

# ninja speedi quick start guide

## Ninja Speedi Quick Start Guide: Mastering Your New Kitchen Powerhouse

**ninja speedi quick start guide** is exactly what you need if you've just unboxed this innovative kitchen appliance and are eager to dive into cooking with it. The Ninja Speedi isn't just another air fryer or pressure cooker; it's a versatile, all-in-one device designed to speed up your meal preparation without compromising on flavor or texture. Whether you're a seasoned home chef or a busy parent looking for convenient dinner solutions, this guide will walk you through the essentials to get your Ninja Speedi up and running in no time.

Understanding the Ninja Speedi's unique features and functions is key to maximizing its potential. From rapid air frying to steaming and even baking, this appliance adapts to a variety of cooking styles. Let's explore the Ninja Speedi quick start guide in detail, ensuring you're comfortable with its setup, basic operations, and tips for best results.

## Getting to Know Your Ninja Speedi

Before you jump into cooking, it's important to familiarize yourself with the parts and capabilities of the Ninja Speedi. This device combines several cooking technologies, including air frying, pressure cooking, steaming, and dehydration, all in one compact machine.

## Key Components

Understanding the essential parts will help you navigate the controls and cleaning process:

- **Control Panel:** The heart of the device with digital display and buttons for selecting cooking modes and time.
- **Cooking Pot:** The removable pot where food is placed; it's typically non-stick and dishwasher-safe.
- **Air Fry Basket:** Used for air frying foods to get that crispy exterior.
- **Lid and Sealing Ring:** Important for pressure cooking to maintain a tight seal.
- **Steam Release Valve:** To safely release pressure after cooking.

Getting comfortable with these components ensures a smooth start and helps avoid mistakes like improper sealing or overfilling.

## **Setting Up Your Ninja Speedi for the First Time**

The initial setup is straightforward but crucial for safety and performance.

### **Step 1: Unboxing and Cleaning**

Once you open the box, take out all components and wash the cooking pot, air fry basket, and lid with warm, soapy water. This removes any manufacturing residues and ensures hygiene.

### **Step 2: Placement and Power**

Place the Ninja Speedi on a flat, heat-resistant surface, away from walls or flammable materials. Plug it directly into a power outlet without using extension cords for safety reasons.

### **Step 3: Initial Run**

Perform a water test to familiarize yourself with pressure cooking functions and to clear any odors:

1. Fill the cooking pot with 2 cups of water.
2. Close the lid securely and set the device to "Pressure Cook" for 5 minutes.
3. After cooking, carefully release the pressure using the steam release valve.

This also ensures your Ninja Speedi is working correctly before adding food.

## **Operating the Ninja Speedi: Basic Cooking Modes**

The Ninja Speedi's appeal lies in its multifunctionality. Here's a simple breakdown of its main cooking modes:

## Air Fry Mode

Use this mode for crispy fries, chicken wings, or roasted vegetables with little to no oil. The rapid air circulation cooks food evenly and quickly.

## Pressure Cook Mode

Ideal for stews, rice, and tougher cuts of meat. This mode reduces cooking times dramatically and locks in moisture.

## Steam Mode

Perfect for healthy cooking of vegetables and fish, preserving nutrients and texture.

## Bake/Roast Mode

Use this for cakes, casseroles, or roasting meats where you want a browned finish.

## Step-by-Step Ninja Speedi Quick Start Recipe Example

To get you comfortable, here's a simple recipe using the Ninja Speedi's pressure cook and air fry modes.

### Speedy Crispy Chicken Thighs

- **Ingredients:** 4 bone-in chicken thighs, salt, pepper, garlic powder, olive oil.
- **Pressure Cook:** Season chicken thighs and place them in the pot with 1 cup of water. Set to pressure cook for 10 minutes.
- **Air Fry Finish:** After pressure cooking, carefully release steam. Remove chicken, pat dry, brush with olive oil, and air fry at 400°F for 8 minutes to crisp skin.

This method gives you juicy meat with a crispy outer layer in under 30 minutes.

## Tips and Tricks for Using Your Ninja Speedi

To truly benefit from your Ninja Speedi, keep these insider tips in mind:

- **Don't Overfill:** Follow the max fill lines to prevent spills and ensure proper pressure and air circulation.
- **Use the Right Accessories:** The air fry basket and cooking pot are designed for specific tasks—mixing these up can affect results.
- **Layer Food Thoughtfully:** For air frying, avoid overcrowding to maintain crispiness.
- **Preheat When Needed:** Some recipes benefit from a brief preheat in air fry mode to jumpstart cooking.
- **Clean Regularly:** Prevent buildup by washing removable parts after each use and wiping down the main unit.

