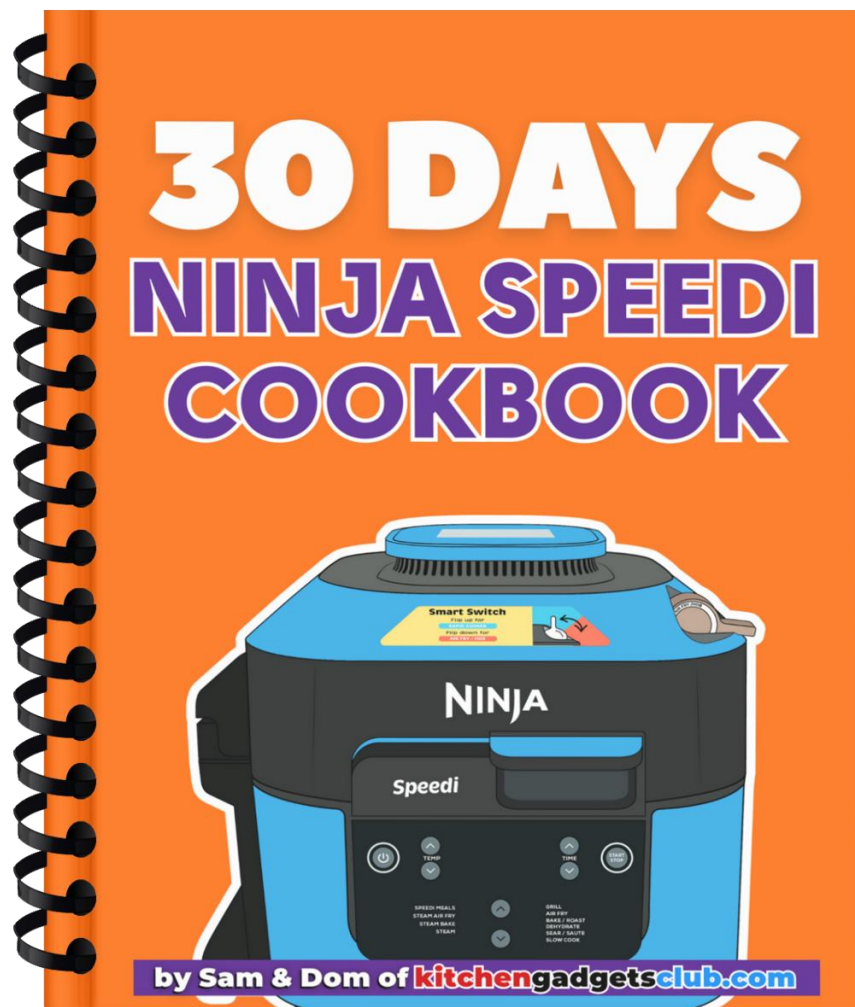


30 Days Ninja Speedi



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We're Sam, Dom & Kyle and thanks so much for purchasing our recipe ebook. We wanted to create our everyday kitchen gadget recipes in different formats so that you can choose how you prefer them.



We are Sunday Times

Bestselling air fryer authors and also love our other kitchen gadgets too.

We have an oven-free kitchen and cook just with our gadget babies. We have more gadgets than I can name as whenever anyone asks me what I have on the radio I always seem to miss some!

But it's mainly a mix of air fryers, slow cookers, pressure cookers, which means the likes of the Speedi and the Ninja Foodi work well for us too as they combine a mixture of gadgets.

Below in this ebook you will find:

Firstly, an introduction to why we have a Ninja Speedi and what these 30 days of Ninja Speedi recipes are all about.

Secondly, 30 beginner friendly Ninja Speedi recipes to get you started. Each with a finished photo so that you know what your food will look like.

Thirdly, we also made a video for each of these recipes so you can follow along on YouTube as you read the recipe. Sometimes, especially when it's something new having that video to watch a long to can be better than the written recipe itself.

As Featured in Kitchen Gadgets Club!



Over at KGC we have more than 850 everyday kitchen gadget recipes that you can access as part of the membership **including these ninja speedi recipes.**

As we add at least 4 new ones every week by the time you hit the link there will be even more.

What is also amazing is that the recipes are ad free, ai free and you have our wealth of kitchen gadget experience to help you get confident with your kitchen gadgets. So why not join here its as cheap as £1 a week!

Plus as a Speedi user you can not only use the Ninja Speedi recipes but also any air fryer, steamer, steam air fry, steam bake and slow cooker recipes too – giving you a big starting collection.

But before you head over for all those recipes let's dive into this Ninja Speedi book.....

Our Love For The Ninja Speedi

Can you fall in love at first sight? Yes, you can especially when it's a Ninja Speedi!

What I loved is that you could air fry in a big cooking pot. So many air fryer recipes were take the basket out of your air fryer and just cook it in the bottom. A trend that was going through all these different Ninja Air Fryers thanks to the likes of Instagram and TikTok. But for many types of air fryers this just didn't work as the design was wrong.

It felt like Ninja got the hint and realised what people really wanted and the Speedi had this great cooking pot. So you could go from air frying your chicken breast to adding sauce to make it into a chicken casserole or a chicken curry, without having to transfer things in and out of the gadget.

Plus, you could also steam, you could slow cook (the slow cooker is great on it don't listen to the doubters).

I also found the Speedi really easy to use and never really struggled with it. But so many others did so we decided to do a 30 days dedicated to the Ninja Speedi. Starting with the beginner recipes and then taking you to a Speedi meal.

So get comfy and lets dig into 30 days of Ninja Speedi deliciousness.....

Love Sam, Dom & Kyle xx

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Ninja Speedi Fried Eggs

Prep Time: 2 mins **Cook Time:** 2 mins **Servings:** 1

Calories: 63kcal

Ingredients:

- 1 Large Egg
- Olive Oil Spray for greasing

Method:

1. Pour a cup of cold water (240ml) of cold water into the cooking pot.
2. Turn the Ninja Speedi air fryer crisp plate upside down and pull out the side clips. There are 4 of them altogether.
3. Then flip it over and place into the cooking pot and it will automatically go into top position.
4. Place a plate onto the air fryer crisp plate. Spray a breakfast plate with olive oil and smoother the oil around with a couple of fingers.
5. Crack an egg onto the plate and place the lid down on your Ninja Speedi. Press steam and steam for 2 minutes.
6. When the Speedi beeps, quickly lift up the lid and use a tea towel or similar to remove the plate without burning yourself.
7. Then if you cut into it, you will have a soft yolk perfect for dipping your toast into.



Notes:

Top Position. This is key for eggs and for anything you want cooking closer to the heating elements. You simply pull out the clips and then position.

Nutrition

Calories: 63kcal | Carbohydrates: 0.3g | Protein: 6g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.02g | Cholesterol: 164mg | Sodium: 62mg | Potassium: 61mg | Sugar: 0.2g | Vitamin A: 238IU | Calcium: 25mg | Iron: 1mg

Ninja Speedi Toast

Prep Time: 2 mins **Cook Time:** 4 mins **Servings:** 1

Calories: 153kcal

Ingredients:

- 2 Slices Bread any toast bread
- Favourite Toast Toppings

Method:

1. Turn the Ninja Speedi air fryer crisp plate upside down and pull out the side clips. There are 4 of them altogether.
2. Then flip it over and place into the cooking pot and it will automatically go into top position.
3. Add two slices of bread to the crisp plate, put the lid down and cook on grill for 3 minutes at 240c/465f.
4. When the air fryer beeps it will have a lovely toasted look. For a little extra crunch to your toast add an extra minute on the same temperature.
5. Spread with your favourite butter or margarine and add your favourite toppings.



Notes:

Top Position. This is key for toast and for anything you want cooking closer to the heating elements. You simply pull out the clips and then position.

