Please make sure to read the enclosed Ninja® Instructions prior to using your unit.







NINJA®

3-IN-1 FOOD PROCESSOR

QUICK & EASY RECIPES

WITH AUTO-IQ®







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NINJA Cooking Circle.com SCAN FOR MORE RECIPES

AUTO-IQ® PROGRAMS

Intelligent preset programs combine unique blending and pausing patterns that do the work for you. Once an Auto-iQ® program is selected, it will start immediately and automatically stop when processing is complete. To stop processing before the end of a program, the same button again.



BLEND
Make drinks containing fresh or frozen fruit, liquids and ice.

MAX BLEND
Ideal for tougher ingredients including skins, seeds and stems or when you want an even smoother result.

CHOP
Timed pulses and pauses give you consistent chopping results.

PUREE
Create anything from silky smooth sauces to the perfect houmous.

MIX
Mix together doughs and batters for pizza, bread and cakes.



CARROT ZINGA JUICE

PROGRAM: MANUAL
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 2 SERVINGS

INGREDIENTS

500g carrots, peeled and cut in half

2.5cm piece of fresh ginger

200g fresh pineapple chunks

500ml water

DIRECTIONS

1. Place all ingredients into the 2.1L jug in the order listed.
2. Press HIGH for 30-40 seconds or until smooth.
3. Strain carrot pulp through a sieve before serving.



HOMEMADE LEMONADE

PROGRAM: MAX BLEND
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 4 SERVINGS

INGREDIENTS

1 unwaxed lemon

50-75g caster sugar to taste

Ice

500ml water

DIRECTIONS

1. Cut the ends off lemon and cut into quarters. Place into the 2.1L jug.
2. Press MAX BLEND.
3. Add sugar to taste, ice and top up with 1L water. Press MAX BLEND.
4. Strain lemonade through a sieve before serving with more ice.

DRINKS

ALMOND MILK

PROGRAM: MAX BLEND
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 700ml

INGREDIENTS

100g whole almonds, blanched or with skin

500ml water

DIRECTIONS

1. Place almonds in a bowl and soak in some water overnight or for at least 4 hours.
2. Rinse off almonds and place into the 2.1L jug. Add 500ml water.
3. Press MAX BLEND.
4. Strain almond milk through a sieve lined with a piece of muslin, using a spoon to accelerate the draining by pressing mixture on sieve. When most of milk has gone through, gather muslin edges together and squeeze to get the maximum amount out.



DRINKS

DETOX SMOOTHIE

PROGRAM: MAX BLEND
PREP: 5 MINUTES
CONTAINER: 700ml SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

¼ ripe avocado pear

100g fresh pineapple chunks

½ kiwi fruit, peeled and quartered

½ slice of unwaxed lemon with peel

50g spinach leaves

150ml water

50g ice

DIRECTIONS

1. Place all ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press MAX BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





CHOCOLATE MILKSHAKE

PROGRAM: MAX BLEND
PREP: 5 MINUTES
CONTAINER: 700ml SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

200ml semi-skimmed milk

1 scoop vanilla or chocolate ice cream

1 teaspoon cocoa powder if using vanilla ice cream

1 tablespoon chocolate syrup

DIRECTIONS

1. Place the first 3 ingredients into the 700ml Single-Serve Cup in the order listed, then carefully drizzle chocolate syrup around the top of cup.
2. Press MAX BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

BANANA MILKSHAKE

PROGRAM: BLEND
PREP: 5 MINUTES
CONTAINER: 700ml SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

2 small bananas, peeled, halved

200ml semi-skimmed milk

1 scoop vanilla ice cream

DIRECTIONS

1. Place all ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

MEAL IDEAS

VEGGIE BURGERS

PROGRAM: MANUAL
PREP: 15 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
CHILL: 30 MINUTES
FRY: 10-12 MINUTES
MAKES: 4 BURGERS

INGREDIENTS

1 small onion, peeled and quartered
1 garlic clove, peeled
400g tin chickpeas, drained and rinsed
250g cooked sweet potato, roughly cut into chunks
½ 300g jar of roasted peppers, drained
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon smoked paprika
½ teaspoon salt
Sunflower oil for frying or spraying
Flour or polenta for coating



