

Choose Your Own TenderCrisp™ Adventure

for the OP300 Series Ninja® Foodi™

Feeling adventurous? Simply choose an ingredient from each column to customize and create your very own TenderCrisp meals.

Pick a Grain or Starch and place with liquid in pot

1 cup white rice with 1 cup stock

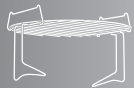
1 cup quinoa with 1 cup stock

1 lb russet potatoes, cubed, with 1/2 cup water

1 cup pearled couscous with 1 cup stock

Add the Rack

ADD THE REVERSIBLE RACK IN THE HIGHER POSITION



Pick a Protein and place on reversible rack

1 lb fresh boneless skinless chicken thighs

4 fresh boneless chicken breasts (6-8 oz each)

2 frozen New York strip steaks (8-12 oz each, 1-inch thick)

Pressure Cook

PRESSURE COOK ON HIGH FOR 2 MINS



Pressure Release

QUICK RELEASE PRESSURE; CAREFULLY REMOVE LID



Pick a vegetable, oil and season to taste, then place on rack around protein

1 large or 2 small zucchini, cut in 3-in x 1/2-in sticks

4 carrots, cut in 3-in x 1/2-inch sticks

1/2 head cauliflower, cut in small florets

Finishing touch

brush your protein with sauce or rub of your choice

Barbecue

Teriyaki

Sweet & sour

Blackening seasoning

Adobo spice rub

Your favorite spice blend

Broil

DROP THE CRISPING LID AND BROIL FOR 10 MINS



TIP If you want to keep meat drippings from falling off the reversible rack and onto your starches and grains below, place a layer of aluminum foil under the meat to keep everything tidy and clean.