## Maintaining and Troubleshooting Your Ninja Speedi

Proper care extends your appliance's life and keeps it functioning optimally.

### Regular Cleaning

After every use, wash the pot, basket, and lid with mild detergent. Avoid abrasive tools that can damage the non-stick surface.

### Common Issues and Solutions

- **Pressure Not Building:** Check the sealing ring placement and ensure the lid is locked properly.
- **Food Not Crispy:** Avoid overcrowding and try increasing air fry time

slightly.

- **Steam Leaking:** Inspect the sealing ring for cracks or damage and replace if necessary.

If problems persist, refer to the user manual or contact Ninja customer support for guidance.

## **Expanding Your Ninja Speedi Culinary Horizons**

Once you've mastered the basics from this Ninja Speedi quick start guide, you can experiment with more complex recipes like homemade yogurt, dehydrated snacks, or even baking artisan bread. The appliance's versatility invites creativity and simplifies meal prep, making it a valuable addition to any kitchen.

Embracing the Ninja Speedi means embracing speed, convenience, and cooking versatility all in one. With a bit of practice and exploration, you'll discover just how much this powerhouse can do, helping you prepare delicious meals faster and with less hassle.

## **Frequently Asked Questions**

### **What is the Ninja Speedi Quick Start Guide?**

The Ninja Speedi Quick Start Guide is a user manual that provides step-by-step instructions to help users set up and begin using their Ninja Speedi cooking appliance efficiently.

### **How do I assemble my Ninja Speedi using the Quick Start Guide?**

The Quick Start Guide outlines simple assembly steps such as attaching the cooking pot, securing the lid, and plugging in the appliance to get it ready for use.

### **What are the key features highlighted in the Ninja Speedi Quick Start Guide?**

The guide highlights features like the rapid cooking technology, multiple cooking functions, easy-to-use control panel, and dishwasher-safe parts.

## **How can I use the Ninja Speedi Quick Start Guide to select cooking programs?**

The guide explains how to navigate the control panel, select preset cooking programs, adjust cooking times, and start the cooking process quickly.

## **Does the Ninja Speedi Quick Start Guide include safety tips?**

Yes, it includes important safety instructions such as proper handling, avoiding overheating, keeping the appliance on a flat surface, and cleaning precautions.

## **Can I find troubleshooting tips in the Ninja Speedi Quick Start Guide?**

The Quick Start Guide provides basic troubleshooting advice for common issues like power problems, error messages, and cooking inconsistencies.

## **Is there guidance on cleaning and maintenance in the Ninja Speedi Quick Start Guide?**

Yes, the guide offers instructions on how to safely clean the removable parts and maintain the appliance for optimal performance.

## **Where can I download the Ninja Speedi Quick Start Guide if I lose the physical copy?**

You can download a digital version of the Ninja Speedi Quick Start Guide from the official Ninja Kitchen website under the support or product manuals section.

## **Additional Resources**

Ninja Speedi Quick Start Guide: Mastering the Art of Fast and Flavorful Cooking

**ninja speedi quick start guide** serves as an essential resource for anyone looking to harness the full potential of the Ninja Speedi, a groundbreaking kitchen appliance designed for rapid meal preparation. As modern lifestyles demand efficiency without compromising taste and nutrition, devices like the Ninja Speedi have become indispensable. This guide aims to provide a professional yet accessible overview, enabling users to transition smoothly from unboxing to serving delicious meals in record time.

# Understanding the Ninja Speedi: Innovative Features and Design

Before diving into the Ninja Speedi quick start guide, it is important to grasp what sets this appliance apart from traditional cooking devices. The Ninja Speedi is a multi-functional electric pressure cooker that integrates advanced technology to accelerate cooking times while preserving flavors and textures. Its design emphasizes user-friendly controls, compactness, and versatility, making it suitable for a range of culinary tasks, from steaming vegetables to preparing complex dishes.

The appliance's core feature lies in its rapid heating mechanism, which utilizes high-pressure steam combined with precise temperature control. This approach significantly reduces cooking durations compared to conventional stovetop or oven methods. Additionally, the Ninja Speedi includes preset cooking modes and customizable settings, allowing users to tailor cooking times and intensities to specific recipes.

