

Bitte lesen Sie unbedingt die beiliegende Ninja®-Bedienungsanleitung, bevor Sie Ihr Gerät verwenden.
Please make sure to read the enclosed Ninja® Instructions prior to using your unit.
Veuillez à prendre connaissance des instructions Ninja® incluses avant d'utiliser votre appareil.



NINJA® Foodi

POWER NUTRI MIXER 3-IN-1
MIT AUTO-IQ®

POWER NUTRI BLENDER 3-IN-1
WITH AUTO IQ®

NUTRI POWER MIXEUR 3-EN-1
AVEC AUTO-IQ®

SCHNELLE UND EINFACHE REZEPTE
QUICK & EASY RECIPES
RECETTES SIMPLES ET RAPIDES



Using the Power Nutri Cup

Auto-iQ® Programs for the Power Nutri Cup

BLEND

Combine your favourite fresh or frozen ingredients to make smoothies, milkshakes or protein shakes.

CRUSH

Designed to handle the toughest ingredients like nuts, seeds and even ice to make drinks, from super healthy smoothies to cocktails.

Load it up

Do not go past the MAX LIQUID line when loading the cup.

Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Hybrid Edge Blades Assembly to the cup, remove some ingredients.



PREP TIPS

For best results, cut ingredients in 2.5cm pieces. Place frozen ingredients in the cup last.

**BUILT-IN
Power Paddle**



Introducing the POWER NUTRI BOWL

It's never been easier to create thick and spoonable smoothie bowls, nut butters and more. All you have to do is twist the Power Paddle while blending to push ingredients down towards the blade. It's like having a built-in tamper.

MIX
Smoothie Bowl
Frozen Yogurt

POWERMIX
Houmous
Pâté

DID YOU KNOW?
Smoothie bowls are **thicker & spoonable**, compared to smoothies which are thinner & drinkable.

Smoothie bowl for one

USING THE POWER NUTRI BOWL WITH THE MIX PROGRAM



1.

Add milk or milk alternative such as soy, coconut, almond or oat milk, up to the **LIQUID FILL** line.

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit, directly from freezer** and/or açaí* up to the **MAX FILL** line.

Cut larger fruit, like bananas, in quarters.

***If using açaí, thaw slightly and cut in quarters.**



3. (Optional)

Amplify your base by adding 1 scoop of yogurt, flavour powder, protein powder and/or nut butter.



4.

Screw on the blade assembly and install the bowl on the motor base.

Select **MIX** and press **START/STOP**. Twist the Power Paddle anti-clockwise **continuously** while processing.

5.

After blending is complete, add your favourite toppings, such as coconut flakes, granola, fresh bananas, berries and agave nectar.





Smoothie bowls for a crowd

USING THE POWER JUG WITH THE MIX PROGRAM



1.

With the Stacked Blade Assembly installed in the JUG, add milk or milk alternative such as soy, coconut, almond or oat milk up to the 500ml line.

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit, directly from freezer** and/or açai* up to the 1.3L line.

Cut larger fruit, like bananas, in quarters.

***If using açai, thaw slightly and cut in quarters.**



3. (Optional)

Amplify your base by adding 2 scoops of yogurt, flavour powder, protein powder and/or nut butter.



4.

Install lid, then install JUG on the motor base.

Use the dial to select **MIX** and press **START/STOP**. If more blending is needed, run on Speed 10 until combined.

5.

After blending is complete, remove lid and blade assembly. Serve in separate bowls then add your favourite toppings, such as coconut flakes, granola, fresh bananas, berries and agave nectar.



Smoothie bowl colour guide

Trying to make your bowl pop in a certain colour? Use this ingredient guide to achieve the look you want.



Blending

Tips to set yourself up for blending success.

Do not go past the MAX LIQUID line when loading the JUG.

Overfilling the JUG with ingredients may harm the unit when in use. For best and smoothest results, follow the loading order below.

- 5  Top off with ice or frozen ingredients.
- 4  Next add any dry or sticky ingredients like seeds, powders and nut butters.
- 3  Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.
- 2  Next add leafy greens and herbs.
- 1  Start with fresh fruits and vegetables. For best results, cut into 2.5cm pieces.

The following programs can be used with the JUG: **Blend, Crush, Mix, Puree and Chop.**

Food prep

Tips to simplify your food processing and chopping.



Total Crushing® and Chopping Blade Assembly (Stacked Blade)



PREPPING VEGETABLES

- Cut both ends off ingredients and remove any outer peels or skins.
- Cut ingredients such as carrots, cucumber, celery and courgette in 5cm pieces and broccoli or cauliflower florets into 2cm pieces. Cut ingredients such as onions in quarters.