DIRECTIONS

1. Install the chopping blade in the Food Processor Bowl. Add all ingredients, except for sunflower oil in bowl, install food chute lid and Press HIGH for 15 seconds.
2. Scrape down sides with a spatula and press HIGH again for 15 seconds or until the consistency required.
3. Carefully remove blade and mixture from bowl and divide into 4 balls and flatten to form a patty shape. Coat in flour or polenta and chill for 30 minutes to firm up.
4. Heat 1 tablespoon oil in a frying pan over a low heat. Fry for 5-6 minutes on both sides.

MEAL IDEAS

CHAPATIS

PROGRAM: PULSE/MIX
PREP: 15 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
MAKES: 8 CHAPATIS

INGREDIENTS

100g wholewheat flour
100g plain flour
1 teaspoon salt
150ml-200ml water

TIP For a richer taste and to help reduce sticking, brush each chapati with butter/ghee once cooked and added to the pile

SERVING SUGGESTION
Pair with a curry for a full meal option.



DIRECTIONS

1. Install the dough blade in the Food Processor Bowl. Add flours and salt in bowl, install food chute lid and and press PULSE a few times.
2. Press MIX, pour water through feed tube until mixture starts to form a ball around the blade, and the bowl is wiped clean. Press MIX again to knead the dough. Remove blade from bowl. Cover dough with a damp tea towel and leave to rest for 30 minutes.
3. Divide the dough into 8 equal portions and roll into golf ball sized pieces, cover again. Flour a work surface. Using a rolling pin, roll each ball into circles approximately 15cm wide by rolling in one direction and regularly turning dough a quarter to get a round shape.
4. Heat a frying pan, tava or griddle until hot. Remove excess flour and over a medium heat cook for 1-2 minutes until brown spots appear on the underside, then flip over and cook the other side for around a minute.
5. Wrap in foil and keep warm while you make the rest.

ONION BHAJIS

PROGRAM: MANUAL/PULSE
PREP: 10 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
MAKES: 4 BHAJIS

INGREDIENTS

2 medium onions, peeled and quartered
125g gram flour
½ teaspoon baking powder
½ teaspoon chilli powder
½ teaspoon turmeric
½ teaspoon dried cumin
1 teaspoon salt
Pepper
150ml water, approximately
Vegetable oil for frying



DIRECTIONS

1. Install the disc adapter in the Food Processor Bowl. Place the reversible disc, slicing side up, on the adapter. Install feed chute lid, and place onions in feed chute. Press LOW, then use the pusher to push onions through the chute.
2. Cover sliced onions with water and leave to soak for 10 minutes. Remove from bowl, drain through a sieve. Clean bowl.
3. Install the dough blade in the Food Processor Bowl. Place flour, baking powder, spices and salt and pepper to taste. Press PULSE a few times to mix flour. Add water, press MIX until mixture forms a thick paste. Add back onions, press PULSE 2-3 times to incorporate. Remove blade and divide mixture into quarters. Using your hands or an ice cream scoop form into 4 balls.
4. Deep fry in hot oil, until golden brown. Drain on paper towel.

SALMON AND POTATO FISH CAKES

PROGRAM: CHOP
PREP: 10 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
MAKES: 4 SERVINGS

INGREDIENTS

300g leftover cooked potato, roughly chopped if large
300g cooked salmon fillets, skin and bones removed
100g frozen peas
10 mint leaves
Zest of 1 lemon
Salt and freshly ground black pepper
1 heaped tablespoon plain flour
2 eggs, beaten
100g dried breadcrumbs
2 tablespoons sunflower oil



DIRECTIONS

1. Install the chopping blade in the Food Processor Bowl. Add the potatoes, salmon, peas, mint, lemon zest and season to taste. Install food chute lid and press CHOP, twice. When program is complete, carefully remove lid and blade.
2. Divide the mixture into eight equal sized balls and shape into fish cakes using your hands. Place on a tray lined with parchment or greaseproof paper and cover with cling film. Leave in the fridge to chill for 30 minutes to firm up.
3. Coat the fish cakes in flour, shake off any excess and then dip in the beaten egg. Roll each fish cake in the breadcrumbs until coated on all sides then transfer to a baking tray.
4. Place a large frying pan on a medium heat and add oil.
5. Carefully place 4 fish cakes into the pan and cook for 3 to 4 minutes on each side, or until crisp and golden, turning carefully with a fish slice. Repeat with remaining fish cakes.

