

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



NINJA®

FOOD PROCESSOR

QUICK & EASY RECIPES

WITH AUTO-IQ®



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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.



CHOP

Timed pulses and pauses give you consistent chopping results

PUREE

Create anything from silky smooth sauces to the perfect hummus.

SLICE

Specifically designed to the work with the slicing/grating disc and speed up grating and slicing vegetables.

MIX

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



VEGGIE BURGERS

PREP: 15 MINUTES

CHILL: 30 MINUTES

BAKE: 5-6 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

1/3 300g jar of roasted peppers, drained

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon smoked paprika

1/2 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 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** Divide mixture 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.



FALAFELS WITH A TAHINI SAUCE

PREP: 15 MINUTES

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
1/2 teaspoon cayenne pepper
40g plain flour
1/2 teaspoon salt
sunflower oil for spraying

SAUCE

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

CHOPPING
BLADE



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 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.



MORROCAN CARROT SALAD

PREP: 10 MINUTES

CONTAINER: 1.8L FOOD PROCESSOR BOWL

MAKES: 4 SERVINGS

INGREDIENTS

DRESSING

3 tablespoons olive oil

1/2 teaspoon ground cumin

2 teaspoons honey

1/4 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

CHOPPING
BLADE



SLIDING/
GRATING
DISC



DIRECTIONS

- 1** Install the chopping blade in the Food Processor Bowl. Add dressing ingredients in bowl 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 SLICE, 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.



SALMON AND POTATO FISHCAKES

PREP: 10 MINUTES

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. Press CHOP, twice. When program is complete, 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 fishcake 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 fishcakes 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 fishcakes.

CHOPPING
BLADE





BABA GANOUSH

PREP: 5 MINUTES
MAKES: 2-3 SERVINGS

INGREDIENTS

2 large aubergines
2 tablespoons olive oil
2 garlic cloves, peeled
Juice of 1 lemon
1/2 teaspoon cumin
2 tablespoons extra virgin olive oil
Salt and white pepper

DIRECTIONS

- 1 Preheat oven to 180C/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 chopping blade in food processor bowl. Put garlic in bowl, turn unit on and press PULSE 5 or 6 times until the garlic is finely chopped. Add lemon juice, cumin, olive oil, seasoning and aubergine into bowl. Turn unit on and press LOW for 5-10 seconds or until it reaches the desired consistency.
- 4 Transfer to a dish to serve.



SALSA

PREP: 5 MINUTES

MAKES: 4 SERVINGS

INGREDIENTS

1 garlic clove, peeled

1/2 small red onion, peeled and quartered

1 small red chili, deseeded

1/4 red pepper, deseeded

250g tomatoes, deseeded and quartered

Juice of half a lime

10g fresh coriander

Pinch of salt & pepper

Pinch of sugar

CHOPPING
BLADE



DIRECTIONS

- 1 Place all the ingredients into the Food Processor Bowl. Press PULSE until desired consistency is reached.
- 2 Serve with pitta bread.



PICKLED CUCUMBER

PREP: 10 MINUTES

MAKES: 1 JAR

INGREDIENTS

- 1 cucumber, cut into 3
- 1 teaspoon sea salt
- 100ml cider vinegar
- 100ml water
- 40g caster sugar
- 1 teaspoon whole mustard seeds

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 cucumber in feed chute. Press SLICE, then use the pusher to push cucumber through the chute. Repeat with remaining cucumber. Carefully remove the reversible disc and adapter. Remove cucumbers from bowl and sprinkle over sea salt. Leave for 45 minutes. Then rinse off.
- 2 Meanwhile, put vinegar, sugar, water and mustard into a saucepan. Bring to boil and stir until sugar dissolves. Allow to cool.
- 3 Fit the cucumbers snugly into a Kilner jar, then pour over the liquid. Seal and leave for at least 24 hours.