PREPPING MEAT

- Trim excess fat and connective tissue. Cut meat in 5cm cubes.

CHOP PROGRAM

- Timed pulses and pauses give you consistent chopping results.
- Run program once for a large chop, twice for a small chop and three times for a mince.

WARNING: Stacked Blade Assembly is sharp and not locked in place. Before pouring, carefully remove Stacked Blade Assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Instructions for additional information.

Dough basics

Tips and tricks for creating the perfect dough.



KNEADING

Once a dough ball forms, remove it from the JUG and place it on a lightly floured surface. Hand-knead the dough ball by folding the dough in half toward you. Then, using the palms of your hands, push the dough away from you. Re-fold, then turn dough ball 45 degrees and repeat.

Kneading is complete when the dough is no longer sticky, is smooth on the outside and bounces back when pressed with your fingers.



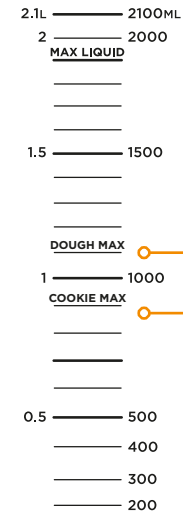
PROVING

Usually done for breads, proving is when the dough is allowed to rest and rise before baking. It gives bread a light and airy texture.

To create ideal proving conditions, heat oven to 50°C. Place dough ball in a greased oven-safe bowl and cover loosely with greased cling film. Once the oven has reached temperature, turn the oven off and place the bowl in the oven. Allow to prove in the residual heat until dough has doubled in size.



Dough Blade Assembly



For best dough mixing results, do not exceed the **MAX** dough lines, **DOUGH MAX** and **COOKIE MAX**, when filling the JUG. If a recipe exceeds these **MAX** lines, we recommend reducing the recipe by half. Refer to the chart below for unit conversions.

KITCHEN CONVERSION CHART

ORIGINAL AMOUNT	HALF THE AMOUNT
240ml	120ml
180ml	90ml
160ml	80ml
120ml	60ml
80ml	40ml
60ml	30ml
1 tablespoon	1 1/2 tsp
1 tsp	1/2 tsp
1/2 tsp	1/4 tsp
1/4 tsp	1/8 tsp

Dough basics cont.

Loading tips for making different doughs and batters.



COOKIES

Unit can make a max of 24 28g cookies at a time.

- 1 Add sugars, cubed softened butter, eggs and liquids (such as vanilla extract). Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Add all dry ingredients, then run on Speed 2 until combined.
- 3 Remove dough blade and add mix-ins (such as chocolate chips, raisins and nuts). Stir to combine.



PASTRIES, PIES & SCONES

Unit can make 8 scones and one 30cm round pie crust at a time.

- 1 First add dry ingredients, cubed cold butter or shortening. Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Add cold liquids (such as cold milk or water) and run on Speed 2 until combined.
- 3 Remove dough ball and knead to combine, if needed.

DOUGH TOO DRY?

Add water 1 tablespoon at a time and pulse. Continue adding water until a dough ball forms.

DOUGH TOO WET?

Add 1 tablespoon of flour at a time and pulse. Continue adding flour until dough releases from side of JUG and dough ball forms.

If adding raising agent to flour, pulse a few times first to blend together, so there is no need to sift.



PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

Unit can make a max of one 30cm round pizza, 8 pretzels or bagels or one loaf bread at a time.

- 1 First add liquids (such as water), yeast and oil. Then add dry ingredients. Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Remove dough ball and knead to combine, if needed.



CAKES, BROWNIES, MUFFINS & QUICK BREADS

Unit can make a max of one 30cm round cake, one 20cm x 20cm tin brownies, 12 muffins or one 20cm x 10cm loaf of quick bread, such as banana bread or pumpkin bread.

- 1 Add sugars, softened cubed butter/oils, eggs and liquids (such as vanilla extract). Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Add all dry ingredients and run on Speed 2 until combined.
- 3 Add mix-ins (such as chocolate chips, raisins and nuts). Press iQ/Manual and with Speed 1 selected, press START/STOP. Blend until combined.

DOUGH KICKSTARTER

Pizza Dough

PROGRAM: MANUAL | **PREP:** 20 MINUTES | **PROVE:** 45-60 MINUTES
CONTAINER: JUG | **BAKE:** 10-15 MINUTES

INGREDIENTS

7g active dry yeast	110ml olive oil
1 teaspoon granulated sugar	340g strong white flour
240ml warm water (40°-45°C)	Pinch of salt

DIRECTIONS



Install the dough blade in the JUG. Place the yeast, sugar and warm water in the JUG and allow to sit for 5 minutes.



