Panasonic

QUICK GUIDE

NN-CT5 SERIES AIR FRYER MICROWAVES

RECIPES INCLUDED!

FULL OPERATING INSTRUCTIONS

https://support-uk.panasonic.eu/app/products/detail/p/32891

MORE RECIPES

www.experience-fresh.panasonic.eu/recipes-by-product/nn-ct56/

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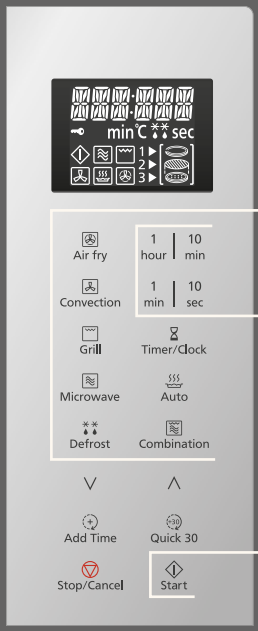


BASIC CONTROLS

1. Select Cooking Mode and Temp. / Power / Level
2. Set Cooking Time
3. Press „Start“

AUTO PROGRAMMES

Simply select a programme and enter the weight. The cooking time is set automatically for easy, hassle-free cooking.

1. Defrost Bread
2. Defrost Small Pieces
3. Defrost Big Piece
4. Jacket Potatoes
5. Frozen Pizza
6. Frozen Potato Products
7. Fish and Chips
8. Roast Vegetable
9. Roast Chicken
10. Roast Beef-Rare
11. Roast Beef-Medium
12. Roast Beef-Well Done
13. Roast Lamb-Medium
14. Roast Lamb-Well Done
15. Curry
16. Pasta
17. Casserole
18. Fresh Vegetables
19. Fresh Fish

ACCESSORY USAGE

		MICROWAVE	GRILL	CONVECTION	AIR FRY	COMBINATION	DISHWASHER SAFE
Enamel Tray		✗	✓	✓	✓	✓	✓
Wire Rack		✗	✓	✓	✓	✓	✗
Air Fry Basket		✗	✓	✓	✓	Combi 1-4: ✓ / Combi 5-6: ✗	✓

WATCH HOW TO AIR FRY

AIR FRY

Circulates hot air around your food for crispy, golden results. **Air Fry 4 & 5 combine Air Fry with Microwave power at the same time for faster cooking with crispy results.**

Air Fry 1 - 180 °C	e.g prawn, mushrooms, asparagus
Air Fry 2 - 200 °C	e.g whole fish, sausages, spring rolls
Air Fry 3 - 220 °C	e.g scampi, chicken breast
Air Fry 4 - 180 °C +MW 300W	e.g french bread, part-baked rolls, homemade fries, frozen fish fingers
Air Fry 5 - 200 °C +MW 300W	e.g jacket potatoes, frozen potato fries, frozen chicken nuggets

CRISPY BBQ CHICKEN TENDERS

INGREDIENTS

500 g chicken breasts
BBQ Marinade: 120 ml barbecue sauce, 60 ml chicken stock, 1 tbsp tomato sauce, 1 tsp Worcestershire sauce, 1 tbsp olive oil, salt and pepper
Coating: ½ cup plain flour, ½ cup cornflour, 1 tsp garlic powder, 1 tsp paprika, salt and pepper
To Cook: olive oil spray, as needed

FUNCTION Air Fry 3
ACCESSORIES Air Fryer Basket, Wire Rack
TIME 30 min **SERVINGS** 4

1. Combine all the **BBQ Marinade** ingredients in a bowl. Add the chicken and toss until evenly coated. Leave to marinate for 10 minutes.
2. Combine all the **Coating** ingredients in a shallow bowl. Remove the chicken from the marinade, allowing any excess to drip off, then dredge each tender in the coating mixture until fully coated.
3. Arrange the coated chicken tenders in a single layer on the air fry basket and lightly spray with olive oil. Place the wire rack on the glass turntable, then set the air fry basket on top.
4. Cook using the **Air Fry function 3** at 220°C for 12–15 minutes, turning halfway through, until golden, crisp and cooked through.

UPGRADE YOUR MEAL WITH FRIES!

Add 450–800 g thick frozen fries. Cook on **Air Fry 5** for 18–26 mins. For quantities over 450 g, stir after ⅔ of the total cooking time.