CHICKEN LIVER PATE

PREP: 15 MINUTES

MAKES: 6 SERVINGS

INGREDIENTS

1 small onion, peeled and quartered

1 garlic clove, peeled

100g butter, divided

1/2 teaspoon dried thyme

450g chicken livers, cleaned, sinews removed, patted dry

1 tablespoon brandy or cognac

100ml double cream

Salt and freshly ground black pepper to taste

CHOPPING
BLADE



DIRECTIONS

- 1** Install the chopping blade in the Food Processor Bowl. Add onion and garlic in bowl and press CHOP. Carefully remove blade and onion mixture from bowl and clean out bowl.
- 2** Heat a frying pan over a medium heat, melt butter, add onions, sprinkle over thyme. Fry for several minutes until the onion is soft. Stir in more butter and add chicken livers and cook for approximately 2-3 minutes each side. Stir in brandy, cream, season to taste and turn off heat.
- 3** Allow to cool slightly before adding back to Food Processor Bowl with chopping blade. Press PUREE.
- 4** Transfer to 6 ramekins. Allow to cool and chill for several hours before serving.



COLESLAW WITH HONEY & MUSTARD DRESSING

PREP: 15 MINUTES

MAKES: 4 SERVINGS

CHOPPING
BLADE



SLIDING/
GRATING
DISC



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 and press HIGH for approximately 10 seconds. 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 SLICE, then use the pusher to push carrots through the chute. Repeat with remaining carrot. Carefully remove the reversible disc and adapter. Remove grated carrots from bowl into a serving dish.
- 3 Install the disc adapter in the Food Processor Bowl. Place the reversible disc on the adapter with the slicing side facing up. Install feed chute lid, and place onion into feed chute. Press SLICE, 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.
- 4 Pour over dressing and toss coleslaw together before serving.



VEGETABLE CRISPS

PREP: 10 MINUTES

MAKES: 400G

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 SLICE, 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.

SLIDING/
GRATING
DISC





ONION BHAJIS

PREP: 10 MINUTES

MAKES: 4 BHAJIS

INGREDIENTS

2 medium onions, peeled and quartered

125g gram flour

1/2 teaspoon baking powder

1/2 teaspoon chilli powder

1/2 teaspoon turmeric

1/2 teaspoon dried cumin

1 teaspoon salt

pepper

150ml water, approximately

Vegetable oil for frying

SLIDING/
GRATING
DISC



DOUGH
BLADE



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 SLICE, 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.
- 4** Add back onions, select PULSE 2-3 times to incorporate.
- 5** Remove blade and divide mixture into quarters. Using your hands or an ice cream scoop form into 4 balls.
- 6** Deep fry in hot oil, until golden brown. Drain on paper towel.



POTATO ROSTI

PREP: 10 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

1/2 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 SLICE, then use the pusher to push potatoes through the chute. Repeat until all the potatoes are used up and then grate onions.
- 2** Pour potato mixture out onto a clean tea towel and squeeze out as much liquid as possible.
- 3** Place in a bowl mix together and season to taste. Using your hands, form into 4 patties.
- 4** 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.



SWEET POTATO & BROCCOLI CURRY

PREP: 15 MINUTES

MAKES: 4 SERVINGS

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, 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. Add broccoli and simmer for another 15-20 minutes or until the sweet potato is cooked.
- 5** Serve with basmati rice.

CHOPPING
BLADE





CHAPATIS

PREP: 15 MINUTES

MAKES: 8 CHAPATIS

INGREDIENTS

100g wholewheat flour

100g plain flour

1 teaspoon salt

150ml-200ml water

DIRECTIONS

- 1 Install the dough blade in the Food Processor Bowl. Add flours and salt in bowl 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.
- 4 Flour a worksurface. 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.
- 5 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.
- 6 Wrap in foil and keep warm while you make the rest.

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.



GARLIC DOUGH BALLS

PREP: 5 MINUTES
BAKE: 20-25 MINUTES
MAKES: 18-20

INGREDIENTS

FOR THE DOUGH

400g strong white flour
7g sachet easy blend yeast
2 teaspoons salt
2 tablespoons olive oil
250ml tepid water

FOR THE GARLIC BUTTER

2 garlic cloves, peeled
7g flat leaf parsley
50g butter

DOUGH
BLADE



CHOPPING
BLADE



DIRECTIONS

- 1 Preheat oven to 200°C/Gas mark 6.
- 2 Grease a baking tray.
- 3 Install the dough blade in the Food Processor Bowl. Add the flour, yeast, salt and oil. Install the lid, then press MIX. Pour water through feed tube until the dough starts to fall a ball around the blade. Press MIX again to knead the dough.
- 4 Remove dough and cut in half and divide into 20 golf ball size pieces. Roll each into a ball and place spaced apart on the baking tray. Leave to rise for 30 minutes or until doubled in size.
- 5 Bake for 15- 20 minutes in a hot oven.
- 6 Meanwhile, install the chopping blade in the Food Processor Bowl, place garlic and parsley in bowl. Press CHOP. Carefully remove blade. Melt butter and stir in garlic and parsley.
- 7 Brush balls with garlic butter as soon as soon as they are out of the oven. Serve hot.



