

# NINJA<sup>®</sup>

## Foodi<sup>™</sup>

### ZEROSTICK<sup>®</sup>

# COOKWARE

## USE & CARE GUIDE

Thank you for your purchase of Ninja<sup>®</sup> Foodi<sup>™</sup> ZEROSTICK<sup>®</sup> Cookware and welcome to the Ninja family! We hope you love your cookware and will be inspired to create something new in your kitchen.

This guide includes suggestions for how to maintain your cookware.

### Features:

- Compatible with all hob types, including induction
- Cookware and lids are dishwasher safe
- Safe for use with all utensil materials, including metal
- Oven and grill safe up to 260°C
- PFOA, Lead & Cadmium free

Register your Ninja<sup>®</sup> Foodi<sup>™</sup> ZEROSTICK<sup>®</sup> Cookware to stay up-to-date with what's new from Ninja.



### REGISTER YOUR PURCHASE



[ninjakitchen.co.uk](http://ninjakitchen.co.uk)



Scan QR code using mobile device

FLIP FOR MORE



**⚠WARNING: BURN/SCALD HAZARD.** Shorter handles, high cooking temperatures and longer cooking times may cause handles to get hot. Exercise caution when cooking on the hob and always use a potholder or oven gloves to prevent burns when removing from the oven.

**⚠WARNING: FIRE HAZARD.** Do not leave pots and pans unattended while cooking. Never let a pot or pan boil dry.

**⚠WARNING: CHOKING HAZARD .** Protective separator clips between lid and pan are small parts and hazardous to children. Discard immediately when unpacking your cookware.

**⚠CAUTION:** Birds are sensitive to cooking fumes and burned food fumes. These fumes can be caused from overheating your cookware or from burning food and can be hazardous or fatal to birds. Never keep pet birds in your kitchen.

### **BEFORE FIRST USE**

Read all instructions carefully. Wash cookware in hot, soapy water, then rinse and dry thoroughly.

### **USE ON THE HOB**

Safe for use on gas, electric, electric coil, halogen, induction and ceramic hobs.

Be sure to use an appropriately sized burner for the pan you are cooking with and never allow the handle to extend over the burner. If cooking on a gas range, do not allow the flame to rise along the outside of the pan, as this may lead to discolouration and cause the handle to get hot. Avoid sliding cookware on the hob, as this can lead to scratching on the surface.

### **PREHEAT**

Preheat the pan for 2 to 3 minutes using the heat setting you intend to use when cooking. To determine if the pan is hot enough for cooking, simply add a few drops of water. If you hear a sizzle, the pan is ready for use. **DO NOT** rush the preheating process by using high heat. We recommend using lower temperatures when you first begin using your cookware to avoid overcooking and burning until you become familiar with how your pan cooks.

- Use **high** heat for boiling liquids and searing. Never leave an empty pan on high for more than 3 minutes as this can damage the pan and lead to sticking.
- Use **medium-high** heat for sautéing, frying, stir-frying and making omelettes.
- Use **medium** heat for reducing liquids and making pancakes and sandwiches.
- Use **low** heat to warm foods, simmer ingredients or prepare delicate sauces.

## **OVEN & GRILL USE**

Ninja® cookware and lids are oven and grill safe to 260°C. If using cookware in an oven at temperatures between 200°C and 260°C, do not leave lids in oven for longer than 30 minutes. Allow lids to cool before immersing in water.

## **HANDLES**

Our exclusively designed stainless steel handles are comfortable to hold and securely attached with double rivets, so they won't become loose over time. Please note, short handles, high cooking temperatures and long cook times can cause handles to get hot on the hob and all handles will be hot when used in the oven.

## **UTENSILS**

Metal utensils including spatulas, spoons, whisks and tongs are safe for use with your Ninja® Foodi™ ZEROSTICK® cookware. Never use sharp instruments such as knives or forks or appliances such as electric mixers to cut, chop or whip foods in any non-stick pan. Such use will damage the non-stick finish and void the guarantee.

## **CLEANING & CARE**

Remove all packaging and wash cookware before first use. Allow cookware to cool completely before washing. Never immerse a hot pan in cold water, as this may lead to irreparable warping. Always clean cookware thoroughly after use, as grease build-up over time can lead to food sticking.

If you notice grease or discolouring on the stainless steel handles or stainless steel induction base, clean thoroughly with bicarbonate of soda and white vinegar and then wipe with a sponge or soft cloth.

## **DISHWASHER**

Use automatic dishwashing detergent without bleach or citrus additives. Prolonged, regular dishwashing may eventually mark or discolour your cookware. If regularly washed in the dishwasher, some darkening of the exterior of the base may occur—this is normal and will not affect cooking performance.

## **HAND-WASHING**

Use mild washing-up liquid. Abrasive pads and sponges should only be used if they are approved for use on non-stick cookware. **DO NOT** use harsh cleaners or abrasive pads for non-stick cookware as they can damage cookware.

## STORAGE

Hang pans on a rack or store flat in a single layer in a cupboard. If stacking or nesting cookware, gently nest the smaller pans in the larger ones. Using a paper towel or soft cloth in between pans can help protect the cooking surfaces when stacking.

## PRESERVING THE LIFE OF YOUR COOKWARE AND YOUR REPLACEMENT GUARANTEE

Our cookware is designed to withstand the toughest use, but to keep it looking and performing like new, follow these guidelines:

- While our product is 100% dishwasher safe, hand-washing with a mild washing-up liquid is always best.
- Never preheat pans on high heat to speed up preheating. Excessive heat applied to an empty pan can damage the non-stick surface.
- Do not exceed 260°C on the hob or in the oven.
- Never use cooking sprays. These burn at low temperatures and will leave a residue that leads to sticking.
- Never allow cookware to boil dry.
- Never immerse a hot pan in cold water, as this may lead to irreparable warping.
- Never use sharp instruments such as knives, forks or appliances such as electric mixers.

For more information please visit [ninjakitchen.co.uk](http://ninjakitchen.co.uk)

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