VEGETABLE CRISPS

PROGRAM: MANUAL
PREP: 105 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
MAKES: 400G

MEAL IDEAS

INGREDIENTS

1 small parsnip, peeled
1 large carrot, peeled
1 small sweet potato
2 tablespoons sunflower oil
1 teaspoon sea salt

DIRECTIONS

1. Preheat oven to 160°C/gas mark 3.
2. Install the disc adapter in the Food Processor Bowl. Place the reversible disc, slicing side up, on the adapter. Install feed chute lid, and place vegetables in feed chute. Press LOW, then use the pusher to push vegetables through the chute and repeat until all the vegetables are processed.
3. Carefully remove from food processor bowl and place in a bowl with oil. Mix together.
4. Arrange in a single layer on a baking sheet. Bake for 30-35 minutes, turning occasionally.
5. Sprinkle with sea salt before serving.



SWEET POTATO AND BROCCOLI CURRY

PROGRAM: PUREE
PREP: 15 MINUTES EACH
CONTAINER: 1.8L FOOD PROCESSOR BOWL
COOK: 45 MINUTES
MAKES: 4 SERVINGS

MEAL IDEAS

INGREDIENTS

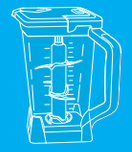
5cm piece fresh root ginger, peeled
2 garlic cloves, peeled
2 large onions, peeled and quartered
1 or 2 fresh red chillies to taste
Small bunch of coriander leaves and stems
2 tablespoons sunflower oil
400g sweet potato, peeled and cubed
1 teaspoon ground turmeric
1 teaspoon ground coriander
1 teaspoon cumin
1 teaspoon salt
1 x 400g can chopped tomatoes
200ml water
1 x 400g can chickpeas, drained and rinsed
150g broccoli florets



DIRECTIONS

1. Install the chopping blade in the Food Processor Bowl. Add ginger, garlic, onions, chilli and coriander, install food chute lid and press PUREE.
2. Place oil in a large pan heat and heat over medium high heat. Add the curry paste and cook for 1 to 2 minutes.
3. Add the sweet potato and cook for 5 minutes.
4. Sprinkle over turmeric, coriander, cumin, salt, add tomatoes, chick peas, water, cover and reduce heat. Simmer for 15 minutes.
5. Add broccoli and simmer for another 15-20 minutes or until the sweet potato is cooked.
6. Serve with rice.

MEAL IDEAS



RED ONION AND SPINACH FRITTATA

PROGRAM: MANUAL
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
PROGRAM: LOW
MAKES: 2 SERVINGS

INGREDIENTS

1 small red onion, peeled and quartered
2 tablespoons sunflower oil
50g spinach leaves
6 eggs
100ml single cream
Salt and freshly ground black pepper



DIRECTIONS

1. Put the onion into the 2.1L jug.
2. Press LOW for 5 seconds.
3. Heat oil in a frying pan over a moderate heat, and when hot, carefully remove blade from jug and remove chopped onions into pan.
4. Fry for 3-4 minutes until soft. Stir in spinach leaves, cook for a few minutes until wilted.
5. Meanwhile rinse jug, add eggs, cream and seasoning into 2.1L jug. Press LOW for 7 seconds.
6. Pour egg mixture over onions, stir outside to centre, cook for several minutes until almost set, then place under a hot grill for 4-5 minutes to brown.

