

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



NINJA FLEXFLAME

UPGRADES

PREMIUM FULL GRIDDLE

Cooking charts to get started



IMPORTANT SAFETY INSTRUCTIONS

OUTDOOR HOUSEHOLD USE ONLY. READ ALL INSTRUCTIONS BEFORE USE

⚠ WARNING: HOT SURFACE

- To prevent burns or personal injury, use care when using the product.
- **DO NOT** touch hot surfaces during or immediately after cooking. The griddle plate becomes extremely hot during the cooking process.
- Use long-handled utensils and protective hot pads or insulated oven mitts.
- Leave griddle plate in grill to cool before removing.

⚠ CAUTION: FLARE-UP FLAME HAZARD

Flare-up flaming may happen when grease, fat or oils from food drips onto the flames, which can cause small flare-ups, even grease fire.

PREVENTION: Here are some tips to prevent flare-ups when using Ninja FLEXFLAME™ Griddle:

- Check the grease tray: Before each cook, make sure the grease tray has been emptied and cleaned.
- Consider removing excess fat from meats before cooking.
- Avoid over-oiling: Do not add too much oil to food and griddle surface.
- Don't leave the grill unattended.
- Do not cook highly fatty or greasy foods at the outermost edges of the griddle.
- If a flare-up occurs, move food to another part of the griddle until the fat and oil burn off.
- Only remove griddle when unit has sufficiently cooled.
- Apply oil after use to season and protect griddle for future use.

⚠ IN THE EVENT OF A FLARE-UP: DO NOT POUR WATER ON FLAMES



- 1 Close lid.
- 2 Turn off grill.
- 3 Unplug from electricity.
- 4 Turn off gas.

Seasoning your griddle before first use:

NOTE: The griddle will come coated in a food-grade oil for protection, but it is not effective for seasoning. You must wash and re-oil your griddle for the seasoning process.

NOTE: For best results, griddle plate **MUST** be oiled before each cook. We recommend canola oil.

- 1 Before using, hand-wash with warm, soapy water. Dry griddle plate completely, then rub with a very small amount of oil (we recommend canola). Wipe off excess oil with a cloth or paper towel.
- 2 Remove both grill grates and place griddle plate in the grill. Griddle plate is reversible and can be placed into the grill as desired. Preheat using the Grill function (we recommend 500°F).
- 3 Once griddle is preheated, it must be oiled—pour 1-2 tablespoons of oil directly on the griddle, then use tongs to grasp a paper towel to spread the oil evenly over the surface and side walls.
- 4 Keep griddle plate hot after oiling for 5-10 minutes, then allow to cool down. Repeat this process one more time before first use.

Cleaning: While griddle plate is hot, use a metal spatula to scrape off any residue. You may pour 1 cup of water on the griddle plate to help with scraping. It is recommended that you turn the burners off while scraping. Scraping residue off the griddle while cooking may cause flare-ups. Griddle may also be hand-washed as needed.

IMPORTANT: When you hand-wash the griddle, you **MUST** oil it again.

NOTE: When washing the griddle, only use lightly abrasive tools such as a regular sponge or steel wool. Griddle is **NOT** dishwasher safe. Hand-wash with warm soapy water.

Storing: If there is any water on the griddle, ensure it is completely dry before storing to prevent rust. Lightly oil the griddle and store covered, indoors.