Nutrition

Calories: 153kcal | Carbohydrates: 27g | Protein: 6g | Fat: 3g | Saturated Fat: 0.4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 0.3g | Trans Fat: 0.02g | Sodium: 265mg | Potassium: 79mg | Fiber: 2g | Sugar: 3g | Vitamin A: 1IU | Vitamin C: 0.1mg | Calcium: 70mg | Iron: 2mg

Ninja Speedi Steamed Pasta

Prep Time: 2 mins **Cook Time:** 10 mins **Servings:** 4

Calories: 467kcal

Ingredients:

- 500 g Pack/4 Cups Dried Pasta we used macaroni
- 1440 ml /6 Cups Cold Water
- 1 Tsp Salt

Method:

1. Pour a cup of cold water (240ml) into the cooking pot.
2. Remove the crisp plate and add directly into the cooking pot your 4 cups of pasta. Even though I am in the UK I do find it easier to measure in cups to get the ratio right.
3. Then add in the water. It must be cold tap water otherwise it's too warm and will result in undercooked pasta. Then add in a sprinkle of salt.
4. Place the lid down on your Ninja Speedi. Press steam and steam for 10 minutes. When the Speedi beeps let it sit there for 3 minutes to continue steaming at a lower temperature and then remove the lid and you have cooked pasta.



Notes:

Ratio. Note the ratio. It's a 2:3 ratio so you can swap 4 cups of pasta for 6 cups of water, for a lower portion of 2 cups of pasta to 3 cups of water.

Nutrition

Calories: 467kcal | Carbohydrates: 93g | Protein: 17g | Fat: 2g | Saturated Fat: 0.3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 0.2g | Cholesterol: 2mg | Sodium: 112mg | Potassium: 297mg | Fiber: 4g | Sugar: 3g | Vitamin A: 2IU | Vitamin C: 0.04mg | Calcium: 39mg | Iron: 2mg

Ninja Speedi Lazy Macaroni Cheese

Prep Time: 8 mins **Cook Time:** 14 mins **Servings:** 4

Calories: 970kcal

Ingredients:

Part 1: Making The Pasta

- 500 g Pack/4 Cups Dried Pasta we used macaroni
- 1440 ml /6 Cups Cold Water
- 1 Tsp Salt

Part 2: Transforming Into Mac & Cheese

- 3 165g/5.85oz Tubs Cream Cheese Philadelphia Light
- 1 Tbsp Garlic Puree
- 1 Tbsp Dried Oregano
- 1 Tbsp Parsley finely chopped
- 240 g /2 Cups Mature/Sharp Cheddar Cheese grated
- Salt & Pepper



Method:

1. Pour a cup of cold water (240ml) into the cooking pot.
2. Remove the crisp plate and add directly into the cooking pot your 4 cups of pasta. Even though I am in the UK, I do find it easier to measure in cups to get the ratio right.
3. Then add in the water. It must be cold tap water otherwise its too warm and will result in undercooked pasta. Then add in a sprinkle of salt.
4. Place the lid down on your Ninja Speedi. Press steam and steam for 10 minutes. When the Speedi beeps let it sit there for 3 minutes to continue steaming at a lower temperature and then remove the lid and you have cooked pasta.
5. Next drain the pasta water from the pasta and put the pasta water to one side. Add the pasta back in the cooking pot and put it on sauté. Add back in 240ml/1 cup of the pasta water and add the cream cheese and garlic. Keep stirring until you have a creamy pasta and sauce.
6. Cancel sauté, add in the cheese and add more if you prefer you can also mix it up with favourite pasta cheeses. Also add in the seasoning and stir until the cheese has melted. You can adjust it with a little extra pasta water if it's too thick.

7. I then like to serve with some more fresh parsley sprinkled on top.

Notes:

Ratio. Note the ratio. It's a 2:3 ratio so you can swap 4 cups of pasta for 6 cups of water, for a lower portion of 2 cups of pasta to 3 cups of water.

Nutrition

Calories: 970kcal | Carbohydrates: 107g | Protein: 41g | Fat: 41g | Saturated Fat: 23g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Cholesterol: 129mg | Sodium: 950mg | Potassium: 685mg | Fiber: 5g | Sugar: 11g | Vitamin A: 1392IU | Vitamin C: 3mg | Calcium: 674mg | Iron: 3mg

Ninja Speedi Chicken Pasta Bake

Prep Time: 6 mins **Cook Time:** 12 mins **Servings:** 4

Calories: 937 kcal

Ingredients:

Part 1: Making The Pasta

- 500 g Pack/4 Cups Dried Pasta we used macaroni
- 1440 ml /6 Cups Cold Water
- 1 Tsp Salt

Part 2: Transforming Into Cajun Chicken

Pasta Bake

- 2 Medium Chicken Breasts chopped into chunks
- 2 Tsp Extra Virgin Olive Oil
- 1 Tsp Garlic Puree
- 1 Tsp Dried Oregano
- 2 150g/5.25oz Boursin Cream Cheese Tubs
- 2 Tbsp Cajun Seasoning
- Salt & Pepper

Method:

1. Pour the water and the pasta directly into the cooking pot, removing the crisp plate first. Even though I am in the UK, I do find it easier to measure in cups to get the ratio right. Then add in the water. It must be cold tap water otherwise it's too warm and will result in undercooked pasta. Then add in a sprinkle of salt.
2. Add the crisp plate back in but into a higher position.
3. Then add the chicken to a bowl along with half the cajun seasoning, a generous seasoning of salt and pepper. Also add olive oil, garlic puree and oregano. Mix well so that the chicken is well coated.
4. Add a layer of parchment paper or a paper liner and then cover with the chicken. Place the lid down on your Ninja Speedi. Press steam and steam for 10 minutes. When the Speedi beeps let it sit there for 3 minutes to continue steaming at a lower temperature and then remove the lid and you have cooked pasta and cooked chicken.
5. Next use your hands and grab the paper liner by the sides to quickly remove from the speedi. Put it to one side.



6. Remove the crisp plate, stir the pasta and add in the remaining cajun, and the Boursin cheese. Give it a good stir and add the chicken into the pasta and continue stirring until you have a creamy cajun pasta bake. If you don't have enough heat from the cooking pot to warm up the cheese, you can put it on saute for 2-3 minutes.
7. I then like to serve with some fresh coriander/cilantro sprinkled on top. I also served ours with some leftover pizza bread.

Notes:

Ratio. Note the ratio. It's a 2:3 ratio so you can swap 4 cups of pasta for 6 cups of water, for a lower portion of 2 cups of pasta to 3 cups of water.

Why diced chicken? You may wonder why we used diced chicken and didn't just put whole chicken breasts into the cooking pot. The reason is that diced is quicker cooking and to cook the pasta and the chicken together keeping the same cooking time, requires creativity and going diced!

Nutrition:

Calories: 937kcal | Carbohydrates: 99g | Protein: 47g | Fat: 38g | Saturated Fat: 22g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Trans Fat: 0.01g | Cholesterol: 152mg | Sodium: 711mg | Potassium: 806mg | Fiber: 5g | Sugar: 6g | Vitamin A: 2544IU | Vitamin C: 2mg | Calcium: 114mg | Iron: 3mg

Ninja Speedi Mediterranean Pasta Bake

Prep Time: 6 mins **Cook Time:** 26 mins **Servings:** 4

Calories: 386 kcal

Ingredients:

Part 1: Making The Pasta

- 250 g Pack/2 Cups Dried Pasta we used macaroni
- 960 ml /4 Cups Cold Water
- 1 Tsp Salt

Part 2: Transforming Into Mediterranean Pasta

- 480 ml /2 Cups Frozen Pasta Sauce or swap for a pasta sauce jar
- 400 g /14oz Canned Tomatoes or passata
- 1 Medium Courgette/Zucchini
- 1 Medium Red Onion
- 1 Red Pepper/Bell Pepper/Capsicum
- 1 Tbsp Extra Virgin Olive Oil
- ½ Chorizo Sausage
- 2 Tsp Dried Basil
- ½ Tsp Garlic Powder
- 1 Tbsp Mixed Herbs/Italian Seasoning
- Salt & Pepper



Method:

1. Pour the water and the pasta into the cooking pot, removing the crisp plate first. Press steam and steam for 10 minutes.
2. Next if using frozen vegetable sauce, remove it from its plastic lid and microwave on full power for 8 minutes or until almost defrosted.
3. Next, slice the chorizo into thin slices, chop the courgette into chunks, chop up the pepper and peel and dice the onion.
4. When the pasta is done, remove the pasta and the liquid and put to one side.
5. Press sauté. Add in the chorizo, courgette, pepper and onion, along with the olive oil and sauté until the onion has softened.
6. Then add in all the other ingredients, stir and continue with the saute until the sauce is bubbling. Then cancel sauté, stir and serve.