MEAL IDEAS



TOAD IN THE HOLE

PROGRAM: BLEND
PREP: 10 MINUTES
CONTAINER: 700ml SINGLE-SERVE CUP
PROGRAM: BLEND
MAKES: 4 SERVINGS

INGREDIENTS

2 large eggs
200ml milk
125g plain flour
½ teaspoon salt
white pepper
1 tablespoon fresh thyme or rosemary leaves
6 sausages
2 tablespoons vegetable oil



DIRECTIONS

1. Preheat oven to 220°C.
2. Place ingredients into the 700ml single serve cup in the order listed.
3. Press BLEND.
4. Remove blades from cup. Let it stand for at least 30 minutes.
5. Place sausages and oil into a shallow baking dish. Cook for 15 minutes until sausages are starting to brown and the oil is smoking hot.
6. Carefully pour over batter and return to oven and cook for 25-30 minutes until the batter is well risen and golden brown.
7. Cooking is complete when golden brown. Serve immediately.



FALAFELS WITH A TAHINI SAUCE

PROGRAM: CHOP/PUREE
PREP: 15 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
BAKE: 30 MINUTES
MAKES: 10-12 FALFELS

INGREDIENTS

FALAFELS

2 tablespoons sunflower oil
1 small onion, peeled and quartered
1 garlic clove, peeled
400g tin chickpeas, drained and rinsed
5g fresh parsley
1 small egg
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon cayenne pepper
40g plain flour
½ teaspoon salt
sunflower oil for spraying

SAUCE

4 tablespoons tahini paste
2 tablespoons lemon juice
1 garlic clove, peeled
½ teaspoon salt
100ml water

DIRECTIONS

1. Preheat oven to 200°C/gas mark 6.
2. Install the chopping blade in the Food Processor Bowl. Add all falafel ingredients in bowl, install food chute lid and press CHOP.
3. Scrape down sides with a spatula and press CHOP again.
4. Using an ice cream scoop, form mixture into balls and place on a baking tray, lined with baking parchment. Spray or brush with oil. Place in the oven for 30 minutes or until golden brown.
5. While the falafels are baking, clean the bowl, then reinstall the chopping blade in it. Add all sauce ingredients and press PUREE.
6. Once cooking is complete, serve with sauce.

DIP, SIDES & SAUCES

MORROCAN CARROT SALAD

PROGRAM: MANUAL
PREP: 10 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
MAKES: 4 SERVINGS

INGREDIENTS

DRESSING

3 tablespoons olive oil

½ teaspoon ground cumin

2 teaspoons honey

¼ teaspoon orange blossom water

Zest and juice of half a lemon

Salt and freshly ground black pepper

SALAD

500g carrots, peeled, cut into 6.5cm lengths

15g mint leaves



DIRECTIONS

1. Install the chopping blade in the Food Processor Bowl. Add dressing ingredients in bowl, install food chute lid and press HIGH for approximately 10 seconds.
2. Remove chopping blade and set aside dressing.
3. Install the disc adapter in the Food Processor Bowl. Place the reversible disc, grating side up, on the adapter.
4. Install feed chute lid, and place carrots, length ways in feed chute. Press LOW, then use the pusher to push carrots through the chute.
5. Repeat until finished. Remove grated carrots from the bowl, into a serving dish, toss with mint and dressing to serve.

DIP, SIDES & SAUCES

POTATO ROSTI

PROGRAM: MANUAL
PREP: 10 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
FRY: 20 MINUTES
MAKES: 4 ROSTI

INGREDIENTS

2 large floury potatoes, peeled and cut into size to fit feed chute widthwise

1 small onion, peeled and cut in half

1 teaspoon garlic powder

½ teaspoon dried cumin

Salt and freshly ground black pepper

3 tablespoons sunflower oil



DIRECTIONS

1. Install the disc adapter in the Food Processor Bowl. Place the reversible disc, grating side up, on the adapter. Install feed chute lid and place potatoes lengthwise in feed chute. Press LOW, then use the pusher to push potatoes through the chute.
2. Repeat until all the potatoes are used up and then grate onions.
3. Pour potato mixture out onto a clean tea towel and squeeze out as much liquid as possible.
4. Place in a bowl mix together and season to taste. Using your hands, form into 4 patties.
5. Heat a frying pan with the oil over a moderate heat. Fry the rosti on one side for 10 minutes, then flip over and fry on the other side, adding more oil if necessary.

