian sausages	12	None	None	AIR FRY	13-15 mins	Flip halfway through cooking
Vegetarian nuggets	600g	None	None	AIR FRY	10-13 mins	Toss 2-3 times during cooking
Scampi	450g	None	None	AIR FRY	12-15 mins	Toss halfway through cooking
Onion Rings	350g	None	None	AIR FRY	11-14 mins	Toss 2-3 times during cooking
Yorkshire Puddings	8 (150g)	None	None	AIR FRY	3-4 mins	Flip halfway through cooking

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OR



Large Container 3.8L Cooking Chart, continued

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY

INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
ROAST						
Chicken, spatchcock	Whole, medium (approx 1.5kg)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	50-55 mins	Start breast-side down and flip halfway through cooking
Chicken, whole	Whole, small (approx 1.2kg)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	55-60 mins	Start breast-side down and flip halfway through cooking
Chicken legs, whole	4 (250g each)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	35-40 mins	Flip halfway through cooking
Pork tenderloin	2 (400-500g each)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	25-35 mins	Flip halfway through cooking
Pork crackling loin joint	1.2kg	Score fat and season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	75-80 mins	Start fat side down and flip after 25 minutes
Rack of lamb whole	2 (400-500g each)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	20-30 mins	None
Large salmon fillet, skin on	500-800g	Season with salt and pepper.	Brushed with oil	ROAST	20 mins	None
Topside of beef	1.5kg	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	40-50 mins	Flip halfway through cooking
Fillet of beef, whole	1kg	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	35-45 mins	Flip halfway through cooking
Duck crown	1.2kg	Score fat and season with salt and pepper. Preheat unit for 5 mins before use	None	ROAST	30-40 mins	Start breast-side down and flip halfway through cooking

TIP: Preheat unit for 5 minutes on ROAST before before use for a sizzling sear

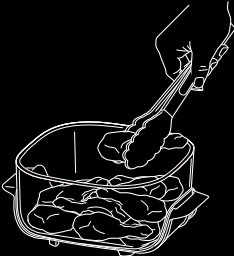


PLACE CRISPER PLATE LEVEL WITH HANDLES FOR OPTIMUM PERFORMANCE.

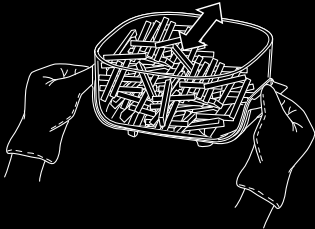
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PORTABLE GLASS COOKING SYSTEM

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