Nutrition

Calories: 386kcal | Carbohydrates: 70g | Protein: 15g | Fat: 7g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 10mg | Sodium: 727mg | Potassium: 1230mg | Fiber: 8g | Sugar: 15g | Vitamin A: 2164IU | Vitamin C: 70mg | Calcium: 108mg | Iron: 5mg

Ninja Speedi Lamb Shoulder

Prep Time: 5 mins **Cook Time:** 45 mins **Servings:** 6

Calories: 283 kcal

Ingredients:

- 1.8 kg /4lb Lamb Shoulder bone in
- 1 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Dried Mint
- 1 Tsp Garlic Powder
- 1 Tbsp Mint Sauce heaped
- Salt & Black Pepper

For Serving Optional

- Air Fryer Roast Potatoes

Method:

1. Pat dry the lamb shoulder on all sides with a kitchen towel/paper towel. Then using a dinner plate drizzle olive oil all over the lamb and then sprinkle with dried mint, garlic powder and a generous seasoning of salt and pepper.
2. Pour 240ml/1 cup of water into the cooking pot and then add the speedi crisp plate. Add the lamb.
3. Place the lid down on the Speedi then set it to steam bake for 45 minutes at a temperature of 180c/360f.
4. Then when it beeps and you're happy with the internal temperature (we like ours to 60c) then you can remove the lamb and place it onto a layer of foil. I normally do 2 layers so that the lamb can be well covered.
5. Then coat on all sides in mint sauce before wrapping tightly in the foil.
6. We like to cook air fryer roast potatoes whilst it rests but the sides are totally up to you.
7. Then once the lamb has rested for at least 30 minutes carve and then serve.

Notes:

Mix and match. You can also do the same thing with a leg of lamb and cook other sides too with your lamb.

Nutrition:

Calories: 283kcal | Carbohydrates: 3g | Protein: 38g | Fat: 12g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 121mg | Sodium: 133mg | Potassium: 554mg | Fiber: 0.1g | Sugar: 1g | Vitamin A: 28IU | Vitamin C: 0.01mg | Calcium: 27mg | Iron: 4mg



Ninja Speedi Broccoli

Prep Time: 4 mins **Cook Time:** 15 mins **Servings:** 2

Calories: 103 kcal

Equipment: Ninja Speedi

Ingredients:

- 1 Medium Broccoli
- Salt & Pepper

Method:

1. Remove the crisp plate and pour in 240ml/1 cup of cold water into the Speedi cooking pot.
2. Chop the broccoli into medium to large florets.
3. Add the crisp plate back into the Speedi and layer it up with the broccoli.
4. Steam for 15 minutes or 10 minutes if you prefer it firmer.
5. Then you will have cooked broccoli ready for dinner.

Nutrition:

Calories: 103kcal | Carbohydrates: 20g | Protein: 9g | Fat: 1g | Saturated Fat: 0.3g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 0.1g | Sodium: 100mg | Potassium: 961mg | Fiber: 8g | Sugar: 5g | Vitamin A: 1894IU | Vitamin C: 271mg | Calcium: 143mg | Iron: 2mg



Ninja Speedi Broccolini

Prep Time: 4 mins **Cook Time:** 10 mins **Servings:** 2

Calories: 18kcal

Ingredients:

- 85 g /3oz Broccolini
- Salt & Pepper

Method:

1. Remove the crisp plate and pour in 240ml/1 cup of cold water into the Speedi cooking pot.
2. Chop the ends off the broccolini. Add the crisp plate back into the Speedi and layer it up with the broccolini.
3. Steam for 10 minutes or 8 minutes if you prefer it firmer. Then you will have cooked broccolini ready for dinner.
4. Then serve.

Nutrition:

Calories: 18kcal | Carbohydrates: 3g | Protein: 2g | Sodium: 13mg | Fiber: 1g | Sugar: 1g | Vitamin A: 750IU | Vitamin C: 39mg | Calcium: 30mg | Iron: 0.4mg



Ninja Speedi Salmon & Asparagus

Prep Time: 4 mins **Cook Time:** 10 mins **Servings:** 2

Calories: 228kcal

Ingredients:

- 2 130g/4.5oz Salmon Fillets
- 125 g /4.5oz Packet Asparagus Tips
- 2 Medium Lemons
- Salt & Pepper

Method:

1. Put the speedi in the top position with the crisp plate.
2. Add the salmon and asparagus making sure it's all on one layer. Season with salt and pepper and squeeze the juice of one lemon over the salmon.
3. Press grill and grill at 240c/465f for 10 minutes or until crispy to your liking.
4. Serve with the remaining lemon sliced into wedges.



Notes:

I find that when I use skin on salmon fillets they can stick a bit to the air fryer crisp plate. If you can use skinless even better!

Nutrition

Calories: 228kcal | Carbohydrates: 12g | Protein: 28g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 3g | Cholesterol: 72mg | Sodium: 61mg | Potassium: 912mg | Fiber: 4g | Sugar: 4g | Vitamin A: 548IU | Vitamin C: 61mg | Calcium: 59mg | Iron: 3mg

Ninja Speedi Steamed Salmon

Prep Time: 2 mins **Cook Time:** 4 mins **Servings:** 2

Calories: 185kcal

Ingredients:

- 2 130g/4.5oz Salmon Fillets
- 1 Medium Lemon optional
- Salt & Pepper

Method:

1. Pour 1 cup (240ml) of water into the cooking pot. Then add the air fryer crisp plate in a high position.
2. Add the salmon fillets and season with salt and pepper.
3. Press steam and steam for 4 minutes or until flaky.
4. Serve with lemon wedges.



Notes:

I find that when I use skin on salmon fillets they can stick a bit to the air fryer crisp plate. If you can use skinless even better!

Nutrition

Calories: 185kcal | Protein: 26g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 3g | Cholesterol: 72mg | Sodium: 57mg | Potassium: 637mg | Vitamin A: 52IU | Calcium: 16mg | Iron: 1mg

Ninja Speedi Asparagus Wrapped In Bacon

Prep Time: 5 mins **Cook Time:** 8 mins **Servings:** 2

Calories: 512 kcal

Ingredients:

- 7 Bacon Rashers
- 250 g Asparagus Tips
- ¼ 165 g /6oz Tub Philadelphia Light

Method:

1. Pull the woody ends off the asparagus and then get out the asparagus and the bacon.
2. Lay a slice of bacon flat, add a bunch of the asparagus, add a heaped teaspoon or two of cheese, then wrap up. The cheese will work like a glue and stick the asparagus to the bacon.
3. Continue until all the asparagus is wrapped in the bacon.
4. Place the asparagus and bacon bundles into top position on your air fryer crisp plate of your speedi.
5. Grill at 240c/465f for 8 minutes or until crispy to your liking.