After 5 minutes, add the olive oil, flour and salt. Install the lid, then run on speed 2 until fully combined. Then, remove lid and dough blade.



Remove dough ball from JUG and knead for two minutes. Refer to the Dough basics page for information on how to knead.

TIP Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.



Place dough ball in a lightly oiled bowl. Cover loosely with greased cling film and allow to prove for 45-60 minutes or until dough has doubled in size. Refer to the Dough basics page for tips on how to rise/prove the dough.



Once dough ball has risen, preheat oven to 220°C. Roll dough out into a 30cm round and place on a greased baking sheet.



Add your favourite pizza toppings and bake for 10-15 minutes or until golden brown.

TIP For best cleaning results, wash the jug, lid and blade assembly in the dishwasher.

Choose your own adventures



Quick bread or muffins

Step 1

- 1 **Install Stacked Blade in JUG**
- 2 **Pick 1 fruit or vegetable:**
 - 190g fruit or vegetables, cut in 5cm pieces, such as:
 - Banana, apple, pear, peach, mango
 - Carrot, courgette, cooked pumpkin, cooked sweet potato, cooked butternut or acorn squash
 - 2 tablespoons cold water (only if using raw vegetables)
- 3 **Run CHOP program twice, maybe once more for hard vegetables like carrots.**

Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Add all ingredients:**
 - 2 eggs
 - 110ml rapeseed oil
 - 200g granulated sugar
 - 50g brown sugar
 - 1 teaspoon extract of choice: vanilla, lemon, orange, almond
- 3 **Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.**



Step 3

- 1 **Add ingredients:**
 - 250g plain flour
 - 2 teaspoons baking powder
 - Seasoning/spices of choice (cinnamon, nutmeg, ground ginger)
- 2 **Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.**

TIP Use a silicone spatula to scrape down sides of jug, as needed.

Step 4

- 1 **Add mix-ins, such as:**
 - 60g chopped walnuts, chopped pecans, chocolate chips, dried fruit and/or seeds
- 2 **Use Manual Speed 1, select START/STOP; blend until combined**
- 3 **Pour into prepared baking tin and bake at 200°C for muffins and 180°C for a whole cake:**
 - 12 muffins: 15-25 minutes
 - One 20cm x 10cm loaf: 50-60 minutes

Chopped salads



Step 1

- 1 **Install Stacked Blade in JUG**
- 2 **Add ingredients:**
 - 1/2 small onion, peeled, cut in 5cm pieces
 - 1 stalk celery, cut in 5cm pieces
 - 1 pickle, cut in 5cm pieces
 - 5g fresh herbs: parsley leaves, coriander, basil or dill
- 3 **Run CHOP program at least twice**

TIP Cooked chicken or turkey can be added to jug to chop for filling.

Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Pick a protein, such as:**
 - 150g cooked chicken or turkey, cut in 5cm pieces
 - 1 can (145g) tuna or crab meat, drained
 - 100g smoked salmon
 - 2 hard-boiled eggs, whole

Step 3

- 1 **Add ingredients:**
 - 60-100g mayo, yogurt or dressing
 - 2 teaspoons Dijon mustard
 - 1 teaspoon lemon juice
- 2 **Add optional seasonings and mix-ins, such as:**
 - Curry powder, chipotle powder, paprika, cumin and/or ranch dressing
 - 10g nuts and/or dried fruit
- 3 **Use Manual Speed 1, select START/STOP; blend until desired consistency is reached**

Step 4

- 1 **Serve:**
 - In sandwiches
 - On toast
 - On beds of lettuce
 - On jacket potatoes

Meat dishes



Step 1

- 1 **Install Stacked Blade in JUG**
- 2 **Add ingredients:**
 - 1/2 small onion, peeled, cut in 5cm pieces
 - 2 garlic cloves, peeled
 - 25g fresh parsley leaves
- 3 **Run CHOP program twice**

TIP Use a silicone spatula to scrape down sides of jug, as needed.

Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Pick a protein, such as:**
 - 450g ground beef, turkey, pork, chicken or lamb

Step 3

- 1 **Add ingredients (meatloaf and meatballs only):**
 - 1 egg, 60ml milk and 55g breadcrumbs
- 2 **Add optional seasonings & mix-ins, such as:**
 - Chipotle powder, taco seasoning, Italian seasoning
 - 60g grated cheese of choice
- 3 **Use Manual Speed 2, select START/STOP. Blend until desired consistency is reached**

Step 4

- 1 **Shape into meatballs or patties or place in a prepared loaf pan, then cook until internal temperature reaches 75°C.**
 - One 20cm x 10cm meatloaf: 180°C for 40 minutes
 - 12 meatballs: 190°C for 30-40 minutes
 - 4 burgers: medium-high heat for 5-10 minutes

Egg dishes



Step 1

1 Install Stacked Blade in JUG

2 Add all ingredients:

- 1/2 small onion, peeled, cut in 5cm pieces
- 1/2 small bell pepper, cut in 5cm pieces
- 5-10g fresh parsley leaves

3 Run CHOP program twice

TIP Use a silicone spatula to scrape down sides of jug, as needed.

