

7 Savory Recipes

A Week with My Ninja Foodi MAX Multi-Cooker [OP500UK], 9-in-1



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Introduction:

Welcome to a week of culinary delight with your **Ninja Foodi MAX Multi-Cooker [OP500UK]**. This versatile 9-in-1 kitchen marvel simplifies meal preparation without compromising on flavor. From speedy weekday dinners to indulgent weekend feasts, we've crafted **seven savory recipes** to showcase the incredible capabilities of your Ninja Foodi MAX. Bid adieu to kitchen chaos and embark on a week of culinary exploration!

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Day 1: Pressure Cooker Beef Stroganoff

Ingredients:

1.6kg good quality braising steak (you will get the best result if the meat is marbled with a little fat. Lean meat is dry meat!) cut into 4-5cm cubes

3 tbsp plain flour seasoned with Salt and Pepper

4 tbsp sunflower oil

150g smoked lardons (or smoked streaky bacon chopped)

2-3 crushed garlic cloves

75cl bottle burgundy or red wine

1 beef stock jelly (or cube... I prefer jelly)

1 large bayleaf

6 sprigs fresh thyme

25g butter

1 carrot (sliced)

400g shallots or baby onions

300g button mushrooms

Salt and black pepper, to taste

Chopped fresh parsley, for garnish

Cooked egg noodles or rice, for serving

Instructions:

Toss the braising steak in the seasoned flour until well covered

Turn your Ninja Foodi Multicooker on to HI sauté mode

Pour 2 tablespoons of sunflower oil in to the cooking pot and heat through. Fry the lardons until browned and then transfer to a plate

Fry the steak in batches until nicely browned all over, transferring to a plate each time and adding the rest of the oil as needs be

Once all the meat is browned put it back into the Ninja Foodi Multicooker along with the lardons, garlic cloves, butter, bay leaf, thyme, carrots, onions and mushrooms. Give it a good stir and then switch to air fry mode. Set the timer to ten minutes

Next pour the wine over to cover and add the beef stock.

Put your pressure cooker lid on and set the timer to 30 minutes. Once the pressure cooking is complete, carefully turn the pressure release valve to the vent position. Once pressure is released, voila its ready!

Serve with boiled new potatoes or cooked egg noodles or rice, buttery carrots and petit pois. Garnish with chopped fresh parsley for a burst of colour and flavour.



Day 2: Slow-Cooked Pulled Pork Tacos

Ingredients:

3 pounds (1.4 kg) pork shoulder or pork butt, boneless

1 tablespoon vegetable oil

1 large onion, thinly sliced

4 cloves garlic, minced

1 cup (240 ml) chicken or beef broth

1/4 cup (60 ml) apple cider vinegar

1/4 cup (60 ml) ketchup

2 tablespoons brown sugar

1 tablespoon chili powder

1 teaspoon smoked paprika

1 teaspoon cumin

Salt and black pepper, to taste

For the Tacos:

Soft taco tortillas

Coleslaw or shredded lettuce

Sliced tomatoes

Sliced red onions

Sliced jalapeños (optional)

Fresh cilantro leaves

Lime wedges

Instructions:

Preparing the Pulled Pork:

Turn on the Ninja Foodi MAX Multi-Cooker [OP500UK] and select the 'Sear/Sauté' function. Add the vegetable oil and allow it to heat up.

Season the pork shoulder with salt and black pepper. Once the oil is hot, sear the pork on all sides until it's nicely browned. Remove the seared pork and set it aside.

In the same cooker, add the sliced onions and minced garlic. Sauté them for a few minutes until they become fragrant and slightly caramelized.

Add the chicken or beef broth, apple cider vinegar, ketchup, brown sugar, chili powder, smoked paprika, and cumin to the cooker. Stir well to combine all the ingredients.

Return the seared pork to the cooker, making sure it's submerged in the braising liquid. Close the lid and select the 'Slow Cook' function. Set the temperature to low and cook for 6-8 hours, or until the pork is tender and easily shreds with a fork.

Once the pork is cooked, remove it from the cooker and use two forks to shred it into pulled pork. If needed, skim any excess fat from the braising liquid.

If you desire a thicker sauce, return the cooker to the 'Sear/Sauté' function and cook the sauce for an additional 10-15 minutes until it reduces and thickens.

Assembling the Tacos:

Heat the soft taco tortillas in the Ninja Foodi MAX's air frying basket at 350°F (175°C) for a few minutes until they are warm and slightly crispy.

Place a generous portion of pulled pork onto each tortilla. Top with coleslaw or shredded lettuce, sliced tomatoes, sliced red onions, and jalapeños if you like it spicy.

Sprinkle fresh cilantro leaves over the tacos and serve with lime wedges for squeezing over the top.



Day 3: Sautéed Shrimp Scampi

Ingredients:

1 pound (450g) large shrimp, peeled and deveined
3 tablespoons unsalted butter
3 cloves garlic, minced
1/4 cup white wine (optional)
Juice of 1 lemon
1/4 cup fresh parsley, chopped
Salt and black pepper, to taste
Red pepper flakes (optional, for heat)
Cooked linguine or spaghetti, for serving

Instructions:

Turn on the Ninja Foodi MAX Multi-Cooker [OP500UK] and select the 'Sear/Sauté' function. Add the butter and allow it to melt.

Add the minced garlic and sauté for about 1 minute until it becomes fragrant.

If using white wine, pour it into the cooker and let it simmer for a couple of minutes to reduce slightly.

