

Ninja Speedi: The First Week!



Brought To You By:
KitchenGadgetsClub.com

We're Sam, Dom & Kyle and thanks so much for purchasing our ebook. We have been helping people with ebooks for so long now that Kyle was 3 when we started!

But we don't just do ebooks as we are also double Sunday Times Bestsellers thanks to our love for air fryers. [You can see all our books here.](#)



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.

In this mini ebook I wanted to share with you what your first week with the Ninja Speedi could look like. There is a lot of overwhelm for new ninja speedi users and I wanted to show you what you could be making and how you can go from never using it before, to feeling confident.

Not just confident but excited too..... That you can walk into the kitchen for your dinner and think tonight I am making.....and its so easy thanks to my Speedi.

Love Sam, Dom & Kyle xx

Our Recipes Are 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 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 ebook.....

The Starting Pieces Of A Ninja Speedi...

So, let's get technical first and get the Ninja Speedi out of its box. Let's imagine you had a brand-new Ninja Speedi delivered today, and you are excited to get it out of its box and get cooking.



You will have the basic machine with all these brilliant buttons on the front.

But before you set a function and a time and temp what do you have to go inside your Speedi?



The tongs I have never really used, just always gone with the zillion other tongs in my kitchen. Or have I? They might have ended up in the drawer and you have spotted them in one of our videos!

The main thing though is your square cooking pot. Think of this like you think of a slow cooker cooking pot. As in it must be inside at all times when cooking.

Then you have what they call a crisp plate for air frying and grilling. This can either be in top position, think the top grill, or lower like an oven or air frying in our case.

If you take a closer look at this picture of the crisp plate:



You will see the hooks at each corner. If you have these out like you see it is for top position, or tucked underneath for low position.

And positioned in the cooking pot with the cooking pot in and the crisp plate in top position it looks like this:



And there is only one other technical thing you need to think about. That is the flip handle and this takes it from the left side of functions to the right side. It looks like this:



It takes you from what they call the air fryer style settings to the hob (stovetop) settings.

Otherwise you will be wondering how do I go from steam to steam air fry.

You can switch it over when the lid is up though I often forget this in my videos. Watch them and you will see what I

am talking about lol!

So now you have all your bits and pieces together lets talk about the main screen.



The functions are simple and you have air fry, grill, bake/roast (like a more delicate air fry), dehydrate, sear/saute, slow cook.

Then on the left rapid cooker side you have speedi meals, steam air fry, steam bake and steam.

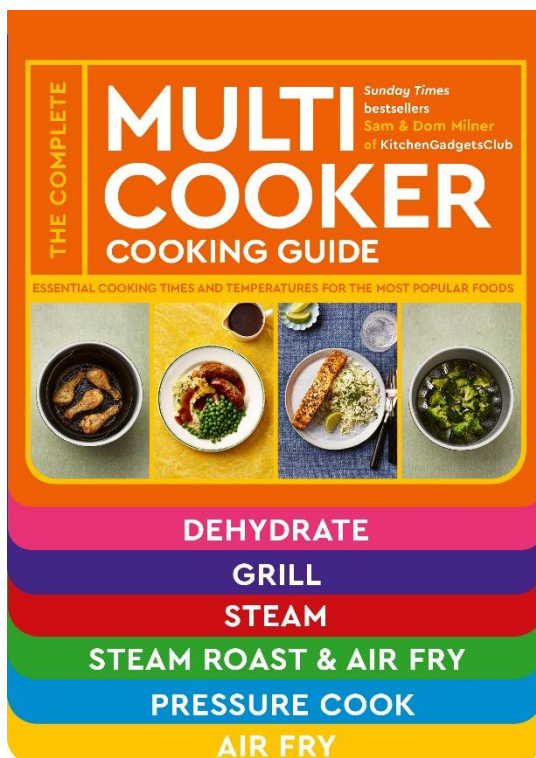
The steam is the only one that you don't need to set a temperature for.

Then whenever you use it you will:

1. Turn it on
2. Set the function i.e. air fry
3. Set the temperature i.e. 180c/360f
4. Set the time i.e. 8 minutes
5. Press start

And its as simple as that. If you have used an air fryer before you will find it very easy.

I recommend you start with air fryer style functions – so air fry, bake/roast, and grill. Then try out different functions and then build up your confidence.



We also have an amazing time and temp chart especially for multicookers and we highly recommend getting a copy.

[You can read about it and buy it here.](#)

It has all the practical time and temps that you could possibly need so ideal for when you are stood in front of it and wondering how long, at what temperature and do I need liquid?