Step 2

1 Swap out Stacked Blade for Dough Blade

2 Add all ingredients:

- 3 eggs
- 150ml milk
- 75g grated cheese of choice
- 150ml double cream

Step 3

1 Add mix-ins, such as:

- 150g cooked vegetables or chopped meat: Asparagus, broccoli, kale, spinach, butternut squash, cauliflower, tomato, courgette, sweet potato, sausage, ham, bacon

2 Use Manual Speed 1, select START/STOP; blend until desired consistency is reached

Step 4

1 Pour into prepared baking dish and bake at 190°C:

- Muffin tin frittatas: 15-20 mins
- One 23cm quiche: 25-30 mins
- One 20cm x 20cm strata: 30-35 mins

Veggie dishes



Step 1

1 Install Stacked Blade in JUG

2 Pick 2 vegetables, such as:

- 1/2 small onion, peeled, cut in 5cm pieces
- 1/2 small bell pepper, cut in 5cm pieces
- 1 stalk celery, cut in 5cm pieces
- 1/2 carrot, cut in 5cm pieces

3 Pick 2 aromatics (optional):

- 2 garlic cloves, peeled
- 2cm piece of ginger, peeled
- 25g fresh parsley leaves
- 25g fresh coriander leaves

4 Run CHOP program at least twice

TIP Use a silicone spatula to scrape down sides of jug, as needed.

Step 2

1 Select a vegetable, such as:

- 400ml can beans, drained, such as kidney beans, chickpeas
- 350g cooked broccoli
- 350g cooked cauliflower

2 Run CHOP program twice

Step 3

1 Swap Stacked Blade for Dough Blade

2 Choose binding ingredients:

- 400ml can beans, drained, such as lentils, chickpeas
- 1 egg and 55g breadcrumbs
- OR
- 60g - 120g grated cheese

3 Add optional seasonings & mix-ins, such as:

- Taco seasoning, curry, BBQ, ranch, chipotle
- 25g Frozen or fresh, corn, peas or chopped nuts

Step 4

1 Shape into desired form or place in prepared pan, then cook:

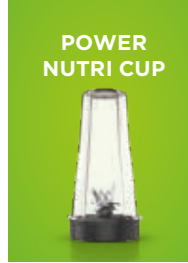
- Veggie burgers: medium-high heat for 8 mins
- Balls: 200°C for 15-20 minutes
- Loaf: 200°C for 40-45 minutes

BANANA MILKSHAKE

PROGRAM: BLEND
PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 1 SERVING

INGREDIENTS

300g bananas, with skins on, peeled, halved
200ml semi-skimmed milk
2 scoops vanilla ice cream



DIRECTIONS

- 1 Place all ingredients into the CUP in the order listed, then install the blade assembly.
- 2 Select BLEND, then press START/STOP.
- 3 Remove blades after blending. Attach spout lid to enjoy on the go.

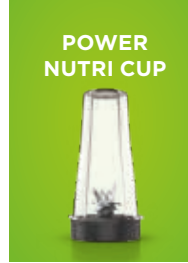


MINT PINEAPPLE REFRESHER

PROGRAM: CRUSH
PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 1 SERVING

INGREDIENTS

1/2 green apple, cut in quarters
165g pineapple, cut in 2.5cm chunks
1/2 teaspoon lime juice
5 mint leaves
60ml coconut water
2 ice cubes



DIRECTIONS

- 1 Place all ingredients in the CUP in the order listed, then install the blade assembly.
- 2 Select CRUSH, then press START/STOP.
- 3 Remove blades after blending. Attach spout lid to enjoy on the go.

TIP Tinned pineapple can be used instead of fresh pineapple.

TIP If you're not a fan of mint or want to enhance the pineapple flavour in this recipe, omit the mint.



TROPICAL SMOOTHIE BOWL

PROGRAM: MIX
PREP: 5 MINUTES
CONTAINER: BOWL
MAKES: 1 SERVING

INGREDIENTS

Coconut milk
Frozen pineapple chunks
Frozen mango chunks
Sweetener of choice, as desired



DIRECTIONS

- 1 Pour coconut milk into the BOWL, filling to the Liquid Fill line.
- 2 Add frozen pineapple, mango chunks and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3 Select MIX, then press START/STOP. Twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 4 Remove blades after blending.
- 5 Decorate with toppings of your choice and serve.