DIP, SIDES & SAUCES



SALSA

PROGRAM: PULSE
PREP: 5 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
MAKES: 4 SERVINGS

INGREDIENTS

1 garlic clove, peeled
½ small red onion, peeled and quartered
1 small red chili, deseeded
¼ red pepper, deseeded
250g tomatoes, deseeded and quartered
Juice of half a lime
10g fresh coriander
Pinch of salt & pepper
Pinch of sugar



DIRECTIONS

1. Place all the ingredients into the Food Processor Bowl, install food chute lid. Press PULSE 5-12 times until desired consistency is reached.
2. Serve with tortilla chips.

DIP, SIDES & SAUCES



COLESLAW WITH HONEY & MUSTARD DRESSING

PROGRAM: MANUAL
PREP: 5 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
MAKES: 4 SERVINGS

INGREDIENTS

FOR THE DRESSING

6 tablespoons sunflower oil
2 tablespoons cider vinegar
1 tablespoon honey
1 tablespoon wholegrain mustard
Salt and freshly ground black pepper

FOR THE COLESLAW

2 large carrots, peeled and cut in 7cm lengths
300g red cabbage, cut into pieces that will fit feed chute
1 onion, peeled



DIRECTIONS

1. Install the chopping blade in the Food Processor Bowl. Add dressing ingredients in bowl, install food chute lid and press HIGH for approximately 10 seconds. Carefully remove chopping blade and set aside dressing.
2. Install the disc adapter in the Food Processor Bowl. Place the reversible disc, grating side up, on the adapter. Install feed chute lid and place carrots length ways in feed chute. Press LOW, then use the pusher to push carrots through the chute.
3. Repeat with remaining carrot. Carefully remove the reversible disc and adapter. Remove grated carrots from bowl into a serving dish.
4. Install the disc adapter in the Food Processor Bowl. Place the reversible disc on the adapter with the slicing side uppermost. Install feed chute lid and place onion into feed chute. Press LOW, then use the pusher to push onion through the chute. Repeat with cabbage until all sliced up. Remove vegetables from bowl, add to serving dish.
5. Pour over dressing and toss coleslaw together before serving.

BABA GANOUSH

DIP, SIDES & SAUCES



PROGRAM: PULSE/MANUAL
PREP: 5 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
MAKES: 2-3 SERVINGS

INGREDIENTS

2 large aubergines

2 tablespoons olive oil

2 garlic cloves, peeled

Juice of 1 lemon

½ teaspoon cumin

2 tablespoons extra virgin olive oil

Salt and white pepper

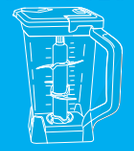


DIRECTIONS

1. Preheat oven to 180°C/gas mark 4.
2. Cut the aubergines in half lengthways and score the flesh side in a crisscross pattern, making sure you don't cut through the skins. Then drizzle with 2 tablespoons olive oil. Arrange on a baking tray, flesh-side facing up and cook for around 45 minutes, or until soft. Leave to cool, and then remove skin.
3. Place metal chopping blade in food processor bowl. Put garlic in bowl, install food chute lid and press PULSE 5 or 6 times until the garlic is finely chopped.
4. Add lemon juice, cumin, olive oil, seasoning and aubergine into bowl. Press LOW for 5-10 seconds or until it reaches the desired consistency.
5. Transfer to a dish to serve.

VEGGIE TOMATO SAUCE

DIP, SIDES & SAUCES



PROGRAM: MANUAL
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 4 SERVINGS

INGREDIENTS

1 clove garlic, peeled

1 large onion, peeled and cut into 8

2 sticks of celery, cut into 3

2 carrots, cut in half

1 red pepper, deseeded and cut in quarters

400g plum tomatoes

1 teaspoon sugar

1 tablespoon tomato puree

1 teaspoon dried oregano

Salt and freshly ground black pepper

1 bayleaf



DIRECTIONS

1. Place all the ingredients into the 2.1L jug in the order listed, except for the bayleaf.
2. Press HIGH and blend for 30-40 seconds or until desired smoothness is reached.
3. Pour into a saucepan, add bay leaf and simmer with a lid on for 25 minutes or until thick.



