

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®



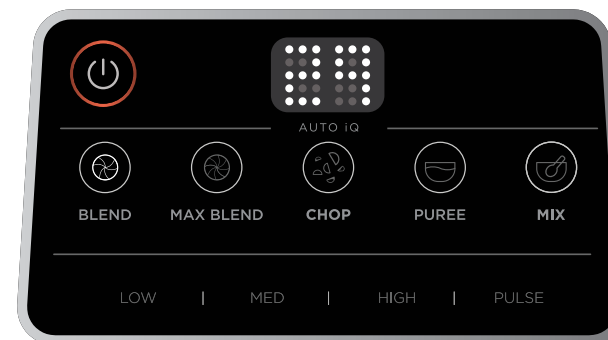
TABLE OF CONTENTS

AUTO-IQ® PROGRAMS	1
DRINKS	3
MEAL IDEAS	11
DIPS, SAUCES & SIDES	27
DESSERTS & SWEET TREATS	53



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

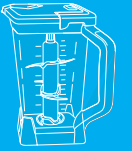
Timed pulses and pauses give you consistent chopping results.

PUREE

Create anything from silky smooth sauces to the perfect hummus.

MIX

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



CARROT ZINGA JUICE

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

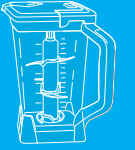
PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 4 SERVINGS

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.



ALMOND MILK

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.





DETOX SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 1 SERVINGS

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

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

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.



VEGGIE BURGERS

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.





CHAPATIS

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

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

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.



ONION BHAJIS

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 FISHCAKES

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 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.





VEGETABLE CRISPS

PREP: 105 MINUTES

CONTAINER: 1.8L Food Processor Bowl

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 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

PREP: 15 MINUTES EACH

CONTAINER: 1.8L FOOD PROCESSOR BOWL

COOK: 45 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

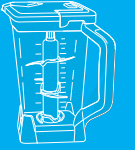
1 x 400g can chickpeas, drained and rinsed

150g broccoli florets



DIRECTIONS

- 1** Install the chopping blade in the Food Processor Bowl. Add ginger, garlic, onions, chilli and coriander, 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.