BANANA NUTELLA AVOCADO SMOOTHIE BOWL

PROGRAM: MIX
PREP: 5 MINUTES
CONTAINER: BOWL
MAKES: 1 SERVING

INGREDIENTS

1 frozen banana, cut into slices
75g of frozen avocado pieces
50g Nutella Hazelnut chocolate spread
75g quark



DIRECTIONS

- 1 Add ingredients to the BOWL up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 2 Select MIX, then press START/STOP. Twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 3 Remove blades after blending.
- 4 Decorate with toppings of your choice and serve.

TIP Cut banana into slices, before freezing. Choose ripe avocados, if home freezing and cut into small pieces.

LEMON GINGER QUARK PARFAIT

PROGRAM: PULSE/BLEND
PREP: 10 MINUTES PLUS 2 HOURS TO CHILL
CONTAINER: BOWL & CUP
MAKES: 6 SERVINGS

INGREDIENTS

CRUMB

150g ginger biscuits, crumbled
75g butter, melted and cooled to room temperature

FILLING

250g quark
300g sweetened condensed milk
100ml fresh lemon juice
50g candied ginger chunks
Splash of vanilla extract
Zest of 1 lemon



DIRECTIONS

- 1 Add crumb ingredients to the BOWL up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 2 Select PULSE 2-3 times. Then press START/STOP. Twist Power Paddle anti-clockwise continuously while blending.
- 3 Add filling ingredients to the CUP up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 4 Select BLEND, then press START/STOP. Remove blades after blending.
- 5 Using small parfait cups or 1 medium glass dish, add in the crumb and filling mixtures in alternate layers.
- 6 Chill about 2 hours before serving.

FROZEN LEMONADE

PROGRAM: CRUSH
PREP: 5 MINUTES
CONTAINER: JUG
MAKES: 4 SERVINGS

INGREDIENTS

100ml fresh lemon juice
100ml water
Zest of 1 lemon
75ml honey or sweetener of choice
20 ice cubes



DIRECTIONS

- 1 Install stacked blade in the JUG, then add ingredients in the order listed.
- 2 Select CRUSH, then press START/STOP.
- 3 Remove lid and stacked blade after blending.



VICTORIA SPONGE CAKE

PROGRAM: MANUAL
PREP: 10 MINUTES
CONTAINER: JUG
MAKES: 12 SERVINGS

INGREDIENTS

4 large eggs
1 teaspoon vanilla extract
225g caster sugar
225g unsalted butter, softened, cubed
225g self raising flour
1 teaspoon baking powder

Optional fillings

Fresh berries
Whipped cream
Jam or preserves



DIRECTIONS

- 1 Preheat oven to 180°C. Grease 2 x 20cm round baking tins, line with baking parchment and set aside.
- 2 Install dough blade in the JUG and add eggs, vanilla, caster sugar & butter into the JUG, select manual Speed 2. Press START/STOP and mix until fully combined. Scrape down if necessary.
- 3 Once processing is complete add flour and baking powder to the JUG, select manual Speed 2. Press START/STOP and mix until fully combined. Then, remove lid and dough blade.
- 4 Divide mixture evenly into the prepared baking pans and place them in the oven for 20-25 minutes or until a toothpick is inserted and it comes out clean.
- 5 Allow cakes to cool in the pan for 10 minutes then remove and place on a wire rack allowing to cool completely before filling.

TIP For best cleaning results, wash the jug, lid and blade assembly in the dishwasher.

POWER
NUTRI JUG



DOUGH BLADE

FRUIT SCONES

PROGRAM: MANUAL
PREP: 10 MINUTES
CONTAINER: JUG
MAKES: 8-10 SCONES

INGREDIENTS

225g self-raising flour
25g caster sugar
1 teaspoon baking powder
50g butter chilled & cubed
80-100ml milk
1 egg
50g dried fruit
Milk to glaze
Butter and jam to serve



TIP For best cleaning results, wash the jug, lid and blade assembly in the dishwasher.

DIRECTIONS

- 1 Preheat oven to 220°C and line a baking sheet with baking parchment.
- 2 Install dough blade in the jug. Place flour, sugar, baking powder and butter into the JUG, select manual speed 2.
- 3 Press START/STOP and mix until butter is broken down into fine breadcrumbs.
- 4 In a small bowl, add milk to egg to make 150ml and whisk together, then add mixture to the JUG with the dried fruit and pulse until dough comes together. Add more milk if mixture is too dry. Then, remove lid and dough blade.
- 5 Turn dough out onto a floured surface and gently knead together. Using a rolling pin, roll dough out to a thickness of 2cm. Cut into 8-10 rounds with a 5cm biscuit cutter, re-roll dough and recut.
- 6 Arrange on prepared baking sheet. Brush tops with milk and bake for 10-15 minutes or until golden brown.
Serve warm with butter and jam.