CONVECTION

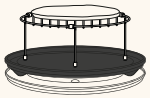
Bake and roast from 30°C to 220°C. Use it just like your oven! With no microwave power, you can use standard metal baking tins and ovenware.

PREHEAT
Select the desired temperature and press Start. Once the oven is preheated, it will beep. Add your food and start cooking.

OVEN-ACCESSORIES TO USE

Roasting meat: glass turntable, enamel tray

Baking: glass turntable, enamel tray



Baking: glass turntable, enamel tray, wire rack

LOW-SUGAR LEMON VANILLA CHEESECAKE

INGREDIENTS

200 g blanched almond flour, ¼ tsp salt, 2 tbsp salted butter, 1 large egg, 900 g light or low-fat cream cheese, 70 g caster sugar, 5 large free-range eggs, juice of 2 lemons, 1 vanilla pod, butter

FUNCTION Convection 180 °C for 13-18 min
ACCESSORIES Enamel Tray
TIME 1h 10 min **SERVINGS** 8

1. Lightly grease a 23 cm pie dish or cake tin. Preheat the Air Fryer Microwave on **Convection 180°C.**
2. Mix the almond flour, salt, melted butter and egg until just combined, then press evenly into the prepared dish.
3. Place the dish on the enamel tray over the glass turntable and bake on **Convection 180°C** for 13–18 minutes until lightly golden. Remove and cool slightly.
4. Mix the cream cheese, caster sugar, eggs, citrus juice and vanilla seeds until smooth, then pour over the baked base and smooth the surface.
5. Return the dish to the enamel tray and bake on **Convection 170°C** for 30–45 minutes until just set with a slight wobble in the centre.
6. Cool completely, chill before slicing, and serve with raspberry coulis.

GRILL

Uses powerful top heat to brown and crisp your food, giving it a delicious grilled finish.

Grill 1 – Low	e.g vegetables, corn on the cob, whole garlic, chicken portions, eggplant slices, mushrooms
Grill 2 – Medium	e.g fish steaks, whole fish, colouring of gratin, chicken wings, reheat pizza
Grill 3 – High	e.g bacon, lamb chops, pork chops, steak, sausages, charring peppers, toasting bread, glazing finish