RED ONION AND SPINACH FRITTATA

PREP: 5 MINUTES

CONTAINER: 2.1L Jug

PROGRAM: LOW

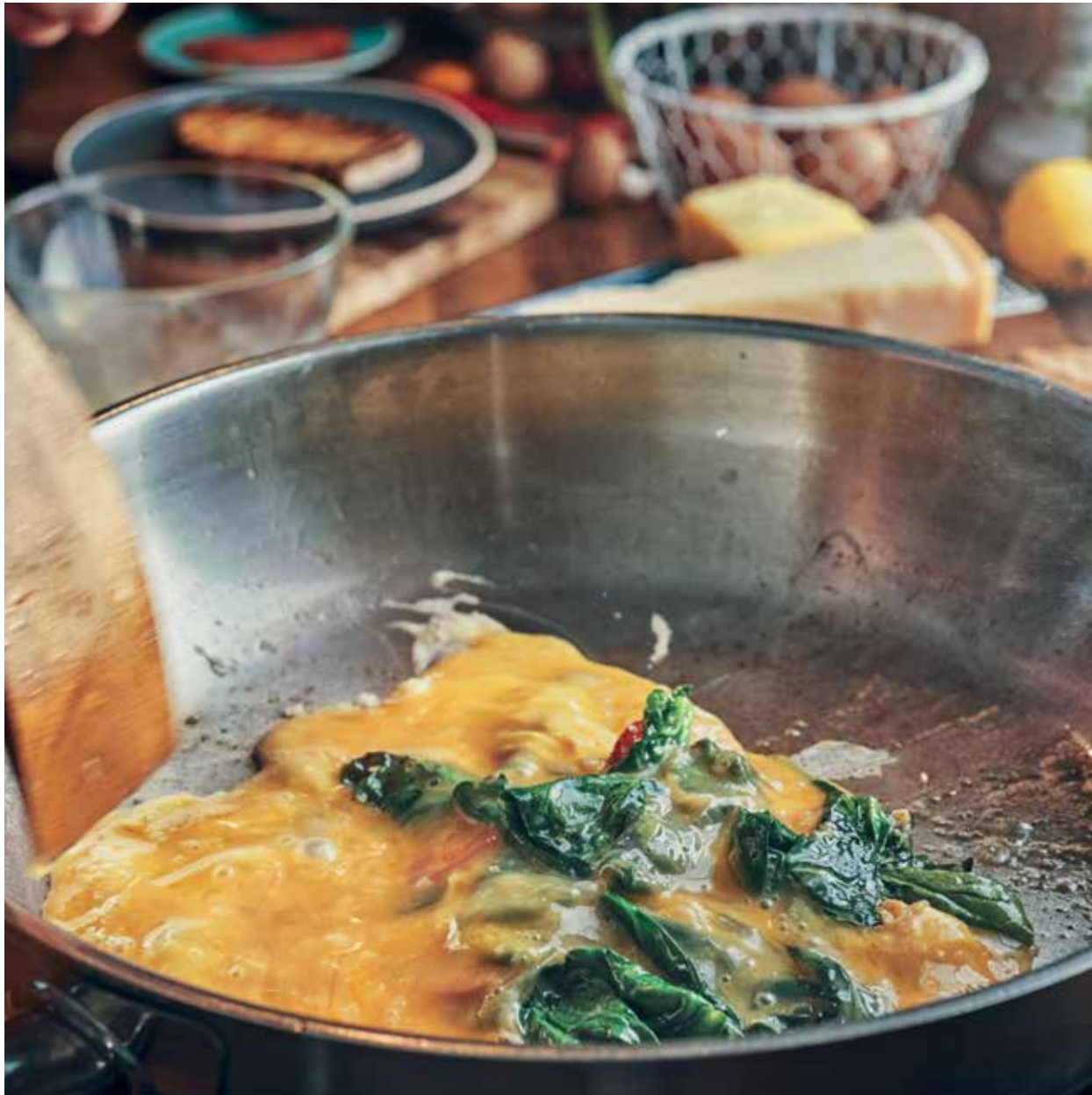
MAKES: 2 SERVINGS

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.





TOAD IN THE HOLE

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

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

DIP, SIDES
& SAUCES



DIRECTIONS

- 1 Preheat oven to 200°C/gas 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.



MORROCAN CARROT SALAD

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

DIP, SIDES
& SAUCES



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.



POTATO ROSTI

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.





SALSA

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 pitta bread.



COLESLAW WITH HONEY & MUSTARD DRESSING

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

DIP, SIDES
& SAUCES



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

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

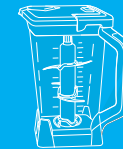
2 tablespoons extra virgin olive oil

Salt and white pepper

DIRECTIONS

- 1** Preheat oven to 180°C/gas 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

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

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

PREP: 5 MINUTES

CONTAINER: 2.1L JUG

MAKES: 150ml

INGREDIENTS

2 egg yolks

1 teaspoon Dijon mustard

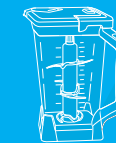
1 tablespoon white wine vinegar

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

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

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ 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

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 150G

INGREDIENTS

50g parmesan cheese, cut into cubes
1 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

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



HOUMOUS

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: SERVES 4

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.



GUACAMOLE

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.





