

### Pick a Base 2-4 Portions

Start by adding your grain or pasta to the Combi Cooker Pan. Add water, stock, or sauce and stir until combined. Slide pan into Level 1.

**WHITE RICE**  
1 cups rice, rinsed  
2 cups water + ½ tablespoon canola oil

**INSTANT BROWN RICE**  
1 cup instant brown rice  
7/8 cups water

**BOXED RICE PILAF**  
1 boxes (6.9 oz each)  
1 ¾ cups water + 1 tablespoon canola oil

**BOXED SPANISH RICE**  
1 box (6.8 oz)  
1 14-oz can diced tomatoes  
2 cups water + 1 tablespoon canola oil

**ISRAELI COUSCOUS**  
1 box (10 oz)  
2 cups water + 1 tablespoon canola oil

**QUINOA**  
1 cup quinoa, rinsed  
1 ¾ cups water

**BOXED WILD RICE**  
1 box (6 oz)  
1 ¾ cups water + 1 tablespoon canola oil

**WHITE OR WHEAT PASTA**  
1 16-oz box

**FOR PLAIN PASTA:**  
2 ¼ cups water + ½ tablespoon oil

**FOR MARINARA SAUCE:**  
16-oz jar marinara sauce  
1 ½ cups water + ½ tablespoon oil

**FOR ALFREDO SAUCE:**  
1 15-oz jar alfredo sauce  
1 ¼ cups water

**BOXED MACARONI AND CHEESE**  
1 box (7 oz)  
1 tablespoon canola oil + 1 ½ cups water OR 1 box (6 oz)  
1 tablespoon canola oil + 2 cups water  
\*After cooking add seasoning packets and box recommended ingredients)

### Pick a Base 4-6 Portions

Start by adding your grain or pasta to the Combi Cooker Pan. Add water, stock, or sauce and stir until combined. Slide pan into Level 1.

**WHITE RICE**  
2 cups rice, rinsed  
4 cups water + 1 tablespoon canola oil

**INSTANT BROWN RICE**  
2 cups instant brown rice  
1 ¾ cups water

**BOXED RICE PILAF**  
2 boxes (6.9 oz each)  
3 ½ cups water + 2 tablespoons canola oil

**BOXED SPANISH RICE**  
2 boxes (6.8 oz each)  
2 14-oz cans diced tomatoes  
4 cups water + 2 tablespoons canola oil

**ISRAELI COUSCOUS**  
2 boxes (10 oz ea.)  
4 cups water + 2 tablespoons canola oil

**QUINOA**  
2 cups quinoa, rinsed  
3 ½ cups water

**BOXED WILD RICE**  
2 boxes (6 oz each)  
3 ½ cups water + 2 tablespoons canola oil

**WHITE OR WHEAT PASTA**  
1 16-oz box

**FOR PLAIN PASTA:**  
4 ½ cups water + 1 tablespoon oil

**FOR MARINARA SAUCE:**  
32-oz jar marinara sauce  
3 cups water + 1 tablespoon oil

**FOR ALFREDO SAUCE:**  
2 15-oz jars alfredo sauce  
2 ½ cups water

**BOXED MACARONI AND CHEESE**  
2 boxes (7 oz each)  
2 tablespoons canola oil + 3 cups water OR 2 boxes (6 oz each)  
2 tablespoons canola oil + 4 cups water  
\*After cooking add seasoning packets and box recommended ingredients)

### Pick your Vegetable

Prep up to 2 cups of veggies from fresh or frozen and cook depending on your desired texture.

**CRISPY VEGGIES**  
2 cups, fresh or frozen

Add hearty veggies, like potatoes and carrots, to the Bake Tray at the start of cooking.

Add delicate veggies, like broccoli and green beans, in the last 5-7 minutes.

**TENDER VEGGIES**  
2 cups, fresh or frozen

Add all your veggies into the Combi Cooker Pan along with your grains and liquid.

**NOTE:** To keep your veggies separate from your proteins but still have them turn out crispy, see instructions on page 12 for creating a foil packet.

### Pick your Protein 4-6 Portions

Prepare your desired protein, then place it on the Bake Tray. Place Bake Tray on Level 2 and close the oven door.

**Note:** For 2-3 servings half recommended protein amounts.

**CHICKEN**

6 boneless skinless chicken breasts  
6-8 oz each, 1 inch thick

6 boneless skinless chicken thighs  
3-5 oz each

6 bone-in skin-on chicken thighs  
5-7 oz each

5-6 frozen chicken breasts  
5-8 oz each

6 frozen breaded chicken cutlets  
5-7 oz each

**BEEF**

Steak tips  
2 lbs, marinated

8 sirloin steaks  
5-7 oz each

Ground beef  
2 lbs, broken into chunks or patties

Fresh or frozen meatballs  
18-24 each, 1-1 ½ inch balls

**PORK**

8 fresh or frozen boneless pork chops  
6 oz each

4-6 bone-in pork chops  
12-14 oz each

5-6 Italian sausages  
1 pound

**SEAFOOD**

6 fresh or frozen salmon filets  
5-8 oz each

Fresh or frozen jumbo shrimp  
1 ½ lbs

**PLANT-BASED**

Plant-based beef  
2 12-oz packages

Tofu  
1 16-oz package,  
cut in 1-2-inch cubes or sticks

### Get Cooking

Flip the SmartSwitch™ up to COMBI COOKER and select COMBI MEALS. Set temperature and time based on protein.

**CHICKEN**

Fresh or frozen breasts & thighs  
390°F, 15-18 minutes

Breaded chicken cutlets  
375°F, 12-15 minutes

**BEEF**

Steak tips, steaks, or fresh or frozen meatballs  
350°F for 12-15 minutes

**PORK**

Chops, sausages, or plant-based sausages  
375°F for 12-15 minutes

**SEAFOOD**

Fresh or frozen salmon or shrimp  
350°F for 12-15 minutes

**PLANT-BASED**

Tofu or plant-based beef  
350°F for 12-15 minutes

**NOTE:** Temperatures and times are based on well-done proteins. Keep and eye on food for desired preference.

# Quick Start Guide to Making Meals

Your guide to easy, complete meals all in one pot in under 30 minutes

## BAKE TRAY

### PROTEIN

Pick your protein and season as desired. Slide the Bake Tray into Level 2 to create the perfect airflow.



## Combi Cooker Pan

### GRAINS & PASTA

Choose from a variety of grains or pasta. Add the desired amount to the Combi Cooker Pan.



### 1 Pour in grains or pasta

Start by pouring grain or pasta into the Combi Cooker Pan.



### 3 Prep and season protein

Prepare your desired protein, then place it on the Bake Tray and slide it into Level 2.



### 2 Add liquid

Add water, stock, or sauce and stir until combined. Slide Combi Cooker Pan into Level 1.



### 4 Cook

Flip the SmartSwitch™ up to COMBI COOKER, then select COMBI MEALS. Set temp and time based on the meal chart on the other side of this insert.

**Tip:** When cooking is complete, use oven mitts to remove the Bake Tray and Combi Cooker Pan from the unit. Be sure to remove accessories carefully to avoid spilling ingredients.