Nutrition

Calories: 512kcal | Carbohydrates: 13g | Protein: 19g | Fat: 43g | Saturated Fat: 18g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 17g | Trans Fat: 0.1g | Cholesterol: 95mg | Sodium: 809mg | Potassium: 609mg | Fiber: 3g | Sugar: 7g | Vitamin A: 1430IU | Vitamin C: 7mg | Calcium: 156mg | Iron: 3mg

Ninja Speedi Grilled Bacon

Prep Time: 1 min **Cook Time:** 8 mins **Servings:** 1

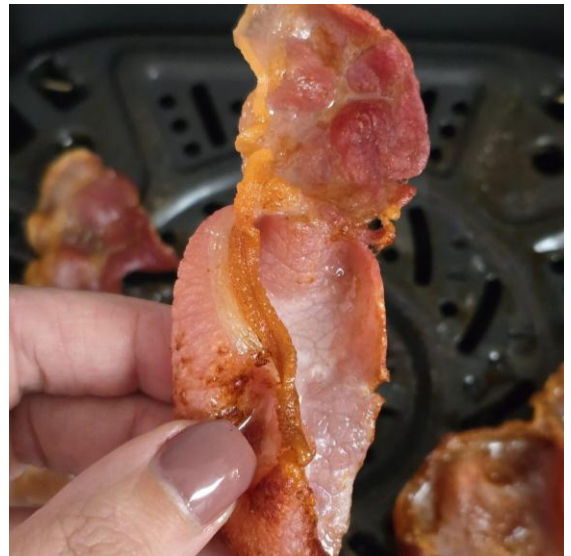
Calories: 275kcal

Ingredients:

- 3 Bacon Rashers

Method:

1. Put the Ninja Speedi in top position so that you will be nearer to the heating element for the best grill.
2. Add 3 slices of back bacon to your grill or if you are cooking streaky/American bacon then you will be able to fit more in..
3. Grill at 240c/465f for 4 minutes for just cooked bacon.
4. Grill at 240c/465f for 6 minutes for medium crisp.
5. Grill at 240c/465f for 8 minutes for nice and crispy bacon.



Nutrition

Calories: 275kcal | Carbohydrates: 1g | Protein: 8g | Fat: 26g | Saturated Fat: 9g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 12g | Trans Fat: 0.1g | Cholesterol: 44mg | Sodium: 437mg | Potassium: 131mg | Vitamin A: 24IU | Calcium: 3mg | Iron: 0.3mg

Ninja Speedi Grilled Cheese

Prep Time: 5 mins **Cook Time:** 5 mins **Servings:**1

Calories: 457kcal

Ingredients:

- 2 Slices White Bread
- Butter Or Margarine for spreading
- Mayonnaise for spreading
- 3-4 Slices Cheddar Cheese we used white and orange
- 28 g /1oz Grated Cheddar Cheese for sprinkling

Method:

1. Butter your bread and then flip over one of the bread slices.
2. Slice your favourite cheese, if not already sliced. Any cheese that melts well will work well. Then add slices of cheese to the bread.
3. Then add the other slice of bread, butter side up and push it down so that it stays in place as it cooks.
4. Then add a layer of mayonnaise on top of the top slice of bread and then sprinkle with grated cheese. The mayonnaise is amazing for the grated cheese sticking to as it cooks.
5. Then place the grilled cheese in top position in your Ninja Speedi. Grill at 240c/465f for 5 minutes.



Notes:

I have based the portion size on making one grilled cheese. Then you can scale it depending on how many people you are feeding.

Nutrition

Calories: 457kcal | Carbohydrates: 27g | Protein: 23g | Fat: 29g | Saturated Fat: 16g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Trans Fat: 0.01g | Cholesterol: 79mg | Sodium: 755mg | Potassium: 119mg | Fiber: 1g | Sugar: 3g | Vitamin A: 792IU | Calcium: 664mg | Iron: 2mg

Ninja Speedi Baby Potatoes

Prep Time: 5 mins **Cook Time:** 20 mins **Servings:** 4

Calories: 244kcal

Ingredients:

- 750 g /1.7 lb Bag Baby Potatoes
- 55 g /2oz Salted Butter
- ¼ Tsp Garlic Powder
- Handful Roughly Chopped Parsley
- Salt & Pepper

Method:

1. Pour 240ml/1 cup of cold water into the cooking pot and then add your crisp plate in its lower position.
2. Then add the baby potatoes. If they are big, half and quarter them for an even cook and also give them a clean if they need it.
3. Sprinkle the potatoes with salt, pepper, garlic powder and fresh parsley, give them a mix for an even coating. Then add chunks of butter on top, reserving a little for serving with.
4. Place the lid down and steam for 20 minutes.
5. Do a fork test to make sure they are fork tender.
6. Transfer to a serving bowl and serve with more parsley and the rest of the butter.



Nutrition

Calories: 244kcal | Carbohydrates: 33g | Protein: 4g | Fat: 11g | Saturated Fat: 7g | Polyunsaturated Fat: 0.5g | Monounsaturated Fat: 3g | Trans Fat: 0.5g | Cholesterol: 30mg | Sodium: 100mg | Potassium: 795mg | Fiber: 4g | Sugar: 1g | Vitamin A: 347IU | Vitamin C: 37mg | Calcium: 26mg | Iron: 1mg

Ninja Speedi Lasagne Chips

Prep Time: 5 mins **Cook Time:** 8 mins **Servings:** 6

Calories: 143kcal

Ingredients:

- 6 Fresh Lasagne Sheets
- 1 Tbsp Extra Virgin Olive Oil
- 1 Tsp Dried Oregano
- 1 Tsp Dried Mixed Herbs/Italian Seasoning

Method:

1. Use scissors to cut the lasagne sheets into strips. We prefer them to a 2cm thickness, but you can go thinner if you prefer.
2. Transfer the lasagne strips and seasonings and oil to a mixing bowl.
3. Mix with your hands until the lasagne is well coated.
4. Spread out the lasagne sheets in the air fryer basket or in our case, the air fryer crisp plate of the Speedi.
5. Air fry at 180c/360f for 8 minutes. Though shake them halfway through to prevent just those on top from getting brown.
6. You will then have strips like this and of course if some at the bottom are a little under you can cook just these ones for an extra minute or two.
7. Then transfer to your favourite serving tray and serve with ketchup.



Nutrition

Calories: 143kcal | Carbohydrates: 23g | Protein: 5g | Fat: 3g | Saturated Fat: 0.5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 31mg | Sodium: 11mg | Potassium: 84mg | Fiber: 0.3g | Sugar: 0.03g | Vitamin A: 31IU | Vitamin C: 0.02mg | Calcium: 17mg | Iron: 2mg

Ninja Speedi Steam Air Fry Chips

Prep Time: 8 mins **Cook Time:** 25 mins **Servings:** 2

Calories: 226kcal

Ingredients:

- 450 g /1lb Potatoes red or all rounder white potatoes work best
- 1 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Dried Mixed Herbs/Italian Seasoning
- Salt & Pepper

Method:

1. Pour a cup of water (240ml) into your cooking pot and then add in the air fryer basket or crisp plate in a lower position.
2. Peel and then chop the potatoes into chips.
3. Add the chips, oil and seasonings into a bowl and mix well with your hands for an even coating.
4. Transfer the chips to the air fryer crisp plate and spread them out.
5. Steam air fry at 180c/360f for 25 minutes. Then allow them to rest for about 5 minutes as they can be soggy in place because of the steam.
6. My plan B – whilst Dom prefers the steam air fry for 25 minutes, I prefer to steam air fry for 15 minutes, spray with olive oil and then air fry for another 8 minutes at 200c/400f. This is good if you prefer a crispier texture on your chips.
7. Then transfer to a serving dish and grab your favourite sauce.