SAVE THESE INSTRUCTIONS

NINJA FLEXFLAME™ UPGRADES



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UPGRADES

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CHARTS | GRIDDLE

INGREDIENT	AMOUNT	PREPARATION	FUNCTION	COOK TEMPERATURE	APPROX. COOK TIME	INTERACTION
GRIDDLE CLASSICS						
Bacon	8-16 strips	None	Roast/Bake	425°F	5-10 mins	Flip at least once during cooking
Eggs	2-8 large eggs	As desired (fried, scrambled, sunny side up, etc.), 1 Tbsp oil on griddle	Roast/Bake	425°F	3-4 mins	(Depends on preparation)
French toast	2-12 slices	Dipped in egg batter	Roast/Bake	375°F	8-10 mins	Flip halfway through cooking
Grilled cheese	2-8 sandwiches	As desired	Roast/Bake	400°F	4 mins	Flip halfway through cooking
Pancakes	4-8 (1/4 cup batter each, approx. 4" diameter)	Follow package's instructions	Roast/Bake	425°F	4 mins	Flip halfway through cooking
SEAFOOD						
Scallops	12-24 ea. (approx. 2-4 lbs total)	1 Tbsp oil on griddle	Roast/Bake	450°F	5-10 mins	Flip halfway through cooking
Shrimp (large or jumbo)	12-24 ea. (approx. 2-4 lbs total)	1 Tbsp oil on griddle	Roast/Bake	400°F	3-5 mins	Flip halfway through cooking
Tilapia	4-8 fillets (approx. 2-4 lbs total)	1 Tbsp oil on griddle	Roast/Bake	400°F	10 mins	Flip halfway through cooking
POULTRY						
Chicken cutlets	4-8 (approx. 1 1/2 -1 lb each)	1 Tbsp oil on griddle	Roast/Bake	400°F	15-20 mins	Flip halfway through cooking
Chicken/turkey burgers	4-8 (approx. 1 1/4 -1 1/2 lb each, approx. 5" diameter)	None	Roast/Bake	400°F	10-15 mins	Flip halfway through cooking
Chicken/turkey, ground	2-4 lbs total	None	Roast/Bake	400°F	5-10 mins	Toss frequently during cooking
Turkey bacon	8-16 strips	None	Roast/Bake	400°F	4-8 mins	Flip halfway through cooking
BEEF/PORK						
Beef burgers	4-8 (approx. 1/4 -1 1/2 lb each, approx. 5" diameter)	None	Roast/Bake	425°F	5-10 mins	Flip halfway through cooking
Bratwursts	4-12 ea.	None	Roast/Bake	375°F	20-25 mins	Flip 2 or 3 times during cooking
Ground beef	2-4 lbs	1 Tbsp oil on griddle	Roast/Bake	400°F	5-10 mins	Toss frequently during cooking
Ground pork	2-4 lbs	1 Tbsp oil on griddle	Roast/Bake	400°F	7-10 mins	Toss frequently during cooking
Ham steaks	2-4 (approx. 1/2-1 lb each)	None	Roast/Bake	400°F	7-10 mins	Flip halfway through cooking
Sausages, precooked	4-12 ea.	None	Roast/Bake	350°F	7-10 mins	Flip 2 or 3 times during cooking
Shaved steak	2-4 lbs	1 Tbsp oil on griddle	Roast/Bake	400°F	8-10 mins	Toss frequently during cooking

NOTE: Cook times shown are based on cooking with **LID UP**; cook times with convection cooking, lid down, will vary.

NOTE: Frozen proteins are not recommended; all proteins shown in above chart are fresh.

NOTE: When cooking smaller or larger quantities of foods than what is specified in this chart, be mindful that the cook time will need to be decreased or increased accordingly. Check food regularly with an external instant-read thermometer and adjust the cook time accordingly to achieve desired doneness.

CHARTS | GRIDDLE – CONT'D

INGREDIENT	AMOUNT	PREPARATION	FUNCTION	COOK TEMPERATURE	APPROX. COOK TIME	INTERACTION
VEGETABLES						
Asparagus	2-4 bunches	Trim ends, 1 Tbsp oil on griddle	Roast/Bake	400°F	15-20 mins	Flip 2 or 3 times during cooking
Bell peppers	2-8 ea.	Cored, cut in quarters, coat with oil, season as desired	Roast/Bake	400°F	10-15 mins	Toss frequently during cooking
Onions	2-8 ea.	Trim, peel, cut in 1/2-inch slices, coat lightly with oil, season as desired	Roast/Bake	400°F	5-10 mins	Toss frequently during cooking
Hash brown potatoes, fresh	4-6 cups	Cut in 1/2-inch pieces, 2 Tbsp oil on griddle, season as desired	Roast/Bake	400°F	20-25 mins	Toss frequently during cooking
Shredded potatoes, fresh	4-6 cups	3 Tbsp oil or butter on griddle, season as desired	Roast/Bake	400°F	20-25 mins	Toss frequently during cooking
Shredded potatoes, frozen	30 oz (1 bag)	2 Tbsp oil or butter on griddle, season as desired	Roast/Bake	400°F	20-25 mins	Toss frequently during cooking
Sweet potatoes, fresh, diced	4-6 cups	Cut in 1/2-inch pieces, 2 Tbsp oil on griddle, season as desired	Roast/Bake	400°F	20-25 mins	Toss frequently during cooking
Zucchini or squash	2-8 ea.	Trim ends, cut in 1/2-inch slices, coat lightly with oil, season as desired	Roast/Bake	400°F	15-20 mins	Flip 2 or 3 times during cooking

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