## Key Specifications and Capabilities

- **Cooking Capacity:** Typically ranges between 6 to 8 quarts, suitable for small families or meal prepping.
- **Power:** High wattage heating elements (around 1500 watts) facilitate quick heat-up and pressure build-up.
- **Control Panel:** Intuitive digital interface with LCD display and tactile buttons.
- **Safety Features:** Automatic pressure release, lid-locking mechanisms, and overheat protection.
- **Accessories:** Includes steaming racks, measuring cups, and recipe booklets.

## Ninja Speedi Quick Start Guide: Step-by-Step Instructions

Navigating a new kitchen gadget can be daunting, but the Ninja Speedi quick start guide breaks down the process into manageable steps that ensure safe and efficient operation.

### 1. Initial Setup and Preparation

- Unpack the device and inspect for any damages.
- Wash all removable parts such as the cooking pot, lid, and racks with warm, soapy water.
- Place the main unit on a stable, heat-resistant surface near an electrical

outlet.

- Connect the power cord firmly and ensure the appliance is switched off before plugging in.

## 2. Understanding the Control Panel

The control panel on the Ninja Speedi is designed for simplicity and functionality. Key buttons include:

- **Power:** Turns the appliance on or off.
- **Mode Selection:** Toggles between cooking presets like Steam, Pressure Cook, Sear/Sauté, and Slow Cook.
- **Time/Temperature Adjustment:** Allows manual setting of cooking duration and heat levels.
- **Start/Stop:** Initiates or halts the cooking process.
- **Keep Warm:** Maintains food temperature post-cooking.

Familiarity with these controls is crucial for efficient use during the quick start phase.

## 3. Basic Cooking Procedure

- **Add Ingredients:** Place ingredients inside the cooking pot. For pressure cooking, ensure the pot contains enough liquid as per recipe or manual guidelines to generate steam.
- **Seal the Lid:** Align and lock the lid securely to engage the sealing ring and pressure valve.
- **Select Cooking Mode:** Choose the appropriate preset or manual settings based on the dish.
- **Adjust Time and Temperature:** Modify as necessary. The default presets are calibrated for common recipes but can be customized.
- **Start Cooking:** Press the Start button and monitor the process through the digital display.
- **Release Pressure:** Once cooking is complete, use either natural release (waiting for pressure to dissipate) or quick release (manually venting



steam) as per safety instructions.

- **Open Lid and Serve:** Carefully unlock and remove the lid to avoid steam burns. Serve food immediately or use the Keep Warm function.

## **Optimizing Results with Ninja Speedi: Tips and Best Practices**

While the Ninja Speedi quick start guide covers fundamental operations, users can enhance their cooking experience by adopting certain best practices.

### **Ingredient Preparation**

Prepping ingredients uniformly enhances cooking consistency, especially when using the pressure cook function. Cutting vegetables into even sizes or marinating proteins beforehand can significantly improve texture and flavor absorption.

### **Utilizing Preset Functions vs. Manual Settings**

The Ninja Speedi's preset modes offer convenience for everyday dishes like steamed rice, soups, or steamed vegetables. However, for more complex recipes or experimentation, manual control over time and temperature is invaluable. Users should consult the recipe booklet or trusted online sources to determine optimal settings.

### **Maintenance and Cleaning**

Regular cleaning prolongs the appliance's lifespan and ensures food safety. The cooking pot and accessories are generally dishwasher-safe, but the main unit should be wiped with a damp cloth. Pay special attention to the sealing ring and pressure valve, as food residues can compromise performance and safety.

## **Comparative Insights: Ninja Speedi vs. Competitors**

In the crowded market of multifunctional kitchen appliances, the Ninja Speedi

distinguishes itself through a blend of speed, versatility, and affordability. Compared to traditional slow cookers, it dramatically reduces cooking times without sacrificing quality. Against other pressure cookers or air fryers, the Ninja Speedi offers a more streamlined user interface and a wider range of preset modes.

However, some users may find the learning curve slightly steeper, especially if transitioning from simpler devices. Additionally, while the appliance excels at quick cooking, certain slow-cooked flavors and textures may require longer preparation times or alternative methods.

## Pros and Cons at a Glance

- **Pros:** Rapid cooking, multiple cooking modes, easy-to-use controls, compact design, safety features.
- **Cons:** Initial setup can be intimidating, limited capacity for large families, occasional sealing ring maintenance required.