Notes:

We experimented with different methods and for each recipe we tried we did a standard 1lb of potatoes (450g) for real life cooking in your kitchen you can increase the portion size up to 1.5lb (675g) and keep the same time and temp.

Nutrition

Calories: 226kcal | Carbohydrates: 38g | Protein: 4g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 41mg | Potassium: 1055mg | Fiber: 5g | Sugar: 3g | Vitamin A: 58IU | Vitamin C: 19mg | Calcium: 62mg | Iron: 3mg

Ninja Speedi Grilled Pork Chops

Prep Time: 2 mins **Cook Time:** 8 mins **Servings:** 2

Calories: 213kcal

Ingredients:

- 2 Pork Chops medium thickness
- 2 Tsp Mixed Herbs/Italian Seasoning
- Salt & Pepper

Method:

1. Pat dry your pork chops with a kitchen towel/paper towel. Then sprinkle it with salt, pepper and mixed herbs.
2. Transfer the pork chops to the Ninja Speedi placing them on the air fryer crisp plate in top position. The top position is good because you're closer to the heating element so a better grill texture.
3. Then press grill and grill at 240c/465f for 8 minutes or until cooked through.



Notes:

Interestingly using our time and temp guide ([get it here](#)) mushrooms, asparagus wrapped in bacon and cherry tomatoes all carry the same cooking time as the pork chops – so why not make it a meal?

Nutrition

Calories: 213kcal | Carbohydrates: 1g | Protein: 29g | Fat: 9g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.1g | Cholesterol: 90mg | Sodium: 65mg | Potassium: 525mg | Fiber: 1g | Sugar: 0.1g | Vitamin A: 39IU | Vitamin C: 0.04mg | Calcium: 41mg | Iron: 1mg

Ninja Speedi Chicken Salad

Prep Time: 8 mins **Cook Time:** 20 mins **Servings:** 2

Calories: 814kcal

Ingredients:

- 2 Medium Chicken Breasts
- 2 Tbsp Extra Virgin Olive Oil
- 4 Tsp Dried Ranch Seasoning
- 2 Slices Crusty Bread thick slices,
- 55 g /2oz Grated Parmesan
- 1 Tsp Dried Parsley
- ½ Ice Gem Lettuce or swap for any favourite lettuce
- 2 Tbsp White Wine Vinegar
- 2 Tbsp Heaped Mayonnaise
- Salt & Pepper



Method:

1. Drizzle half the olive oil over the chicken breasts and then sprinkle on top 2tsp of the ranch seasoning. Add a sprinkling of salt and pepper, then rub the seasonings into the chicken breast.
2. Place the air fryer crisp plate in top position and then add in the chicken breasts. Air fry for 20 minutes at 180c/360f.
3. In the meantime, let's do the prep starting with the croutons. Slice the bread into big cubes and add to a mixing bowl with the remaining olive oil, a teaspoon of ranch, the parsley and half the parmesan. Mix well in a bowl and put to one side. Next, make the salad base. Wash your lettuce and add to a plate. Mix together in a little sauce dish the mayonnaise, vinegar, remaining ranch seasoning and stir with a fork or spoon. Set aside.
4. When the chicken in the Speedi has just 3 minutes left, turn it over with tongs and make room for the croutons. Then cook the chicken with the croutons for the last 3 minutes of the cooking time.
5. When the air fryer beeps, remove the chicken breasts, slice and then add to the salad.
6. Add the croutons to the salad. Then finish with a sprinkling of the remaining parmesan and a drizzle of the mayonnaise. Then serve.

Notes:

Ranch seasoning – I brought some back from the USA with me last summer though you could swap it for another favourite seasoning if you don't have it.

Nutrition

Calories: 814kcal | Carbohydrates: 45g | Protein: 66g | Fat: 39g | Saturated Fat: 10g | Polyunsaturated Fat: 9g | Monounsaturated Fat: 17g | Trans Fat: 0.1g | Cholesterol: 169mg | Sodium: 2092mg | Potassium: 1137mg | Fiber: 3g | Sugar: 6g | Vitamin A: 969IU | Vitamin C: 7mg | Calcium: 397mg | Iron: 4mg

Ninja Speedi Chicken Drumsticks

Prep Time: 5 mins **Cook Time:** 15 mins **Servings:** 4

Calories: 215kcal

Ingredients:

- 6 Medium Chicken Drumsticks
- 1 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Any Favourite Mixed Herb we used green goddess
- Salt & Pepper

Method:

1. Place the chicken drumsticks onto a dinner plate.
2. Drizzle with olive oil and season well with any mixed herb of your choice along with salt and pepper.
3. Mix well with your hands and use the plate to keep turning over the drumsticks so that you can make sure you have an even coating.
4. Pour a cup (240ml) of cold water into your cooking pot, add the crisp plate in either position (it doesn't matter).
5. Then add your chicken drumsticks spreading them out for an even cook. Press steam air fry and cook for 15 minutes at 180c/360f or until they reach an internal temperature of 70c/165f or above.
6. When the Speedi beeps, serve warm.



Notes:

Any seasoning – I treated this recipe as a clear out the herb drawer kind of recipe. I have a big batch of green goddess seasoning that I need to use but any will do. You could use Caribbean curry powder, tikka masala powder, or what about keeping it simple with some oregano?

Nutrition

Calories: 215kcal | Carbohydrates: 1g | Protein: 20g | Fat: 14g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 7g | Trans Fat: 0.1g | Cholesterol: 104mg | Sodium: 118mg | Potassium: 269mg | Fiber: 1g | Sugar: 0.1g | Vitamin A: 74IU | Vitamin C: 0.03mg | Calcium: 31mg | Iron: 1mg

Ninja Speedi Hotdogs

Prep Time: 5 mins **Cook Time:** 7 mins **Servings:** 3

Calories: 230kcal

Ingredients:

- 3 Medium Hotdogs
- 3 Hotdog Buns
- Tomato Ketchup & Mustard optional

Method:

1. Place the Speedi in top position as we are going to get those hotdogs close to the heating element.
2. Add your hotdogs spreading them out and grill for 6 minutes at 240c/465f or air fry for 8 minutes at 200c/400f.
3. When the Speedi beeps, put the hotdogs to one side and add the hotdog buns. Cook for an extra minute at the same temperature.
4. Load the hotdogs into the buns and add your favourite sauce before serving.



Notes:

What do you put on top? I love both ketchup and mustard over my hotdogs, but of course we are all different. The kids would give me a dirty look if I put mustard on theirs. Whatever you prefer, add it on top!

Nutrition

Calories: 230kcal | Carbohydrates: 30g | Protein: 9g | Fat: 8g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Cholesterol: 20mg | Sodium: 518mg | Potassium: 118mg | Fiber: 1g | Sugar: 3g | Vitamin A: 0.4IU | Vitamin C: 1mg | Calcium: 72mg | Iron: 3mg

Ninja Speedi Chicken Curry

Prep Time: 5 mins **Cook Time:** 23 mins **Servings:** 4

Calories: 566kcal

Ingredients:

- 500 g /1lb Boneless Skinless Chicken Thighs
- 450 g /1lb Jar Tikka Masala Cooking Sauce we used Patak
- Salt & Pepper

Chicken Seasonings

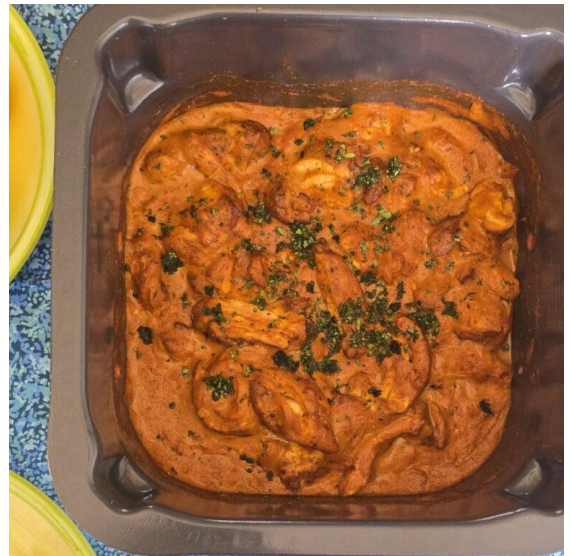
- 1 Tbsp Extra Virgin Olive Oil
- 2 Tsp Garam Masala
- 1 Tsp Frozen Chopped Ginger
- 1 Tsp Frozen Chopped Garlic
- 1 Tsp Frozen Chopped Coriander/Cilantro Leaf