Day 1 – Let's get the Speedi started

So where should you start and which recipes should you do first? I would recommend starting with **some toast for breakfast**. But not on the air fryer setting – but on the **GRILL**.

I am amazed by how good the toast is when you use the grill setting. Much better than any air fryer. Then you choose, what are you having on your toast for breakfast? I love mine with some vegetable spread i.e. margarine along with some cream cheese.

Watch The Video: [Grilled Toast](#)



Then make yourself some lazy macaroni cheese for dinner in your Speedi. You will love how amazing steamed pasta is in the Speedi and it's a great way to get used to the **STEAM** function.

You can also mix and match and take your time with it. For example, if you wanted to do a pasta with a jar of pasta sauce, then make the pasta using the Speedi and then throw in what you have in the kitchen cupboard.

Watch The Video: [Macaroni Cheese](#)



Then you can finish your first day knowing you have made toast for breakfast and steamed some pasta.

Day 2 – Let's improve on yesterday

For day 1 we made toast and we made macaroni cheese. So, lets improve this on your skill level.

We are going to do the same meals again. Your breakfast and your dinner.

Firstly, lets upgrade the toast by making some eggs on a little plate first. This recipe uses the steam setting, and we set up the ninja speedi like you're doing toast. Cook the eggs then doing the toast first, you then have fried eggs on toast. We do the toast 2nd and not first because your Speedi wont preheat for the eggs if its already hot.

Watch The Video: [Speedi Eggs](#)



Secondly, later on today when you are making dinner lets make a Cajun chicken pasta. What's more special with this compared to macaroni cheese, is that we are using the grill to cook the chicken at the same time as the pasta. This gives you the best of both worlds and shows you how two things at once is very possible.



Watch The Video: [Cajun Chicken Pasta](#)



Now just think in **JUST** 2 days you have learnt how to make toast, make yourself eggs and toast for breakfast, steam pasta and cook the pasta and the protein at the same time.

Day 3 – Let’s have a steam day

Of course, you can continue with toast for breakfast as it’s so comforting or switch it up with something else. But beyond the breakfast what I recommend focusing on next is using the steam function.

The steamer is so easy to use. You add some liquid to the bottom of the cooking pot, add the crisp plate and then you are ready to steam.

We have a really good steam section in [the Multicooker Cooking Guide](#) but as a rule just think of any food you would traditionally associate with steaming works well.

So, your chicken breast, fish, vegetables, potatoes and rice.

My favourites are salmon fillets, chicken breast, broccoli and broccolini, mashed potatoes, baby potatoes and some rice.

But what should you be doing today to get your head around the steam setting?

I would recommend some fish for lunch. Salmon fillets are my favourite but of course basa, seabass, and pollock all work well too. As does haddock or cod.

Once you have set up your machine with the water in the cooking pot, added the crisp plate in top position you're ready for your fish.

Add the fish to the crisp plate and season well with salt, pepper and any favourite herbs. I love the mixes from the supermarket such as coconut lime, or Caribbean curry powder. You could also use taco seasoning, fajita seasoning, or even some peri peri.

Pop the lid down and steam for:

- 5 minutes for seabass
- 6 minutes for salmon or basa
- 7 minutes for cod
- 8 minutes for haddock

[These timings are all from our multicooker cooking guide.](#)

Watch The Video: [Steamed Salmon](#)



Then on the beep you have delicious fish for lunch.

Now let's talk dinner and its no secret that I love baby potatoes with my gadgets. They taste so good and whether you pressure cook, steam, air fry or even slow cook with some butter they are the best.

But listen up.... make sure if you are steaming and also air frying your dinner (or grilling) that you steam first.

This is because if you do it the other way the Speedi will be warm and it won't preheat for the steaming and your food will not be cooked.

So, for dinner I recommend trying out some baby potatoes on steam. Think of them like restaurants that serve baby potatoes. With the butter and the parsley and the salt and pepper.

Follow the same system as the fish fillets for lunch. But instead season with salt and pepper and add them in. You can also cook them in the water if you prefer but this will be more like boiled veg rather than steamed. As to steam means the food is out of the water.

Then when they are done, into a serving dish with salt, pepper, butter and parsley and you are done.

Watch The Video: [Steamed Baby Potatoes](#)



DAY 15: NINJA SPEED! BABY POTATOES

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Now of course you want something for your steamed baby potatoes to go with so why not serve them with some pork chops or some lamb chops. They take just 8 minutes on grill at 240c/465f and you can be grilling whilst your baby potatoes are being dished up.