POWER
NUTRI JUG



DOUGH BLADE

SHORTCRUST PASTRY

PROGRAM: MANUAL
PREP: 5 MINUTES
CONTAINER: JUG
MAKES: 1 30cm round

INGREDIENTS

250g plain flour
Pinch of salt
125g butter chilled & cubed
80-100ml cold water



DIRECTIONS

- 1 Install dough blade in the JUG and add flour, salt & butter into the JUG, select manual Speed 2. Press START/STOP and mix until fully combined.
- 2 Once processing is complete, remove lid and add water to the JUG and pulse until the dough comes together. Then, remove lid and dough blade.
- 3 Turn dough out onto a lightly floured surface shape into a ball, flatten and wrap in greaseproof paper or cling film, allow to chill for at least 30 minutes before rolling out.

TIP Don't add all water at once, reserve 1 tablespoon, and add if mixture is too dry.

CLASSIC PEANUT BUTTER

PROGRAM: POWERMIX
PREP: 5 MINUTES
CONTAINER: BOWL
MAKES: 250ML

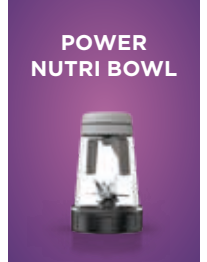
INGREDIENTS

200g roasted peanuts
1 tablespoon rapeseed oil
Salt to taste



DIRECTIONS

- 1 Place all ingredients in the BOWL in the order listed, then install the blade assembly.
- 2 Select POWERMIX, then press START/STOP. Twist anti-clockwise continuously while blending until the program is complete.
- 3 Remove blades after blending.



SMOKED MACKEREL PÂTÉ

PROGRAM: POWERMIX

PREP: 5 MINUTES

CONTAINER: BOWL

MAKES: 1 SERVING

INGREDIENTS

200g peppered smoked mackerel fillets,
skin removed and broken into pieces
Zest and juice of ½ lemon, about 20ml
100g cream cheese
2 tablespoons creamed horseradish
2 tablespoons chopped parsley

DIRECTIONS

- 1 Place all ingredients in the BOWL in the order listed, then install the blade assembly.
- 2 Select POWERMIX, then press START/STOP. Twist anti-clockwise continuously while blending until program is complete.
- 3 Remove blades after blending.

NOTE: If you prefer a chunkier pâté, select PULSE.

POWER
NUTRI BOWL



ROASTED RED PEPPER HOUMOUS

PROGRAM: MIX

PREP: 5 MINUTES

CONTAINER: BOWL

MAKES: 1 SERVING

INGREDIENTS

CLASSIC HOUMOUS

400g can chickpeas, drained and rinsed
50ml chickpea liquid
15ml lemon juice
30ml olive oil
1 garlic clove, peeled
1 teaspoon ground cumin
½ teaspoon paprika
1 tablespoons tahini paste
1 teaspoon sea salt
Olive oil and paprika to garnish

RED PEPPER HOUMOUS

Add 100g roasted red peppers to ingredients.

CORIANDER HOUMOUS

Add ½ teaspoon ground coriander and 10g fresh coriander leaves and stalks to ingredients.

DIRECTIONS

- 1 Place all the ingredients in the BOWL in the order listed, then install the blade assembly.
- 2 Select MIX, then press START/STOP. Twist anti-clockwise continuously while blending until the program is complete.
- 3 Remove blades after blending.

POWER
NUTRI BOWL



BASIL AND PARSLEY PESTO SAUCE

PROGRAM: MIX
PREP: 5 MINUTES
CONTAINER: BOWL
MAKES: 1 SERVING

INGREDIENTS

10g basil leaves
10g flat-leaf parsley leaves, no stalks
1 garlic clove
90ml olive oil
25g pine nuts
25g grated Parmesan cheese or vegetarian equivalent
1 pinch of salt
1 pinch of black pepper



DIRECTIONS

- 1 Place the basil, parsley and garlic into the BOWL. Install the blade assembly, then PULSE for 5 seconds.
- 2 Pour in the oil, pine nuts, Parmesan and select MIX, then START/STOP. Twist Power Paddle anti-clockwise continuously while blending to form a smooth pesto. Remove blades after blending.
- 3 Season to taste with salt and pepper then transfer to a bowl.

TIP If you prefer a chunkier pesto, PULSE at point 2 until the desired consistency is reached.