ROASTED GARLIC SAUCE

PROGRAM: MANUAL
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 4 SERVINGS

INGREDIENTS

1 whole head of garlic
1 tablespoon parsley sprigs
300ml Greek yogurt
1 tablespoon olive oil
1 tablespoon lemon juice
Salt and white pepper to taste

DIRECTIONS

1. Preheat oven to 200°C/gas mark 6.
2. Slice top off garlic bulb and wrap in foil and bake for 1 hour or until soft. Allow to cool before squeezing garlic out into the 2.1L jug.
3. Add the remaining ingredients. Press LOW and blend for 10-15 seconds or until desired consistency is reached.

MAYONNAISE

PROGRAM: MANUAL
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 150ml

INGREDIENTS

2 egg yolks
1 teaspoon Dijon mustard
1 tablespoon white wine vinegar
100-150ml sunflower or vegetable oil
Salt and freshly ground black pepper

DIRECTIONS

1. Place the egg yolks, mustard and vinegar into the 2.1L jug.
2. Press LOW, lift spout flap on jug lid and start to drizzle oil in a steady stream through spout into jug until smooth and thick, this may take a few minutes.
3. Season with salt and pepper before serving.

TZATZIKI SAUCE

DIP, SIDES & SAUCES

PROGRAM: MANUAL
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 6–8 SERVINGS

INGREDIENTS

2 tablespoons fresh dill

2 tablespoons fresh mint

1 clove garlic, peeled

1 small onion, peeled and quartered

¼ teaspoon salt

½ cucumber, peeled, deseeded and quartered.

350ml Greek yogurt

1 tablespoon lemon juice

DIRECTIONS

1. Place all the ingredients into the 2.1L jug in the order listed.
2. Press LOW and blend for 10-15 seconds or until desired consistency is reached.
3. Serve with pitta bread.



SESAME SEED PESTO

DIP, SIDES & SAUCES

PROGRAM: PULSE/MANUAL
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 150G

INGREDIENTS

50g parmesan cheese, cut into cubes

I bunch of basil leaves, approximately 25g

1 garlic clove, peeled

25g toasted sesame seeds

100ml olive oil

Salt and freshly ground black pepper

DIRECTIONS

1. Place the parmesan into the 2.1L jug and press PULSE 3 times until roughly chopped.
2. Add basil, garlic, sesame seeds, oil into the 2.1L jug.
3. Press LOW, allow to blend until the basil leaves are chopped and its blended together.
4. Serve with pasta.



FRESH MINT SAUCE

DIP, SIDES & SAUCES



PROGRAM: PULSE
PREP: 5 MINUTES
CONTAINER: 700ml SINGLE-SERVE CUP
MAKES: 100ml

INGREDIENTS

1 bunch of mint leaves, stripped off stem

2 tablespoons white wine vinegar

1 tablespoon caster sugar

3-4 tablespoons boiling water

DIRECTIONS

1. Place the mint into the 700ml cup.
2. Press PULSE 2-3 times until roughly chopped.
3. Add vinegar, sugar and water. Press PULSE 2-3 times until mixed.
4. Remove blades from cup after blending.



GUACAMOLE

DIP, SIDES & SAUCES



PROGRAM: PULSE
PREP: 5 MINUTES
CONTAINER: 700ml SINGLE-SERVE CUP
MAKES: 4 SERVINGS

INGREDIENTS

1/2 small onion, peeled and quartered

1 small red chili, deseeded

1 garlic clove, peeled

1 large tomato, deseeded and quartered

10g fresh coriander, stalks and leaves

Juice of half a lime

2 ripe avocado pears

Pinch of salt & pepper

DIRECTIONS

1. Place the first five ingredients into the 700ml cup.
2. Press PULSE 2-3 times until roughly chopped.
3. Add lime juice, avocado and seasoning. Press PULSE 2-4 times until the desired consistency is reached.
4. Remove blades from cup after blending.