For the grill – again top position but empty any water if any is left in your cooking pot, add the chops, season with salt and pepper and a drizzle of olive oil and then 8 minutes later you have your pork chops and baby potatoes ready for dinner.

Watch The Video: [Grilled Pork Chops](#)



DAY 18: NINJA SPEED! PORK CHOPS

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Day 4 – Let's air fry

So, we are talking about all these other functions and have introduced you to grilling and steaming, but many buy a Speedi for the air fryer.

It works like any other air fryer, you just have the benefit of having a cooking pot so you can have ingredients that have a sauce or a liquid. Or you can cook on the crisp plate too.

Just note if you cook at the bottom of the cooking pot vs the top position of the crisp plate, the food is further away so it will take longer to cook.

Or what I often do is if I am cooking from the cooking pot I will instead cook at 200c/400f instead of 180c/360f.

But the air fryer is just like using the grill at a lower temperature. Whilst the grill will go up to 240c/465f the air fryer setting only goes up to 200c/400f. So once you have grilled you will have no problem air frying and vice versa. Or if you have air fried something and feel like it needs a better crisp you can then finish with a couple of extra minutes on grill.

So, what should you air fry for your day 4?

Chips of course. Or to my American readers steak fries or chunky fries. Depending on what you call them they are delicious.

The chips method is a simple one. You chop them for chips like you would normally. Then for the magic. They go into a mixing bowl, think the sort you would mix a batter in, and add the oil and seasonings.

You mix them with your hands, and they are then ready for the Ninja Speedi. They then cook to perfection, and you just have to decide are you team mayo or team ketchup.

Of course, if like us you love melted cheese, you can add some grated cheese for the last 3 minutes of the cooking time for cheesy chips.

Watch The Video: [Air Fryer Chips](#)



Next though and this makes a brilliant dinner or you can make this ahead for your lunch tomorrow is a chicken salad.

What is wonderful about this is that you can air fry the chicken breast for the salad and also air fry the leftover bread as croutons. You will love croutons in the air fryer and you will want seconds.

You can also just do the chicken breast and have it with some veg or use the croutons over a soup. Its just a good way to get you used to the air fryer and cooking chicken breast.

Watch The Video: [Air Fryer Chicken Breast](#)



Interesting FACT: More than 200,000 people a month around the world search in Google for how to cook chicken breast in the air fryer and it's the most popular air fryer food.

Day 5 – Let's steam air fry

Yes, we are at day five and probably the setting that you are most keen to use and get your head around.

Steam air frying is a setting that is steaming and air frying at the same time and a setting we love. But its not much different for food results between steam air fry, steam bake, steam roast or steam bread. So, if you see any of our recipes and it says steam roast, and you don't have it – simply use steam air fry.

If you are wondering what the food is like on steam air fry, then its like a soggy air fry. Just because it is steaming at the same time so don't expect crispy food like you would with say chicken nuggets, or breaded fish.

But it is really good for food that you like to be really moist but have a bit of a crisp to such as:

- Whole chicken
- Chicken drumsticks, thighs etc

- Pork belly
- Roasts such as gammon, beef, lamb

You can also steam air fry your chips and they go more like fish and chip shop chips rather than crispy like the deep fat fryer.

So what are we doing to steam air fry?

Some chicken drumsticks for lunch. You can then have them with a salad or some dips and they are a great introduction to the setting. You can then see how moist the chicken drumsticks are and how you get a light crisp on them rather than being really crispy.

Watch The Video: [Steam Air Fry Chicken Drumsticks](#)



Then for dinner we recommend you try out your first whole chicken. I know a chicken day lol. But as our readers say a whole chicken on steam air fry is a game changer. The whole chicken on steam air fry is so moist the chicken will last 3 days in the fridge afterwards without going dry. Something an oven chicken will never achieve.

Watch The Video: [Steam Air Fry Whole Chicken](#)



Day 6 – What about a steam meal

Now you have tried grilling, steaming, air frying and ventured towards steam air frying. But what about steam meals or in the world of Speedi's a speedi meal?

They are just like steam air frying but have a more fancy name given to them and feel like a bit of a gimmick. But they are mega fast.

By fast I am talking that a steam meal is ready in 10 minutes or less at 180c/360f and you can cook multiple foods at once.

I see all the time people complaining on Facebook that they ruined their steam meal and then you see they cooked it at 200c/400f for 15 minutes and didn't add enough liquid. Now that is the big mistake that you see.