POWER
NUTRI BOWL



GUACAMOLE

PROGRAM: PULSE
PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 4 SERVINGS

INGREDIENTS

½ small onion, peeled and quartered
1 small red chilli, deseeded
1 garlic clove, peeled
1 large tomato, deseeded and quartered
10g fresh coriander, stalks and leaves
2 ripe avocado pears
Juice of half a lime
Pinch of salt & pepper



DIRECTIONS

- 1 Place the first five ingredients into the CUP, then install the blade assembly.
- 2 Press PULSE 2-3 times until roughly chopped. Scrap down cup.
- 3 Add avocado, sprinkle over lime juice and seasoning. Press PULSE 2-4 times until the desired consistency is reached.
- 4 Remove blades after blending.

TIP If you prefer a chunky guacamole, PULSE 1-2 times.

POWER
NUTRI CUP



FRESH MINT SAUCE

PROGRAM: PULSE
PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 1 SERVING

INGREDIENTS

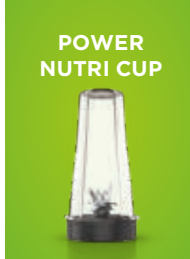
1 bunch of mint leaves (30g),
stripped off stem
2 tablespoons white wine vinegar
1 tablespoon caster sugar
2 tablespoons boiling water



DIRECTIONS

- 1 Place the mint into the CUP, then install the blade assembly.
- 2 Press PULSE 2-3 times until roughly chopped.
- 3 Add vinegar, sugar and water. Press PULSE 2-3 times until mixed.
- 4 Remove blades after blending.

TIP Add an extra 1-2 tablespoons boiling water to dilute if preferred.



TANDOORI MARINADE

PROGRAM: BLEND
PREP: 10 MINUTES
CONTAINER: CUP
MAKES: APPROXIMATELY 300ML

INGREDIENTS

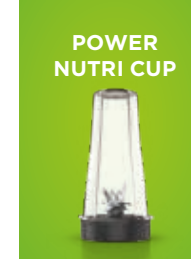
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon ground turmeric
1 teaspoon cayenne pepper
1 tablespoon garam masala
1 tablespoon paprika
250ml Greek yogurt
2 tablespoons lemon juice
4 garlic cloves
30g root ginger, peeled
1 red chilli (seeds removed)*
1 teaspoon salt
*Optional



DIRECTIONS

- 1 Place all ingredients in the CUP in the order, then install the blade assembly.
- 2 Select BLEND, then press START/STOP.
- 3 Remove blades after blending. Cover with flat lid and store in the fridge until required.

TIP If you prefer a hotter, spicier marinade, use 2 chillis.



MEATBALLS

PROGRAM: CHOP
PREP: 10 MINUTES
COOK: 40 MINUTES
CONTAINER: JUG
MAKES: 4 SERVINGS

INGREDIENTS

60ml milk
55g bread crumbs
1/4 small onion, peeled, cut in 5cm pieces
2 garlic cloves, peeled
25g parsley leaves, chopped
250g uncooked minced beef
25g grated Parmesan cheese
1/2 teaspoon crushed chilli
1 egg, beaten
Sea salt, as desired
Ground black pepper, as desired
2 tablespoons plain flour
1 tablespoon rapeseed oil
1 jar (500g) tomato or pasta sauce



DIRECTIONS

- 1 Preheat oven to 190°C.
- 2 Combine milk and bread crumbs in a small bowl and set aside.
- 3 Install stacked blade in the JUG. Place onion, garlic and parsley in JUG. Select CHOP and press START/STOP. Once processing is complete run CHOP program again.
- 4 Remove stacked blade. Install dough blade.
- 5 Place beef, bread crumb mixture, Parmesan, chili flakes, egg, salt and pepper in JUG. Re-install the lid.
- 6 Select Speed 2 and run until desired consistency is reached. Then, remove lid and dough blade.
- 7 Using your hands or an ice cream scoop, form meat mixture into 12 meatballs. Coat in flour.
- 8 Heat a large frying pan over medium high heat. Add oil and cook meatballs until brown, turning frequently.
- 9 Pour pasta sauce into an 20cm x 20cm baking dish. Place meatballs into dish and place dish in oven. Cook meatballs for 40 minutes or until the internal temperature reaches 75°C.

TIP For best cleaning results, wash the jug, lid and blade assembly in the dishwasher.