Optional Sides

- 2 Frozen Mini Naan Breads
- 2 Mini Pakoras
- 2 Mini Onion Bhajis
- 2 Mini Samosas

Method:

1. Place the chicken thighs onto a large bowl and sprinkle over the chicken seasonings and olive oil then using your hands rub the seasonings into the chicken.
2. Place the chicken into the main cooking pot (not onto the crisp plate) and spread it out.
3. Press air fry and cook for 15 minutes at 180c/360f.
4. Remove the chicken and chop into chunks or slices or whichever style you prefer.
5. Place the chicken back into the cooking pot. You will also have the fat and juices from the chicken, so stir it all so no bits are stuck to the bottom.
6. Pour over the chicken the curry sauce and stir well. Then add the crisp plate in top position over the chicken.
7. Add your sides on top and air fry for another 3 minutes at 180c/360f.



8. Remove the crisp plate and put the sides to one side and then stir your curry and cook for a final 5 minutes on air fry at the same temperature.
9. Dish up and enjoy.

Nutrition

Calories: 566kcal | Carbohydrates: 76g | Protein: 30g | Fat: 14g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 4g | Trans Fat: 0.02g | Cholesterol: 124mg | Sodium: 1695mg | Potassium: 570mg | Fiber: 2g | Sugar: 39g | Vitamin A: 284IU | Vitamin C: 1mg | Calcium: 89mg | Iron: 2mg

Ninja Speedi Mashed Potatoes

Prep Time: 8 mins **Cook Time:** 25 mins **Servings:** 6

Calories: 414kcal

Ingredients:

- 1.8 kg /4lb Potatoes we used a mix of red and white potatoes
- 480 ml /2 Cups Vegetable Stock or water
- 1 Tbsp Roughly Chopped Parsley
- 115 g /4oz Salted Butter
- 2 Tbsp Semi Skimmed Milk/2% Fat Milk
- 2 Tsp Dijon Mustard
- 55 g /2oz Cheddar Cheese grated
- Salt & Pepper

Method:

1. Peel the potatoes.
2. Chop them into chunks and then place them into the cooking pot. Sprinkle the potatoes with salt and pepper and parsley.
3. Pour in water or vegetable stock, depending on what you prefer. We used water.
4. Add the lid and steam for 25 minutes. Then remove the lid and you will have super soft potatoes that are so easy to mash.
5. Transfer the potatoes into a mixing bowl, add in the remaining ingredients and then mash until you have a smooth mash. Give it a quick stir with a fork to grab any last lumps before serving.

Notes:

Mix and match. You can mix and match the flavourings of your mash. We love ours with some mustard and cheese. You can also swap the butter for Boursin.

Potatoes. We love making mash from leftover potatoes that need using up. We did a mix of white and red potatoes, but you can mix and match.

Nutrition

Calories: 414kcal | Carbohydrates: 54g | Protein: 9g | Fat: 19g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 51mg | Sodium: 419mg | Potassium: 1288mg | Fiber: 7g | Sugar: 3g | Vitamin A: 809IU | Vitamin C: 60mg | Calcium: 113mg | Iron: 2mg



Ninja Speedi Potato Wedges

Prep Time: 8 mins **Cook Time:** 20 mins **Servings:** 4

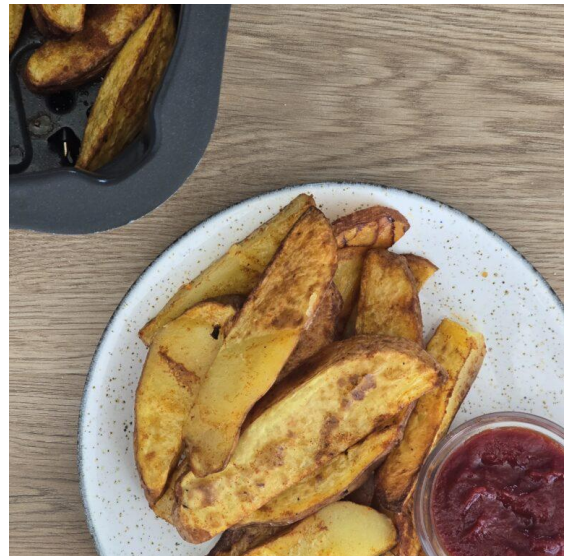
Calories: 155kcal

Ingredients:

- 675 g /1.5lb Red Potatoes
- 240 ml /1 Cup Vegetable Stock or water
- 1 Tbsp Extra Virgin Olive Oil
- 2 Tsp Smoked Paprika
- 2 Tsp Taco Seasoning
- Salt & Pepper

Method:

1. Clean and then slice the potatoes into chunky wedges.
2. Also get ready for your wedges and pour water or stock into your cooking pot and add the crisp plate in a lower position..
3. Add the potato wedges to a large mixing bowl, add the oil and seasonings and mix well with your hands until well coated.
4. Spread the potatoes out on the crisp plate. Set it to steam bake and cook for 20 minutes at 180c/360f.
5. When it beeps you will have crispy potato wedges. If those on the bottom are not done enough, remove those from the top and give those underneath an extra 5 minutes of air fry at the same temperature.



Notes:

Seasonings. You can mix and match with your favourite seasonings. We had loads of taco seasoning left, but you can use fajita, tikka masala, peri peri or another favourite.

Nutrition

Calories: 155kcal | Carbohydrates: 28g | Protein: 3g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Sodium: 274mg | Potassium: 791mg | Fiber: 3g | Sugar: 3g | Vitamin A: 636IU | Vitamin C: 15mg | Calcium: 19mg | Iron: 1mg

Ninja Speedi Steak Salad Bowls

Prep Time: 4 mins **Cook Time:** 10 mins **Servings:** 2

Calories: 424kcal

Ingredients:

- 1 Red Pepper/Bell Pepper/Capsicum
- 170 g /6oz Ribeye Steak
- 1 Tbsp Steak Seasoning
- 55 g /2 oz Grated Mozzarella Cheese
- ½ Coleslaw Bag
- 3 Tbsp Heaped Mayonnaise
- Salt & Pepper

Method:

1. Deseed and then slice the pepper into strips and season with salt and pepper. Place the pepper strips into the Ninja Speedi in the top position of the air fryer crisp plate. Air fry at 240c/465f for 8 minutes.
2. Add the steak next to the peppers. Sprinkle the steak with salt, pepper and steak seasoning. Air fry at the same temperature for 2 minutes for a nice medium rare steak, or for medium to well done 4 minutes.
3. Allow the steak to rest with the peppers in the Speedi. Whilst the steak rests add grated cheese, mix coleslaw with mayo and mix, and add these to the bowl.
4. Add the peppers to your bowl and slice the steak into strips.
5. Finish by adding the steak to the bowls and serving.

