

Tips & Tricks

Grill



The oil matters

For less smoke, we recommend using oils with a high smoke point—like canola, coconut, avocado, vegetable, or grapeseed oil—instead of olive 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 Foodi Grill cooks quickly, so monitor doneness with a food thermometer. Internal food temperature continues to rise as food rests, so remove it 5°F before target temperature is reached.

Air Crisp



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 canola oil.



Don't overcrowd

Evenly arrange and space out ingredients to ensure consistent browning.



Convert traditional recipes

Use the Bake or Roast function to prepare foods typically cooked in the oven. Reduce the temperature by 25°F. Check food often to avoid overcooking.

Bake/Roast



Here's what's in the box



Recipe Book



Quick Start Guide



Owner's Guide



Foodi Grill



Splatter Shield

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 Grate

Use in the cooking pot for best grilling results.



Crisper Basket

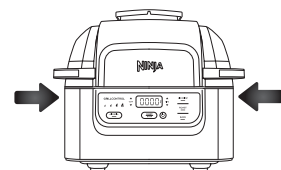
Use in the cooking pot for best air crisping results.



Cleaning Brush

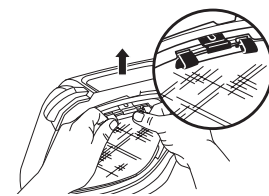
with scraper tip

Cleaning Instructions



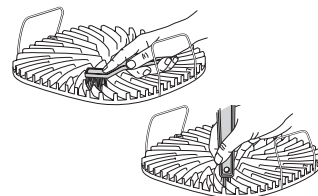
Allow base to cool

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



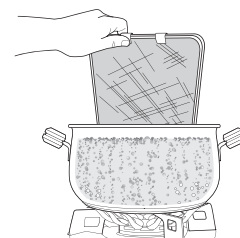
Remove splatter shield

after it cools and clean after each use. Soak overnight and use cleaning brush to help remove baked-on grease from the frame and front tabs.



Use cleaning brush

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



Deep Clean

the splatter shield by putting it directly into a pot of water. Once water comes to a boil, leave inserted for 10 minutes. **All parts are dishwasher safe, except the Foodi Thermometer and main unit.**

Preheat for better results

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



Grilling 101

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



Grill Grate

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



Want juicier meat?

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

More flavor. Less smoke.

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



LOW (400°F)

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



MED (450°F)

Best for frozen meats and marinated food.



HIGH (500°F)

Best for steaks, chicken, and burgers.



















MAX (up to 510°F)

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














FOR LESS SMOKE, WE RECOMMEND USING OILS WITH A HIGH SMOKE POINT—LIKE CANOLA, COCONUT, AVOCADO, VEGETABLE, OR GRAPESEED 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>New York Strip Steaks 2 steaks (14-16 oz. each, 1 ¼ in. thick) Pat dry. Rub with 1 teaspoon canola 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 (7-9 oz. each) Pat dry. Rub with 1 teaspoon canola 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 patties (4 oz. each) Season with salt and pepper. Store-bought: HIGH 4-6 mins Handmade: HIGH 5-9 mins Frozen: MED 10-15 mins Flipping not necessary.</p>	 <p>Salmon 4 fillets (5-6 oz. each) Pat dry. Rub with 1 teaspoon canola oil. Season with salt and pepper. MAX 7-9 mins Frozen: MAX 10-13 mins Do not flip during cooking.</p>
 <p>Fresh Bone-in Chicken Thighs 4 thighs (7-9 oz. each) Pat dry. Rub with 1 teaspoon canola 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 (8 oz. each) Pat dry. Rub with 1 teaspoon canola 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 (3-4 oz. each) Whole LOW 8-12 mins Frozen: LOW 10-14 min Flip halfway through cooking.</p>
 <p>Shrimp 1 lb Jumbo (16-18 count) Pat dry. Rub with 1 teaspoon canola oil. Season with salt and pepper. MAX 3-5 mins Frozen: MAX 4-6 mins Do not flip during cooking.</p>	 <p>Bone-In Marinated/Barbecue Chicken Thighs 4 thighs (7-9 oz. 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 (7-9 oz. 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 or spears, 2 in. 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>Yellow or Green Squash 3-4 each Cut in quarters lengthwise. Toss with canola 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 canola oil. Season with salt and pepper. MAX 10-13 mins Flip halfway through cooking.</p>	 <p>Fresh Asparagus (1 bunch) Toss with canola 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.		 <p>Adjust temp between Low and Max. Refer to the previous page or the Inspiration Guide for which settings to use.</p>	 <p>Set time, in minutes, and press START/STOP.</p>	 <p>PRE will appear, and the blinking bars will show preheating progress. Once preheated, "Add Food" will display.</p>
AIR CRISP Crisp without the guilt of deep frying.	 <p>Shake ingredients or toss with silicone-tipped tongs for even browning.</p>	 <p>Adjust temp between 300°F-450°F.</p>	 <p>Set time, in minutes, and press START/STOP.</p>	<p>Do not add food before preheating is complete.</p> <p>Grill preheat can take approximately 8 minutes because of the grill grate's high density.</p> <p>Air Crisp, Roast, and Bake preheat takes approximately 3 minutes.</p>
ROAST Roast your favorite foods right in the pot.		 <p>Adjust temp between 250°F-500°F.</p>	 <p>Set time, in minutes, and press START/STOP.</p>	<p>If you just used a different function, and the grill grate is at room temperature when you place it in the unit, "Add Food" may appear on the screen immediately. We recommend allowing the grill grate to heat up for at least 6 minutes before placing ingredients on it.</p>
BAKE Make cakes and other baked goods easily and quickly.	 <p>Not included</p>	 <p>Adjust temp between 250°F-400°F.</p>	 <p>Set time, in minutes, and press START/STOP.</p>	

Sneak a Peek

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