Add the shrimp to the cooker and sauté for about 2-3 minutes per side or until they turn pink and opaque.

Squeeze the lemon juice over the shrimp and sprinkle with fresh parsley. Season with salt, black pepper, and red pepper flakes if desired.

Serve the sautéed shrimp scampi over cooked linguine or spaghetti.



Day 4: Steamed Vegetable Stir-Fry

Ingredients:

2 cups mixed vegetables (broccoli florets, bell peppers, snap peas, carrots, etc.)

2 tablespoons vegetable oil

2 cloves garlic, minced

1 teaspoon grated ginger

2 tablespoons soy sauce

1 tablespoon oyster sauce (optional)

Salt and black pepper, to taste

Cooked rice, for serving

Instructions:

Turn on the Ninja Foodi MAX Multi-Cooker [OP500UK] and select the 'Sear/Sauté' function. Add the vegetable oil and allow it to heat up.

Add the minced garlic and grated ginger to the cooker. Sauté for about 30 seconds until fragrant.

Add the mixed vegetables and stir-fry for 4-5 minutes until they are crisp-tender.

Drizzle soy sauce and oyster sauce over the vegetables. Stir well to coat them evenly.

Season with salt and black pepper to taste and serve the steamed vegetable stir-fry over cooked rice.



Day 5: Roasted Lemon Herb Chicken

Ingredients:

- 1 whole chicken (about 4 pounds or 1.8 kg)
- 2 tablespoons olive oil
- 1 lemon, thinly sliced
- 4-6 cloves garlic, minced
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme leaves
- Salt and black pepper, to taste

Instructions:

Preheat the Ninja Foodi MAX Multi-Cooker [OP500UK] using the 'Air Crisp' function to 375°F (190°C).

In a small bowl, combine the olive oil, minced garlic, fresh rosemary, and fresh thyme.

Pat the chicken dry with paper towels. Rub the herb and garlic mixture all over the chicken, including under the skin.

Season the chicken generously with salt and black pepper.

Stuff the chicken cavity with lemon slices.

Place the chicken in the air frying basket breast-side up.

Air fry the chicken at 375°F (190°C) for about 50-60 minutes, or until the internal temperature reaches 165°F (74°C) and the skin is crispy.

Let the chicken rest for a few minutes before carving. Serve with potatoes and broccoli.



Day 6: Grilled Portobello Mushroom Burgers

Ingredients:

4 large Portobello mushroom caps, cleaned and stems removed

2 tablespoons balsamic vinegar

2 tablespoons olive oil

2 cloves garlic, minced

1 teaspoon dried oregano

Salt and black pepper, to taste

4 burger buns

Your favourite burger toppings (lettuce, tomato, cheese, etc.)

Instructions:

In a small bowl, whisk together the balsamic vinegar, olive oil, minced garlic, dried oregano, salt, and black pepper.

Brush the mixture over both sides of the Portobello mushroom caps.

Preheat the Ninja Foodi MAX Multi-Cooker [OP500UK] using the 'Grill' function.

Place the mushroom caps in the grill basket or on the grill plate.

Grill the mushrooms for about 4-5 minutes per side, or until they are tender and have grill marks.

Toast the burger buns on the grill for a minute or two until they are lightly browned.

Assemble your Portobello mushroom burgers with your favourite toppings.



Day 7: Braised Short Ribs with Red Wine Reduction

Ingredients:

4 beef short ribs

Salt and black pepper, to taste

2 tablespoons vegetable oil

1 onion, chopped

2 carrots, chopped

2 cloves garlic, minced

1 cup (240 ml) red wine

1 cup (240 ml) beef broth

2 tablespoons tomato paste

2 sprigs fresh thyme

2 bay leaves

Chopped fresh parsley, for garnish

Mashed potatoes or polenta, for serving

Your favourite vegetables (carrots, green beans, etc.)

Instructions:

Season the beef short ribs with salt and black pepper.

Turn on the Ninja Foodi MAX Multi-Cooker [OP500UK] and select the 'Sear/Sauté' function. Add the vegetable oil and allow it to heat up.

Sear the short ribs on all sides until they are nicely browned. Remove the ribs and set them aside.

In the same cooker, add the chopped onion, carrots, and minced garlic. Sauté for a few minutes until they begin to soften.

Pour in the red wine and beef broth. Stir in the tomato paste.

Return the short ribs to the cooker and add the fresh thyme and bay leaves.

Close the lid and set the Ninja Foodi MAX Multi-Cooker to the 'Pressure' mode. Cook on high pressure for 45 minutes.

Once the pressure cooking cycle is complete, perform a quick pressure release according to the manufacturer's instructions.

Carefully open the lid and remove the short ribs.

Use the 'Sear/Sauté' function again to reduce the braising liquid into a rich red wine reduction sauce. This may take about 10-15 minutes.

Serve the braised short ribs over mashed potatoes or polenta and your favourite vegetables, drizzled with the red wine reduction sauce and garnished with chopped fresh parsley.

Conclusion:

Your Ninja Foodi MAX Multi-Cooker [OP500UK] has transformed your kitchen into a culinary haven this week. These seven savory recipes have showcased its remarkable capabilities, from quick and hearty meals to indulgent feasts. You've explored a world of flavours, all while enjoying the convenience of this versatile appliance. We hope these recipes inspire you to continue experimenting and creating delicious dishes in your kitchen. Happy cooking!