HOUMOUS

PROGRAM: BLEND
PREP: 5 MINUTES
CONTAINER: 700ml SINGLE-SERVE CUP
MAKES: SERVES 4

DIP, SIDES & SAUCES

INGREDIENTS

CLASSIC HOUMOUS

1 x 400g tin chick peas, drained and rinsed
50ml chickpea liquid
60ml lemon juice
60ml olive oil
1 garlic clove, peeled
1 teaspoon ground cumin
½ teaspoon paprika
1 tablespoon tahini paste
1 tsp sea salt
Olive oil and paprika to garnish

RED PEPPER HOUMOUS

Add 100g roasted red peppers to ingredients

CORIANDER HOUMOUS

Add ½ teaspoon ground coriander and 10g fresh coriander leaves and stalks to ingredients.

DIRECTIONS

1. Place all the ingredients into the 700ml cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending.
4. Serve with drizzled with olive oil and sprinkle over paprika.

APPLE AND BLACKBERRY CRUMBLE

DESSERTS & SWEET TREATS

PROGRAM: CHOP/MANUAL
PREP: 15 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
BAKE: 30 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

CRUMBLE

75g butter, cut into cubes
150g plain flour
75g demerara sugar

FILLING

800g cooking apples, peeled and cored
200g blackberries
2 tablespoons water
75g granulated sugar

TOPPING

2 tablespoons demerara sugar
10g flaked almonds



DIRECTIONS

1. Preheat oven to 190°C/gas mark 5.
2. Install the chopping blade in the Food Processor Bowl. Add butter and flour in bowl and press CHOP.
3. Add sugar and press CHOP again.
4. Carefully remove the chopping blade from the bowl and set aside crumble mixture.
5. Install the disc adapter in the bowl. Place the reversible disc, slicing side up, on the adapter.
6. Install feed chute lid and place apple quarters in feed chute. Press LOW, then use the pusher to push apples through the chute.
7. When all the apples are sliced, stop program and layer apple slices into a shallow ovenproof baking dish, with blackberries, water and granulated sugar.
8. Sprinkle over crumble mix and top with demerara sugar.
9. Bake in oven for 30 minutes until golden brown.

CARROT CAKE

DESSERTS & SWEET TREATS

PROGRAM: MANUAL/CHOP/MIX/PULSE
PREP: 20 MINUTES
CONTAINER: 1.8L FOOD PROCESSOR BOWL
BAKE: 50-60 MINUTES
MAKES: 4-6 SERVINGS

INGREDIENTS

CAKE

140g carrots, peeled
50g walnuts
3 large eggs
175g soft brown sugar
180ml sunflower oil
175g self-raising flour
1 teaspoon bicarbonate of soda
1 teaspoon ground cinnamon
100g raisins

TOPPING

200g cream cheese
50g softened butter
90g icing sugar
Walnut halves to decorate



DIRECTIONS

1. Preheat oven to 180°C/gas mark 4.
2. Grease and line a 20cm round cake tin.
3. Install the disc adapter in the Food Processor Bowl. Place the reversible disc, grating side up, on the adapter. Install feed chute lid and place carrots in feed chute.
4. Press LOW, then use the pusher to push carrots through the chute. Remove grated carrots from the bowl and set aside.
5. Install the chopping blade in the bowl. Add the walnuts, install food chute lid and press CHOP. When program is complete, remove lid and blade.
6. Install the dough blade in the bowl. Add the eggs, sugar, oil, bicarbonate of soda, salt and cinnamon. Install the lid, then press MIX.
7. When program is complete, remove lid and add raisins and carrots. Replace lid and press PULSE four times until mixed.
8. Pour batter into prepared tin and bake for 50 to 60 minutes or until a wooden toothpick comes out clean. Allow to cool on a wire rack.
9. Install the dough blade in the bowl. Add the cream cheese, butter and icing sugar. Install the lid, then press MIX.
10. When program is complete, remove lid and top cooled cake with frosting and decorate with walnut halves.

NINJA®

3-IN-1
FOOD PROCESSOR

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