But what did we video for you for a steam meal? Lamb chops and baby potatoes. It's a great introduction to them and we then served it with a salad. The baby potatoes cook at the bottom and then the lamb chops up top. Unlike the previous days where you have done them as separates.

You can also mix and match in this method so if you prefer rice at the bottom or pasta. Or you want to do a different meat or veg up top.

How this compares to other meals in the Speedi – you add the baby potatoes and water first, then the crisp plate and then the lamb. Its as simple as that.

Watch The Video: [Lamb Chops & Baby Potatoes Steam Meal](#)



Day 7 – Let's make a Sunday dinner of sorts

So, you are at day 7 and it's a Sunday and you're thinking can you do some of your roast dinner (if not all) using the Speedi.

Meat – why not steam bake or steam air fry roast lamb. Like I mentioned earlier you can use either for the same results. Remember in other machines Ninja groups together bake and roast so steam roast and steam bake is really the same thing.

Watch The Video: [Steam Bake Roast Lamb](#)



Mashed Potatoes – Then for your mash I would recommend doing it first and then you can warm it up with a little butter just before serving. This is made using the steam setting so perfect for an easy mash batch and it mashes so well you don't even need a proper masher.

Watch The Video: [Steamed Mashed Potatoes](#)



Broccoli – Another steam great you can steam broccoli in your Speedi. Then you have lamb, mashed potatoes and broccoli for your Sunday lunch.

Watch The Video: [Steamed Broccoli](#)



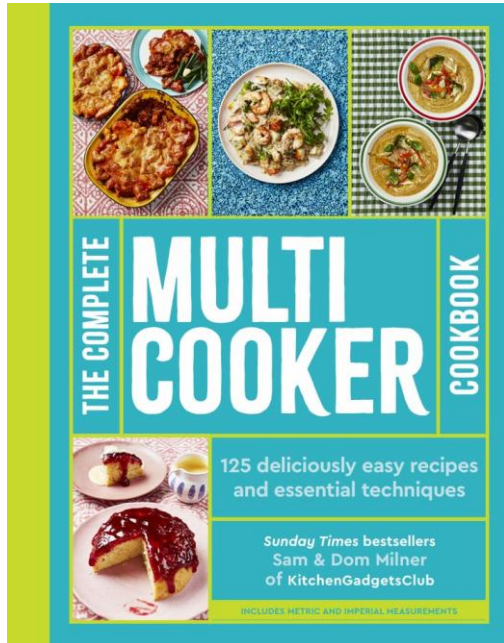
You can also mix and match vegetables and then have your meat, potato and veg for your Sunday dinner. You can also use the cooking pot after the lamb is done to quickly make some homemade gravy.

Or just get excited that you used your Speedi to make your Sunday dinner with.

You have now done your first week with the Ninja Speedi. Isn't it impressive for what you can make and how you can start with some baby steps and really get used to your new kitchen gadget.

So, what is your week two going to look like? As you now have loads of ideas and can feel confident using it.

Did You Know We Have Made A Ninja Speedi Cookbook?



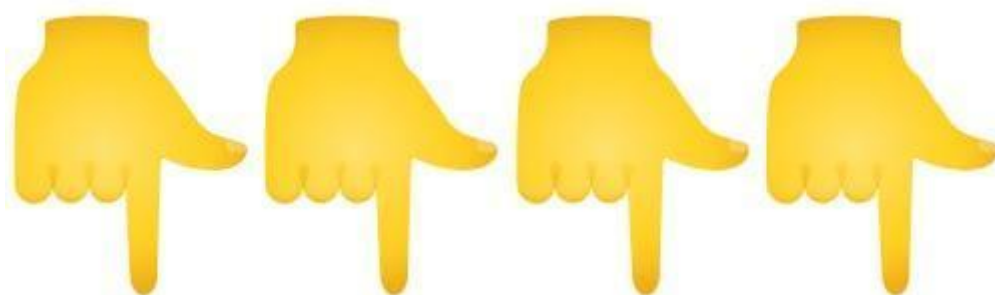
Well, I say **SPEEDI** but **MULTICOOKER** is a better word. A kitchen gadget cookbook that has recipes in it for the Ninja Speedi, Instant Pot, Slow Cooker, and the Ninja Foodi.

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.](#)

More Great Recipes



Would you like more? You can access more than 800 more recipes over at KitchenGadgetsClub.com. This is a small sample of the kitchen gadget recipes available, and we hope you love it as much as we do!

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[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