## Integrating Ninja Speedi into Everyday Cooking

For individuals and families seeking to optimize mealtime without compromising nutrition, the Ninja Speedi is a practical solution. Its ability to quickly prepare meals such as steamed fish, risottos, or even desserts empowers users to experiment with diverse cuisines. Integrating the Ninja Speedi quick start guide into daily routines can help achieve culinary goals—whether it's weeknight dinners or weekend meal prepping.









In summary, the Ninja Speedi offers a compelling combination of speed, versatility, and user-friendly technology. By understanding its features and following the quick start guide, users can unlock a new dimension of efficient and flavorful cooking.

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**2024** Amelia E Jones, 2024-02-09 Today is the day to start simplifying your cooking with this Coloured British Ninja Speedi Cookbook UK. Make every bite delicious and healthy!  Full-colour UK edition!  If you're tired of confusing ingredients and measurements not used in the UK or fed up with cookbooks lacking images, this vivid Ninja Speedi recipe book for the UK is a must-have! Maybe you've tried similar cookbooks before, only to be disappointed by black and white print or the lack of simplicity. Overwhelmed by buttons? We've got you covered! Whip up delicious, healthy meals in 11 minutes or less with this 2024 Coloured Ninja Speedi Cookbook: Simplified step-by-step method to prepare tasty recipes in one pot from beginner level to pro in 11 days or less to save time and money on takeouts with UK measurements. The recipes are aimed not at the kitchen gurus or the Ninja Speedi experts, but rather at the proud new owners of the Speedi. I've written the methods out in such a way that no steps are missed. I don't use confusing terminology or abbreviations and use my words very carefully. I only include ingredients that are available to buy from UK supermarkets. The recipes are written logically such that they start usually with the preparation steps; namely, what needs to be washed, peeled and chopped before any heat is applied to the ingredients. Many of the recipes found within will be more familiar to the user of this Ninja Speedi cookbook, but they have been slightly tweaked or reimagined so that they fit the Ninja Speed multi-cooker devices and many recipes will be completely new. Clear guidance and visuals for guaranteed success. Easily accessible ingredients from your local British shops and markets. Discover the joy of fast, tasty recipes with this time-saving Ninja Speedi guide tailored for UK homes. This Ninja Speedi Cookbook UK is your answer!  Simple, step-by-step instructions.  Easy-to-find UK ingredients & metric measurements.  Stress-free family weeknight dinners.  Perfect for beginners & busy cooks.  Restaurant-quality meals at home.  Impress your colleagues, family & friends. Preparing recipes in your Ninja Speedi has never been this easy and simple. Save money and spend less effort and time. Staring at the Ninja Speedi manual? Start cooking instead! Don't wait! Get your copy today and start air frying, roasting, baking, and more with your Ninja Speedi! Many recipes also include full colour photographs but not every recipe, due to space and page count limitations, which keep the price of this book down. This book is available in printed formats in colour versions for Kindle, paperback and hardcover.

**ninja speedi quick start guide: The UK Ninja Speedi Recipe Book** Mildred Charlton, 2023-03-23 No Fuss, NO Hassle, Save Both Time and Money With energy prices rising, Ninja Speedi is the ideal low-energy alternative to traditional ovens because it cooks meals up to twice as fast. That make it one of the cheapest ways to cook an entire meal. Whether you're an expert or a new Ninja Speedi user, this is the ultimate guide to cook family-friendly dinners, nutritious breakfasts, desserts and cakes using your ninja speedi. Featuring classic delicious British recipes, including: Beef Wellington and Potato Mash· Cornish pasties· Chicken Parmo with Spaghetti marinara· Fish Pie· Chelsea Buns· Easter simnel cake There are recipes for Speedi Meals, Baking, Steam Bking, Steam Air Frying, Slow Cooking, Dehydrating, providing you a wide variety of cooking functions to choose from. The recipes are simple to understand, with easy-to-follow instruction, only uses readily available ingredients in all UK supermarkets, and with a photo for every recipe. You'll also find expert guidance on how to use your Ninja speedi, and metric measurements for UK kitchens.