CHEESE SCONES

PREP: 10 MINUTES

MAKES: 8-10 SCONES

INGREDIENTS

125g cheddar cheese, cut in half

225g self-raising flour

1 teaspoon baking powder

1 teaspoon mustard powder

1/4 teaspoon salt

50g cold butter, cut into cubes

7 tablespoons milk, plus a little extra for brushing

SLIDING/
GRATING
DISC



CHOPPING
BLADE



DIRECTIONS

- 1 Preheat oven to 220°C/gas mark 7.
- 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 cheese in feed chute. Press SLICE, then use the pusher to push cheese through the chute. Remove grated cheese from the bowl and set aside. Clean bowl.
- 3 Install the chopping blade in the Food Processor Bowl. Add flour, baking powder, mustard powder, salt to bowl and press PULSE twice to mix.
- 4 Add butter and press CHOP. Add two thirds of grated cheese to bowl and press PULSE a few times to mix.
- 5 Press LOW, and gradually add milk through feed tube until mixture starts to form a soft ball around the blade, and the bowl is clean.
- 6 Turn scone mixture out onto a floured board and knead lightly. Roll out to thickness of 2cm and cut into rounds with a 5cm cutter. Place on a greased baking sheet, brush with milk and sprinkle over cheese. Bake for 12-15 minutes until risen and golden brown.
- 7 Serve warm.



SHORTCRUST PASTRY

PREP: 15 MINUTES

MAKES: 350G

INGREDIENTS

100g cold butter, cut into cubes

200g plain flour

3-4 tablespoons water

DIRECTIONS

- 1** Install the chopping blade in the Food Processor Bowl. Add butter and flour in bowl and press CHOP, twice or until mixture resembles fine breadcrumbs.
- 2** Place water into feed tube pusher, press LOW and pour water slowly through feed tube until mixture starts to form a ball around the blade, and the bowl is clean.
- 3** Carefully remove dough from blade and turn out onto a floured board and knead slightly. Wrap in greaseproof paper and chill for 30 minutes before using.

CHOPPING
BLADE





BANANA CAKE

PREP: 10 MINUTES

BAKE: 50-60 MINUTES

MAKES: 6-8 SERVINGS

INGREDIENTS

200g self-raising flour

1 teaspoon mixed spice

1/2 teaspoon salt

1 teaspoon baking powder

2 ripe bananas, approx. 320g with skins on

200g golden caster sugar

100g sunflower oil

2 large eggs

DIRECTIONS

- 1** Preheat oven to 180°C/Gas mark 4.
- 2** Grease and line a 500g loaf tin.
- 3** Install the dough blade in the Food Processor Bowl. Add the flour, spice, salt and baking powder. Press PULSE twice to mix.
- 4** Peel bananas and add to bowl with sugar, oil, eggs. Install the lid, then press MIX.
- 5** Pour batter into prepared tin and bake for 50-60 minutes or until a wooden toothpick comes out clean.
- 6** Allow to cool on a wire rack.

DOUGH
BLADE





APPLE AND BLACKBERRY CRUMBLE

PREP: 15 MINUTES

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

CHOPPING
BLADE



SLIDING/
GRATING
DISC



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 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 SLICE, 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

PREP: 20 MINUTES

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

SLIDING/
GRATING
DISC



CHOPPING
BLADE



DOUGH
BLADE



DIRECTIONS

- 1 Preheat oven to 180°C.
- 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 SLICE, 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, press CHOP. When program is complete, remove lid and blade.
- 6 Install the dough blade. 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.

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FOOD PROCESSOR

WITH AUTO-IQ[®]

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