CAULIFLOWER FRIED RICE

PROGRAM: CHOP
PREP: 5 MINUTES
COOK: 10 MINUTES
CONTAINER: JUG
MAKES: 2-3 SERVINGS

INGREDIENTS

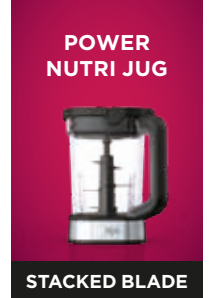
1 head cauliflower, cut in 2cm florets
2 tablespoons rapeseed oil
1 tablespoon garlic, minced
1 tablespoon ginger, peeled, grated
150g frozen mixed vegetables (corn, peas, carrots, green beans, etc.)
1-2 tablespoons soy sauce
Sea salt, to taste
Ground black pepper, to taste
75ml water
3 spring onions, sliced and sesame seeds, for garnish



DIRECTIONS

- 1 Install stacked blade in the JUG. Place cauliflower in the JUG. Select CHOP and press START/STOP. Once processing is complete, run CHOP program again.
- 2 Heat oil in a pan over medium-high heat, then sauté garlic and ginger for 1 minute.
- 3 Remove lid and stacked blade. Add riced cauliflower, vegetables, soy sauce, salt, pepper and water to the pan and cook until cauliflower is tender and vegetables are warmed through, for about 8-10 minutes.
- 4 Garnish with spring onions and sesame seeds and serve.

TIP For best cleaning results, wash the jug, lid and blade assembly in the dishwasher.



VEGGIE BURGERS

PROGRAM: CHOP
PREP: 5 MINUTES
COOK: 8 MINUTES
CONTAINER: JUG
MAKES: 4-6 BURGERS

INGREDIENTS

1/2 red onion, peeled, cut in half
2 garlic cloves, peeled
2 (400g) cans black beans, rinsed, drained
1/2 a jar (120g) roasted red peppers, drained, roughly chopped
2 tablespoons chipotle sauce
2 teaspoons ground cumin
1 teaspoon Sea salt
1 teaspoon ground black pepper
1 egg
55-75 g panko breadcrumbs
80g canned sweetcorn
2 tablespoons sunflower oil
1 lettuce, leaves separated
1 avocado, sliced



DIRECTIONS

- 1 Install stacked blade in the JUG. Place onion and garlic in the JUG. Select CHOP and press START/STOP. Once processing is complete run CHOP program again.
- 2 When program is complete, add one can of beans, then add the pepper, chipotle sauce, cumin, salt, pepper, and egg to JUG. Select CHOP and press START/STOP.
- 3 Once processing is complete, run CHOP program again.
- 4 When program is complete, remove stacked blade from JUG and transfer black bean mixture to a large mixing bowl. Add bread crumbs, corn and remaining can of black beans and combine evenly.
- 5 Form 4-6 patties with the mixture. Heat oil in a frying pan over medium-high heat, then cook burgers for 4 minutes on each side or until cooked through.
- 6 When cooking is complete, serve burgers nested in lettuce leaves and topped with sliced avocado.

TIP To make breadcrumbs; cut crusts off bread and break up into chunks. Place in jug. Select manual, speed 10, process until breadcrumbs.

POWER
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STACKED BLADE

SESAME SEED BUNS

PROGRAM: MANUAL
PREP: 10 MINUTES
RISE: 15 MINUTES **BAKE:** 13-15 MINUTES
CONTAINER: JUG
MAKES: 8 BUNS

INGREDIENTS

7g active dry yeast
1 tablespoon granulated white sugar
235ml warm water (40-45°C)
160ml warm whole milk (40-45°C)
1 teaspoon salt
2 eggs, divided
25g butter, softened, cubed
440g strong white flour
1 tablespoon milk
1 tablespoon sesame seeds

TIP Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

TIP For best cleaning results, wash the jug, lid and blade assembly in the dishwasher.



DIRECTIONS

- 1 Preheat oven to 200°C. Line a baking sheet with parchment paper and set aside.
- 2 Install dough blade in the JUG. Stir together yeast, sugar, warm water and warm milk and pour into JUG. Allow to sit for 5 minutes.
- 3 After 5 minutes, add salt, 1 egg, butter and flour to the JUG, select manual Speed 2. Press START/STOP and mix until fully combined. Then, remove lid and dough blade.
- 4 Transfer dough to a floured work surface and knead a few times with your hands, then form it into a ball. Cut the dough ball into 8 pieces. Shape each piece into a ball and place evenly spaced apart on the prepared baking sheet.
- 5 Loosely cover the dough balls with a clean kitchen towel and let prove for 60 minutes or until doubled in size.
- 6 While the dough is rising, mix remaining egg with 1 tablespoon milk in a small bowl. After 60 minutes, remove towel and brush the tops of the buns with the egg wash, then sprinkle with sesame seeds.
- 7 Bake for 13 to 15 minutes or until golden brown.

POWER
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DOUGH BLADE

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MIT AUTO-IQ[®]**

**POWER NUTRI BLENDER 3-IN-1
WITH AUTO IQ[®]**

**NUTRI POWER MIXEUR 3-IN-1
AVEC AUTO-IQ[®]**

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