

Ninja Speedi Air Fryer Cheat Sheet

AirFryHub.com - quick model, preheat, and cooking-time reference

Models

- Speedi Rapid Cooker SF301 6-Qt - 6 qt - 1760 W - best for Air fry + steam + bake + grill + saut - 12 cooking functions in one unit

Preheat

Recommended: 3 min. Air Fry mode: preheat 3 min. Speedi Cook mode (steam + air fry): no preheat - add water to tray, then food, then press Start.

Brand-tuned cooking times

- Chicken Breast (fresh): 375F, 12-16 min
- Frozen French Fries (fresh): 400F, 14-18 min
- Broccoli (fresh): 390F, 8-12 min

Safety reminder

Always verify poultry, ground meat, seafood, and eggs with a food thermometer. Times vary by basket load, food thickness, and model wattage.