**ninja speedi quick start guide: Ninja Speedi Rapid Cooker Baking & Roasting CookBook for Beginners** Jotting Junction, 2024-01-08 Ninja Speedi Rapid Cooker & Air Fryer Cookbook for Beginners Unlock the secrets of culinary efficiency with 'Mastering Baking & Roasting: Quick Recipes with the Ninja Speedi Rapid Cooker.' Discover a treasure trove of time-saving yet tantalizing recipes designed specifically for the innovative Ninja Speedi Rapid Cooker. In this comprehensive guide, embark on a culinary journey where baking and roasting become effortless endeavors. From delectable pastries to succulent roasted dishes, this collection showcases a repertoire of quick and easy recipes that promise gourmet results in a fraction of the time. Elevate your cooking skills with step-by-step instructions crafted to simplify your kitchen adventures, ensuring every dish is a triumph. Whether you're a busy professional, a home cook seeking culinary convenience, or a

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**ninja speedi quick start guide: The UK Ninja Speedi Recipe Book Second Edition**

Mildred Charlton, 2023-09-28 No Fuss, NO Hassle, Save Both Time and Money With energy prices rising, Ninja Speedi is the ideal low-energy alternative to traditional ovens because it cooks meals up to twice as fast. That makes it one of the cheapest ways to cook an entire meal. Whether you're an expert or a new Ninja Speedi user, this is the ultimate guide to cook family-friendly dinners, nutritious breakfasts, desserts and cakes using your ninja speedi. In this revised edition of the original, you'll find more SPEEDI MEAL recipes. Featuring classic delicious British recipes, including: Beef Wellington and Potato Mash· Cornish pasties· Chicken Parmo with Spaghetti marinara· Fish Pie· Chelsea Buns· Easter simnel cake. The recipes are simple to understand, with easy-to-follow instructions. Only uses readily available ingredients in all UK supermarkets, and with a photo for every recipe. There are recipes for Speedi Meals, Baking, Steam Baking, Steam Air Frying, Slow Cooking, providing you a wide variety of cooking functions to choose from. You'll also find expert guidance on how to use your Ninja speedi, and metric measurements for UK kitchens.

**ninja speedi quick start guide: The Latest Ninja Speedii Cookbook for Beginners** Tammy C. Pfeiffer, 2022

**ninja speedi quick start guide: Ninja Speedi Cookbook for Beginners** John Jerry, 2024-03-11 Ninja Speedi Cookbook for Beginners is a comprehensive guide designed to empower novice cooks with the skills and techniques needed to prepare delicious meals quickly and efficiently. Through a combination of practical tips, time-saving strategies, and flavorful recipes, the book aims to help readers become proficient in the art of Ninja Speedi Cooking. From mastering essential kitchen tools and equipment to learning efficient cooking methods and meal prep techniques, readers are equipped with the knowledge and confidence to tackle any culinary challenge with ease. With a focus on simplicity, convenience, and flavor, the book provides step-by-step instructions and helpful insights to streamline the cooking process and maximize efficiency in the kitchen. Whether preparing energizing smoothie blasts, speedy omelette varieties, or rapid ramen bowls, readers will discover a wide range of recipes that are both nutritious and delicious. With Ninja Speedi Cookbook for Beginners, anyone can become a culinary Ninja and enjoy the rewards of fast and flavorful cooking.

**ninja speedi quick start guide: The Ninja Speedi Cookbook UK** Bonnie A Hayes, 2024-06-26

**ninja speedi quick start guide: Ninja Speedi on a Budget Cookbook for UK** Helen Charles, 2023-05-11 Tight Budget? No problem! Cooking on a budget doesn't have to be challenging and it doesn't have to mean sacrificing flavour. This cookbook is packed with easy to follow recipes that will not splash the cash. From hearty comfort family meals to quick and easy weeknight suppers, you'll have a satisfying meal on the table without breaking your budget. 1. Money saving recipes: Recipes use affordable and widely available ingredients and cupboard staples. 2. Easy-to-follow instructions: No need to be an expert in Ninja Speedi! the recipes come with step-by-step and easy to understand instructions. You'll feel confident in the kitchen, even if you're a beginner. 3. Money-saving tips: In addition to proper scrummy recipes, this cookbook provides you with tips to learn how to shop smart, and make the most of your ingredients. 4. Colorful pictures: Each recipe is accompanied by a stunning, full-colour picture that showcases the end result of the recipe.