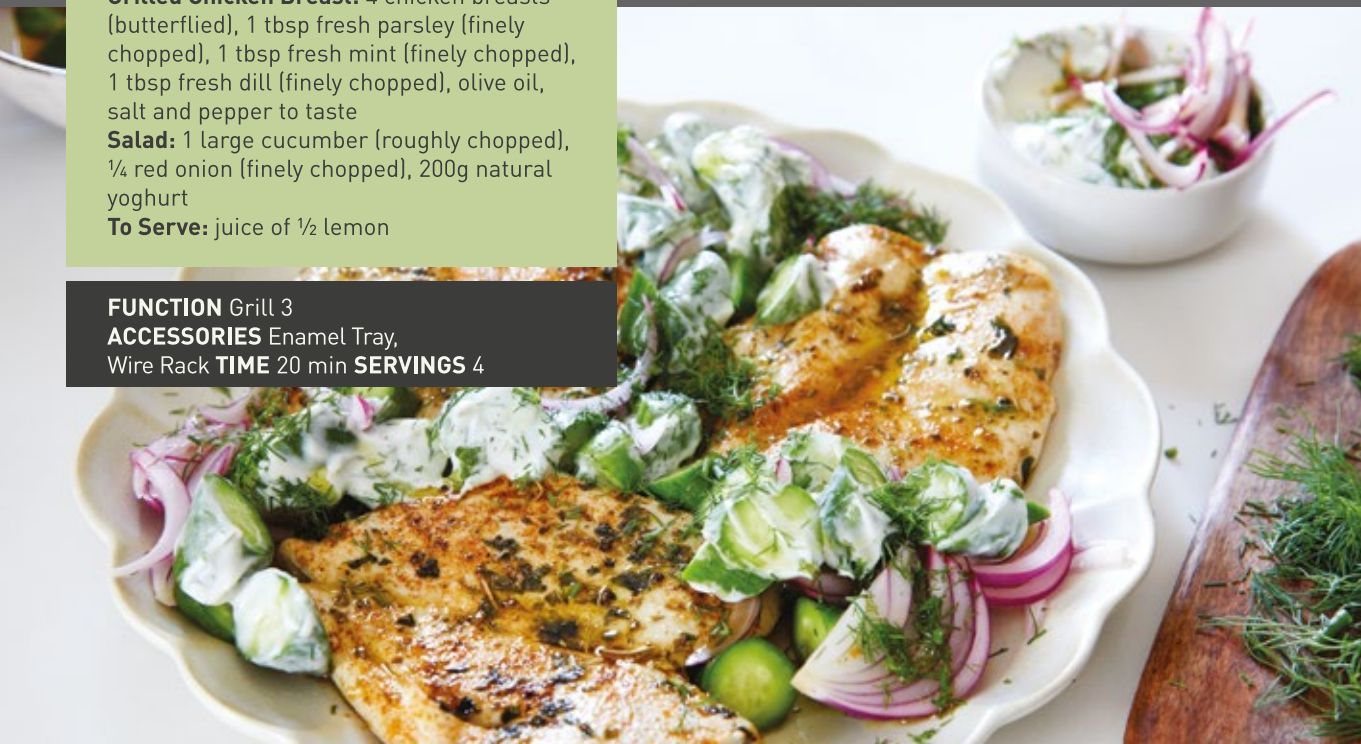
INGREDIENTS

Grilled Chicken Breast: 4 chicken breasts (butterflied), 1 tbsp fresh parsley (finely chopped), 1 tbsp fresh mint (finely chopped), 1 tbsp fresh dill (finely chopped), olive oil, salt and pepper to taste
Salad: 1 large cucumber (roughly chopped), ¼ red onion (finely chopped), 200g natural yoghurt
To Serve: juice of ½ lemon

FUNCTION Grill 3
ACCESSORIES Enamel Tray, Wire Rack **TIME** 20 min **SERVINGS** 4

GRILLED CHICKEN BREAST WITH YOGURTY CUCUMBER SALAD

1. Brush the chicken breasts with olive oil, season with salt and pepper, and sprinkle with half of the dill, parsley and mint.
2. Place the chicken on the enamel tray over the wire rack and cook on **Grill 3** for 9–12 minutes, until cooked through and lightly charred.
3. Meanwhile, mix the cucumber, red onion, yoghurt and remaining dill. Season to taste.
4. Drizzle the cooked chicken with lemon juice and the remaining herbs.
5. Serve with the yogurty cucumber salad.



MICROWAVE

Enjoy **even reheating and defrosting with Panasonic Inverter Technology,** delivering precise power for gentle, consistent results. **Choose from 100 W to 1000 W to suit your food.**

High	1000 W	e.g potatoes, popcorn, coffee, soup
Medium High	800 W	e.g pasta, rice, meat, chicken, veggies
Medium	600 W	e.g cakes, muffin, custard, eggs, casserole, milk
Low	440 W	e.g fish, seafood, melted cheese, bacon, sausages
Simmer	300W	e.g stew, sauce, melting: butter, chocolate
Defrost	270 W	e.g fish, bread, meat, minced meat, fruits
Warm	100 W	e.g soften ice cream, baby purée

AUTO-DEFROST

Defrost Bread (100 g – 900 g)	e.g breads and rolls
Defrost Small Pieces (200 g – 1200 g)	e.g small pieces of meat, minced meat, chicken portions, steak
Defrost Big Piece (400 g – 2000 g)	e.g whole chicken, meat joints

SWEET POTATO SOUP

INGREDIENTS

15 ml (1 tbsp) olive oil, 1 medium onion, coarsely chopped, 2 clove of garlic, crushed, 700 g sweet potatoes (peeled and chopped), 1 large red pepper (deseeded and chopped), 725 ml vegetable stock, 150 ml coconut milk, salt and pepper

FUNCTION Microwave
ACCESSORIES None
TIME 40 min **SERVINGS** 4

1. Place the oil, onion and garlic into a microwave-safe casserole dish, cover. Cook on **High** microwave for 3 minutes or until soft.
2. Add the sweet potato and pepper and cook on **High** microwave for 5 minutes. Add stock, cover and cook on **High** microwave for 15 minutes, or until the potatoes are soft, stirring halfway.
3. Cool. Blend until smooth. Stir in the coconut milk and season to taste.
4. Cover and cook on **Medium** microwave for 3 minutes or until piping hot.