APPLE AND BLACKBERRY CRUMBLE

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

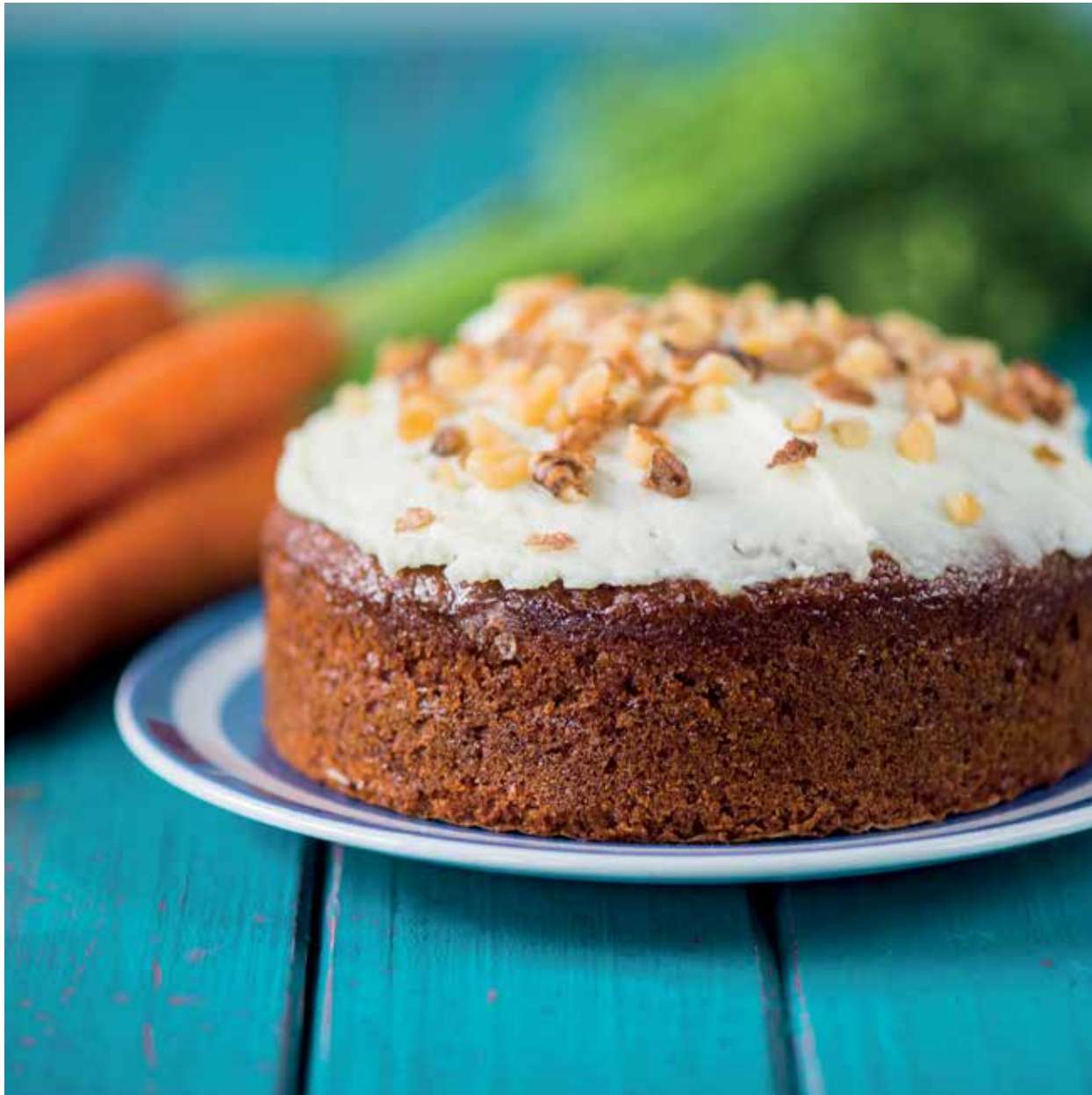
2 tablespoons demerara sugar

10g flaked almonds

DIRECTIONS

- 1 Preheat oven to 190°C/gas 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

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 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.



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**3-IN-1
FOOD PROCESSOR**

WITH AUTO-IQ[®]

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