**ninja speedi quick start guide: The Ninja Speedi Cookbook 2024 UK** Queenie A Smart, 2024-07-30

**ninja speedi quick start guide: Ninja Speedi Cookbook for Beginners** Kieran Ellis,

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**ninja speedi quick start guide: The UK Ninja Foodi 2-Basket Air Fryer Cookbook** Tegan Harrison, 2023-07-20 Easy & Delicious Air Fry, Dehydrate, Roast, Bake, Reheat, and More Recipes for Beginners and Advanced Users. Ninja Foodi 2-Basket Air Fryer Cookbook is more than a cookbook. In this book, you'll find a quick start-up guide along with a collection of recipes designed for the Ninja Foodi 2-Basket Air Fryer. From breakfast ideas and wholesome dinners to desserts, you'll surely find yourself cooking your meals with your new favourite appliance more often than you could ever imagine. Recipes you will find inside the book: Breakfast Recipes Chicken and Poultry Recipes Vegetable Recipes Beef, Lamb and Pork Recipes Seafood and Fish Recipes Dessert Recipes Dehydrator Fruit and Vegetable Recipes Beef, Chicken and Fish Jerky Recipes And more Dive into the recipes, and let's get the kitchen worked! Start your Ninja Foodi journey today!

**ninja speedi quick start guide: Ninja Air Fryer Cookbook for Beginners** Megan Buckley, 2021-07-20 There are kitchen appliances to suit every need, but who has enough counter and cabinet space to satisfy them all? Ninja Air Fryer. Unlike any gadget, this new multicooker can fry, pressure cook, or slow cook just about anything at your whim. And surprisingly, it does all three things extraordinarily well. It's a bargain and a space saver compared to all the appliances it can help you replace. Are you looking for a tool that allows you to cook in a short time, in simplicity, and of excellent quality? Then you have come to the right place! Ninja Air Fryer is for you! This ultimate book will guide you to grill any food with your Ninja Air Fryer at its best, learning its multiple functions and how to deal right with this new friend that lives in your kitchen. The combination of your Ninja Air Fryer Grill and this guide will deliver to you, family, and friends many mouth-watering meals, you could not enjoy more. In this book, you will: · Clearly Understand How Ninja Air Fryer Works, to appreciate how the cooking results in all its mode are excellent, it's easy to use, and you'll end up eating tasty, evenly cooked meals that are healthy too. · Discover All the Benefits You Receive from Cooking With Such a Device, such as having a diet fry; you can cook your favorite foods without oil and odors at home. · Learn, Even if Beginner, to Cook Step-by-Step in complete freedom, following the recipes and the detailed procedures provided inside. You will enjoy cooking for family and friends like you have never done before, and meals will taste healthy and delicious as if you were eating at your favorite restaurant. · Be Gifted with 200 Incredibly Tasty, Delicious and Affordable Recipes, with color images, to grill every day something healthy and new, avoiding to bother everybody with the same old food. · Find a Very Useful Recipes Catalogue so that it will be easy for you to find what you are looking for without losing time in your busy everyday life. · ... & Lot

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**ninja speedi quick start guide: Ninja Foodi the Crisping Pressure Cooker Complete Beginners Cookbook** Kyle Hart, 2018-12-06 Ninja Foodi: The Crisping Pressure Cooker: Complete Beginners Cookbook is the official beginners guide and companion cookbook to make quick, delicious and easy meals on your Ninja Foodi The Ninja(R) Foodi(TM) is the most versatile and easy to use kitchen appliance you will ever own. It's a slow cooker, electric pressure cooker, air fryer, sauté pan, a rice cooker all in one. The combination of pressure cooker and air fryer will cook your food faster and more efficiently than any other tool in your kitchen. You can make all your favorite meals in the Ninja Foodi. The Ninja(R) Foodi(TM) Multi-cooker is revolutionary! You can cook virtually anything in a Multi-cooker - from meats and main courses to rice, potatoes, vegetables of every description, dessert to even yogurt. Better yet, pressure cooking and air frying cooking allows you to prepare foods up to 70% faster, and 75% less fat, on average, than conventional cooking methods do, which means you save energy in addition to your time! The ultimate beginner's guide for using this one-of-a-kind appliance, the Ninja(R) Foodi(TM) Complete Cookbook for Beginners includes: -200 quick, easy and delicious recipes that include options for Breakfast, Chicken and Poultry Recipes, Snacks and Appetizers, Sea foods, Vegan and Vegetarian, Beef, Pork and more- Quick-start guidance for using your Ninja(R) Foodi(TM) and understanding all of its unique features such as pressure cooking, air frying, TenderCrisp(TM), dehydrate, and more- Cleaning and Maintenance Tips for Ninja(R) Foodi(TM)-Useful tips and tricks that will eliminate the learning curve regardless of your prior culinary experience With the official Ninja(R) Foodi(TM) Complete Beginners Cookbook, cooking becomes very easy.

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