Nutrition

Calories: 424kcal | Carbohydrates: 6g | Protein: 24g | Fat: 34g | Saturated Fat: 12g | Polyunsaturated Fat: 10g | Monounsaturated Fat: 11g | Trans Fat: 0.04g | Cholesterol: 82mg | Sodium: 353mg | Potassium: 393mg | Fiber: 1g | Sugar: 3g | Vitamin A: 2128IU | Vitamin C: 76mg | Calcium: 171mg | Iron: 3mg



Ninja Speedi Grilled Mediterranean Vegetables

Prep Time: 1 min **Cook Time:** 10 mins **Servings:** 2

Calories: 176kcal

Ingredients:

- 550 g Pack Prepared Mediterranean Vegetables just over 1lb

Method:

1. Place the air fryer crisp plate in top position.
2. Unpack the Mediterranean veggies and add them to a crisp plate. Pour over any of the oil and seasonings in the bottom of the packet.
3. Press grill and grill at 220c/430f for 10 minutes.
4. Adjust if you would like them extra crispy, and then transfer to a serving bowl.



Notes:

Mix & Match. You can of course mix and match, just remember this is quick cooking vegetables so would work well for similar cooking options such as a stir fry pack.

Nutrition

Calories: 176kcal | Carbohydrates: 37g | Protein: 9g | Fat: 1g | Saturated Fat: 0.3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 0.1g | Sodium: 129mg | Potassium: 583mg | Fiber: 11g | Vitamin A: 13965IU | Vitamin C: 29mg | Calcium: 69mg | Iron: 3mg

Ninja Speedi Grilled English Breakfast

Prep Time: 3 mins **Cook Time:** 14 mins **Servings:** 1

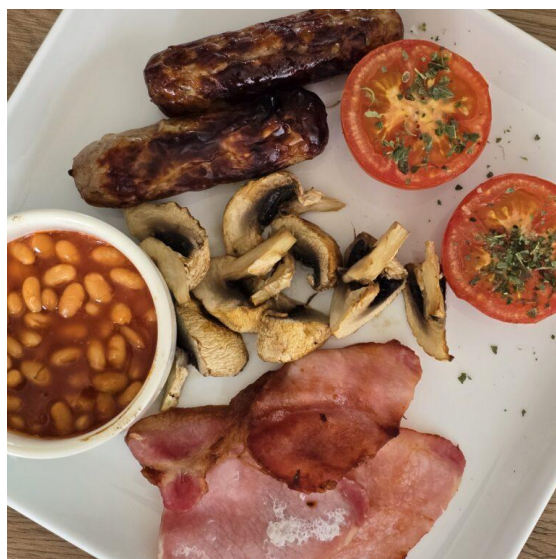
Calories: 933kcal

Ingredients:

- 2 Cumberland Sausages
- 2 Rashers Back Bacon
- 2 Button Mushrooms
- 1 Salad Tomato
- 200 g /14oz Can Baked Beans In Tomato Sauce

Method:

1. Place the air fryer crisp plate in top position.
2. Add the sausages onto the crisp plate and grill at 240c/465f for 2 minutes.
3. Add the bacon, making a space for it as you add it. Grill for another 4 minutes at the same temperature.
4. Slice the mushrooms into quarters (unless they are small) and half the tomatoes.
5. Add to the crisp plate too and at the same temperature cook for another 4 minutes. After this cooking time the sausages will have done 10 minutes, bacon 8 minutes and the mushrooms and tomatoes 4 minutes.
6. Transfer everything to a plate and finish by pouring the baked beans into a ramekin and grilling at 240c/465f for 4 minutes. Then serve everything together.



Notes:

Doneness. We all have different levels of preferred doneness, so if you want the bacon less crispy, or the mushrooms crispier, then you can adapt using these cooking times as your guide.

Nutrition

Calories: 933kcal | Carbohydrates: 46g | Protein: 47g | Fat: 64g | Saturated Fat: 21g | Polyunsaturated Fat: 9g | Monounsaturated Fat: 28g | Trans Fat: 0.5g | Cholesterol: 178mg | Sodium: 2292mg | Potassium: 1604mg | Fiber: 13g | Sugar: 4g | Vitamin A: 1194IU | Vitamin C: 23mg | Calcium: 140mg | Iron: 6mg

Ninja Speedi Steam Air Fry Roast Chicken

Prep Time: 3 mins **Cook Time:** 40 mins **Servings:** 4

Calories: 441kcal

Ingredients:

- 1 Large Whole Chicken giblets removed
- 1 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Roughly Chopped Parsley
- Salt & Pepper

Method:

1. Pour 1.5 cups (360ml) of water into your cooking pot. Then add the crisp plate in the lower position. Avoid the higher position as your chicken won't fit and is likely to burn on top.
2. Place the whole chicken on a large dinner plate or onto a chopping board.
3. Drizzle the chicken with the olive oil and sprinkle with the seasonings. Make sure you give it a generous seasoning of salt and pepper. Then use your hands to keep turning the chicken and making sure the whole chicken is coated in the oil and seasoning.
4. Transfer the chicken to the crisp plate with breast side up. Press steam air fry and cook at 180c/360f for 40 minutes.
5. Allow it to rest before serving.



Notes:

Cooking Time. We usually air fry the same sized chicken for 50 minutes, and this takes 40 minutes. So, with the steam and preheating it's not that much quicker.

Seasoning. The general rule with seasoning a whole chicken is one tablespoon of any seasoning. So this could be basil, rosemary, thyme, oregano or something spicy like peri peri or taco seasoning.

Nutrition

Calories: 441kcal | Carbohydrates: 0.1g | Protein: 35g | Fat: 32g | Saturated Fat: 9g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 14g | Trans Fat: 0.2g | Cholesterol: 143mg | Sodium: 134mg | Potassium: 366mg | Fiber: 0.03g | Sugar: 0.01g | Vitamin A: 351IU | Vitamin C: 4mg | Calcium: 22mg | Iron: 2mg

Ninja Speedi Slow Cooker Pulled Pork

Prep Time: 5 mins **Cook Time:** 6 hrs 30 mins **Servings:** 6

Calories: 380kcal

Equipment:

- Ninja Speedi

Ingredients:

- 1.35 kg /3lb Boneless Pork Shoulder
- 1 Tbsp Extra Virgin Olive Oil
- 2 Tsp Smoked Paprika
- 2 Tsp Cumin
- 1 Tsp Garlic Powder/Granules
- 2 Tbsp Soft Brown Sugar
- Salt & Pepper

Barbecue Sauce For Later:

- 3 Tbsp Tomato Ketchup
- 1 Tbsp Worcestershire Sauce
- 360 ml /1.5 Cups Barbecue Sauce



Method:

1. Remove the crisp plate as we are not using it in this recipe. Then pour 1.5 cups (360ml) of water into your cooking pot to stop the pork from sticking.
2. Trim the visible fat from the pork shoulder.
3. Add the pork to the cooking pot and use it as your prep area. Add a drizzle of the olive oil first and then rub it into the pork. This will then act like glue for your seasoning to stick to.
4. Then add all the seasonings and mix with your hands to create a delicious dried rub to your pork.
5. Slow cook for 6.5 hours on high or until a fork inserted in, shreds easily.
6. Shred the pork with either a fork or meat claws and then add in the barbecue sauce ingredients. Continue to shred until all the sauce ingredients are mixed in.
7. I like to give it one last go with the meat claws before serving.
8. Then load into burger buns and serve.

Notes:

Barbecue Sauce. We love Bullseye the most. But you can mix and match with any favourite barbecue sauce. We also used in this recipe a bit of Guinness barbecue sauce which is also lovely.

