

SmartLid™ SmartList

NINJA

Quintessential Recipe Guide to Inspire Every Home Cook

From new, modern recipes to cooking tips, here's some inspiration to help you become more confident in the kitchen with easy-to-make, delicious recipes. We know home cooks are hungry for ideas—a recent survey conducted by Ninja® found that nearly 3/4 of Millennials repeatedly cook the same meals (73%) and are looking for new recipe inspiration (70%). About 1/2 of Millennials say they are bored with the recipes they know; this boredom increases to 56% when looking at Gen Z and Millennial parents. Whether you're a novice or master in the kitchen, elevate your cooking experience with these recipes and cooking techniques!



Build confidence in the kitchen by trying new ingredients, starting with simple recipes and working your way up to more complex dishes, while using the Ninja® Foodi® XL Pressure Cooker Steam Fryer with SmartLid.™

74%

of Millennials want to feel more confident in the kitchen, including 80% of Millennial parents*



40%

of Gen Z and Millennial parents have trouble following recipes*



33%

of Gen Z and Millennial parents prioritize meals that are quick to make*



Try these modern, delicious recipes to build up confidence and spice up your recipe list:



Veggie Sausage Gnocchi in Tomato Sauce



Rosemary Focaccia



Sweet & Sour Chicken Thighs with Cauliflower & White Rice



Easy Cookies and Cream Cake



Spicy "Fried" Chicken Wings, Collard Greens & Cheddar Grits

SEE RECIPE

SEE RECIPE

SEE RECIPE

SEE RECIPE

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Two-in-five (43%) consumers think going back to in-person activities will impact the types of recipes they prepare, with the top being a need for more quick and easy recipes.* Try different tricks to make cooking delicious meals faster and more convenient:

SMARTLIST

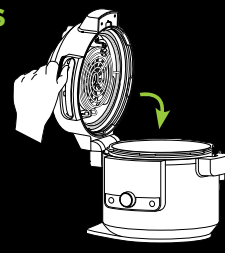
Generate Steam

Always remember to put liquid at the bottom of the pot as this is what generates the steam — an essential part of SteamCrisp™ tech.



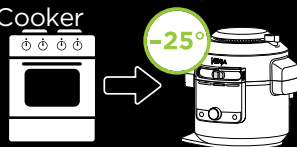
Achieve Better Results

Keep lid closed to allow steam and convection heat to work together for SteamCrisp™ Tech. Open lid only if recipe calls for it, as cooking will pause when lid is open, and this could impact results.



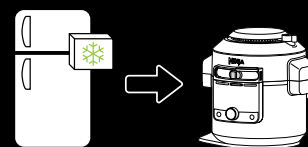
Convert Oven Recipes

Use the SteamCrisp™ function and reduce the temperature by 25°F to convert recipes that require an oven to bake with the Ninja® Foodi® XL Pressure Cooker Steam Fryer with SmartLid™.



Make Crispy Dishes

To make crispy chicken tenders make sure to utilize air fry, which works best for frozen prepared foods.



Ninja® Foodi® XL Pressure Cooker Steam Fryer with SmartLid™ makes cooking easy:



The SmartLid™ Slider transforms the SmartLid™ into three different cooking modes: Pressure Mode, Air Fry Mode and SteamCrisp™ Mode. The Ninja® Foodi® XL Pressure Cooker Steam Fryer with SmartLid™ offers a whole new way of cooking.



The SteamCrisp™ Technology steams and crisps food at the same time to create faster, juicier and crispier results. You'll get the juiciest way to air fry.¹



Cook proteins, vegetables and grains under one lid to create delicious one-touch meals up to 40% faster² and bake breads up to 25% faster³ with the SteamCrisp™ Technology.

Visit NinjaTestKitchen.com for more recipe inspiration and NinjaKitchen.com to purchase the Ninja® Foodi® XL Pressure Cooker Steam Fryer with SmartLid™!

*All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 1260 adults. Fieldwork was undertaken between 21st - 22nd July 2021. The survey was carried out online. The figures have been weighted and are representative of all US adults (aged 18+) with a margin of error of +/- 3% at 95% confidence.
1 Versus Ninja Foodi OL601 in Dry Mode Only
2 Versus traditional cooking methods
3 Versus traditional ovens

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