WATCH HOW TO COMBI COOK

FAST & CRISPY
Microwave speed meets crispy cooking

INGREDIENTS

4 large baking potatoes, 40 g butter, olive oil, salt, pepper and your favourite toppings

FUNCTION Air Fry 5
ACCESSORIES Enamel Tray, Wire Rack and Air Fry Basket **TIME** 1h 55 min **SERVINGS** 4

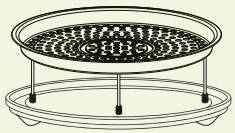
COMBI COOKING

Combine Microwave + Air Fry, Convection or Grill at the same time for faster cooking and crispy results.

Combi 1 – 160 °C + MW 100 W	e.g casseroles, stewing
Combi 2 – 190 °C + MW 300 W	e.g fish pie, shepherd's pie
Combi 3 – 200 °C + MW 300 W	e.g lasagne, quiche
Combi 4 – 220 °C + MW 100 W	e.g chilled pizza, apple pie
Combi 5 – Grill 2 (Medium) + MW 100 W	e.g chicken legs, breaded fish fillets
Combi 6 – Grill 3 (High) + MW 100 W	e.g whole chicken, frozen potato products

QUICK AND EASY CRISPY JACKET POTATOES

1. Pierce each potato a few times with a fork, then rub lightly with olive oil and season with salt.
2. Place the enamel tray on the glass turntable, set the wire rack on top, then place the potatoes in the air fry basket onto the wire rack. Select **Air Fry 5** (Air Fry 200°C + Microwave 300W) and cook for 35–45 minutes, or until the skins are crisp and the centers are soft when pierced with a knife.
3. Remove the potatoes and cut each one open lengthways. Fluff the interior gently with a fork, then dot generously with butter and season with salt and pepper. Finish with your favourite toppings.



COOKING CHART

INGREDIENTS	COOKING MODE	AMOUNT	COOKING TIME	ACCESSORIES
Prawn	Air Fry 1 (180 °C)	300 - 500 g	8 - 12 min	Air fry basket on wire rack
Thin Frozen Fries	Air Fry 3 (220 °C)	450 - 800 g	18 - 28 min	Air fry basket on wire rack
Hamburger Fresh	Air Fry 3 (220 °C)	280 - 560 g (2 - 4 pcs)	14 - 18 min	Air fry basket on wire rack
Roast Potatoes	Air Fry 3 (220 °C)	500 - 900 g	24 - 28 min	Air fry basket on wire rack
Pizza (fresh/chilled)	Convection 220 °C	300 g	7 - 9 min	Wire rack on enamel tray
Nuggets (frozen)	Grill 3	500 g	15 - 20 min	Enamel tray on wire rack
Salmon Fillets	Grill 3	260 g (2 pcs)	12 - 14 min	Wire rack on enamel tray
Porridge	Microwave 1000W (High)	1 cup of oats (2 servings)	4 - 5 min	2 cups of water/milk in bowl
Pasta Macaroni	Microwave 1000W (High)	225 g	10 - 12 min	1 litre boiling water in bowl
Milk	Microwave 600W (Medium)	235 ml (1 mug)	2 min - 2 min 30 sec	Microwave-safe mug
Lasagna (chilled)	Combi 3	400 g	11 - 13 min	Microwave-safe tray on enamel tray
Part-baked rolls	Combi 3	200 g (4 pcs)	8 - 12 min	Enamel tray
Lamb Stew	Combi 1	450 g	60 min	Casserole dish on enamel tray
Minced Meat (Defrost)	Defrost (2 Small Pieces)	450 g	12 min + 15min standing time	Microwave-safe container/plate
Jacket Potatoes	Auto Programme 4	200 - 1500 g	Auto-calculation based on weight	Air fry basket on wire rack
Roast Chicken (Auto)	Auto Programme 9	900 - 2000 g	Auto-calculation based on weight	Enamel tray
Curry (chilled ready meal)	Auto Programme 15	300 - 800 g	Auto-calculation based on weight	Microwave-safe container/plate
Roast Fresh Veggies	Auto Programme 8	100 - 500 g	Auto-calculation based on weight	Air fry basket on wire rack

Information as of October 2026. This Quick Guide is provided for your convenience only.
Before operating the oven please read the operating instructions.

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