Nutrition

Calories: 380kcal | Carbohydrates: 37g | Protein: 28g | Fat: 13g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 92mg | Sodium: 959mg | Potassium: 718mg | Fiber: 1g | Sugar: 30g | Vitamin A: 548IU | Vitamin C: 2mg | Calcium: 59mg | Iron: 3mg

Ninja Speedi Lamb Chops & Baby Potatoes Speedi Meal

Prep Time: 5 mins **Cook Time:** 10 mins **Servings:** 2

Calories: 565 kcal

Ingredients:

For The Baby Potatoes

- 750 g /1.6lb Bag Baby Potatoes
- 1 Tbsp Dried Rosemary
- 55 g /2oz Salted Butter

For The Lamb

- 2 Extra Thick Lamb Chops ask your butcher for double the thickness
- 1 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Garlic Puree
- 1 Tbsp Dried Coriander Leaf/Cilantro
- 1 Tsp Dried Parsley
- 1 Tsp Dried Oregano
- Salt & Pepper



Method:

1. Remove the crisp plate as we are not using it yet and then add in your baby potatoes, 1.5 cups (360ml) of water or stock and then add little chunks of butter over the potatoes (using half now and saving half for later). Sprinkle with rosemary, and then a generous seasoning of salt and pepper.
2. Add the crisp plate over the potatoes in a high position.
3. On a chopping board or on a plate, add the lamb chops and dab them dry with kitchen towel/paper towel. Then add the olive oil and all the seasonings over the lamb.
4. Use your hands to thoroughly coat the lamb.
5. Place the lamb onto the crisp plate. Put the lid down and then press steam meals or speedi meals and the temperature to 180c/360f for 10 minutes.
6. You will now have cooked lamb chops and fork tender potatoes. Portion up and tuck in.

7. We served ours with a Greek salad – we added to a bowl lettuce, chopped cucumber, halved cherry tomatoes, olives, cubed feta, freshly chopped basil and some extra virgin olive oil.

Notes:

Size Matters. We opt for thicker than usual lamb chops because its all about the ratio and all the food is ready at the same time.

Nutrition

Calories: 565kcal | Carbohydrates: 69g | Protein: 8g | Fat: 30g | Saturated Fat: 15g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Trans Fat: 1g | Cholesterol: 59mg | Sodium: 202mg | Potassium: 1640mg | Fiber: 9g | Sugar: 3g | Vitamin A: 758IU | Vitamin C: 77mg | Calcium: 95mg | Iron: 4mg

30 Days Ninja Speedi Videos

We also have videos for you to go with each of these 30 days of Ninja Speedi recipes. A practical way to follow along to our recipes at home. And perfect for more information and fully understanding your Ninja Speedi.



[Here is the playlist on our YouTube channel.](#)

Or scroll below and click on any of the video pictures to be taken to each of the 30 day videos. Also feel free to comment on the videos and let us know you are following our 30 days ebook and any further questions you have.





DAY 5:

NINJA SPEEDI CAJUN CHICKEN PASTA

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DAY 6:

NINJA SPEEDI MEDITERRANEAN PASTA BAKE

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DAY 7:

NINJA SPEEDI ROAST LAMB

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DAY 8:

NINJA SPEEDI STEAMED BROCCOLI

kitchengadgetsclub.com



DAY 9:

NINJA SPEEDI STEAMED BROCCOLINI

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DAY 10:

NINJA SPEEDI SALMON & ASPARAGUS

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DAY 11:

NINJA SPEEDI STEAMED SALMON

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DAY 12:

NINJA SPEEDI ASPARAGUS WRAPPED IN BACON

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DAY 13:
NINJA SPEEDI
GRILLED
BACON

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DAY 14:
NINJA SPEEDI
GRILLED
CHEESE

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DAY 15:
NINJA SPEEDI
BABY
POTATOES

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DAY 16:
NINJA SPEEDI
LASAGNE
CHIPS

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DAY 17:
NINJA SPEEDI
AIR FRYER
CHIPS

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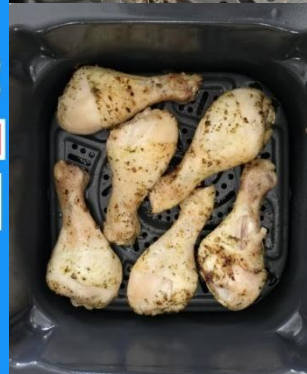
DAY 18:
NINJA SPEEDI
PORK
CHOPS

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DAY 19:
NINJA SPEEDI
CHICKEN
SALAD

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DAY 20:
NINJA SPEEDI
CHICKEN
DRUMSTICKS

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DAY 21: NINJA SPEEDI HOT DOGS

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DAY 22: NINJA SPEEDI CURRY & SIDES

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DAY 23: NINJA SPEEDI MASHED POTATOES

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DAY 24: NINJA SPEEDI POTATO WEDGES

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DAY 25: NINJA SPEEDI STEAK SALAD

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DAY 26: NINJA SPEEDI GRILLED VEG

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DAY 27: NINJA SPEEDI ENGLISH GRILL

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DAY 28: NINJA SPEEDI WHOLE CHICKEN

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DAY 29:
NINJA SPEEDI
PULLED
PORK

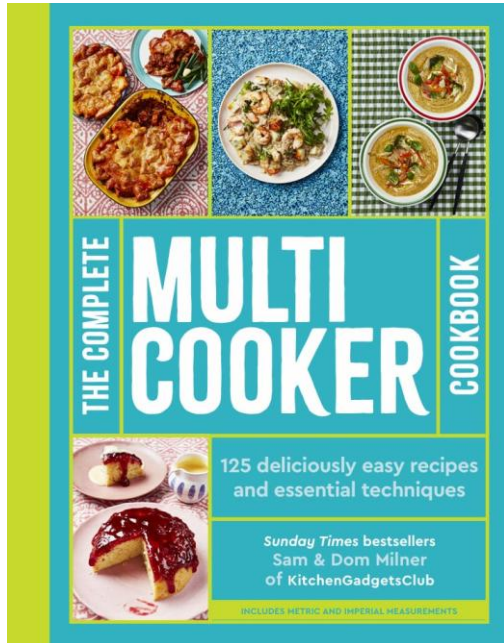
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DAY 30:
NINJA SPEEDI
LAMB CHOPS
SPEEDI
MEAL

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Did You Know We Have Made A Ninja Speedi Cookbook?



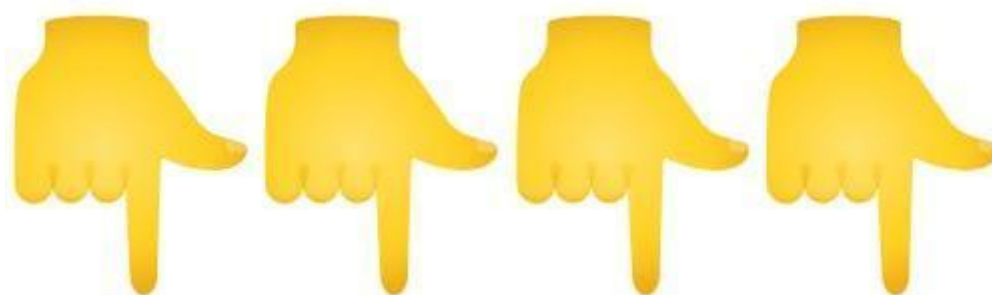
Well, I say **SPEEDI** but **MULTICOOKER** is a better word. A kitchen gadget cookbook that has recipes in it for the Ninja Speedi, Instant Pot, Slow Cooker, and the Ninja Foodi.

Including functions like steam and steam air fry as well as air fry and grill its perfect for the Speedi and a lot of the recipes were made in the Speedi.

It has 125 recipes, has both metric and imperial and is the first ever professionally made multicooker cookbook.

[You can get it here.](#)

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Kitchen Gadgets Club!**



[Free Weekly Newsletter](#) – We also have a free weekly newsletter over at KGC which comes out every Monday, and you can sign up for it here. We talk about kitchen gadgets, what we are cooking, what's happening, what's new on our podcast and so much more.

[Our Cookbooks \(so far\)](#) – We are also the authors of The Complete Air Fryer Cookbook, Air Fryer Easy Everyday and our time and temp chart which shares the cooking times for more than 275 everyday foods. [You can get them all here.](#)



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Enjoy your recipe love Sam, Dom & Kyle xx