

**Makes:
3-4 servings**

BUILD YOUR OWN *Speedi Meals*



Pick A Base

Start by adding your grain or pasta to the bottom of the unit. Add water, stock, or sauce and stir until combined.

Tip: If your base needs more time, switch to SEAR/SAUTE and continue to cook with the lid open until liquid is absorbed.

WHITE, INSTANT BROWN RICE

1 cup rice, (no need to rinse instant rice)
2 cups water or stock

QUINOA

1 cup quinoa, rinsed
1 1/2 cups water or stock

RISOTTO

1 cup Arborio Rice
4 cups water or stock

LENTILS

1 cup lentils
1 3/4 cups water or stock

RICED CAULIFLOWER

2 bags (10 oz ea.)
frozen cauliflower rice

BOXED RICE

1 box rice & beans, Cajun-style, Spanish-style, or Rice pilaf with water, seasoning, and liquids per box instructions

PASTA

1/2 box (8 oz) white, wheat or gluten-free

For Plain Pasta

3 cups water or stock
2 tablespoons oil or butter

For Tomato Sauce:

1 jar (24 oz) marinara
1 1/2 cups stock or water

BOXED MAC & CHEESE

1 box (7 1/2 oz) mac & cheese, cheese packets set aside
2 cups water
2 tablespoons whole milk, set aside
*Stir reserved cheese and milk into cooked macaroni

Pick A Vegetable

Season as desired. Mix in veggies (per recommended quantities) with base or place on Crisper Tray with protein.

Tip: Remove 1/2 cup liquid from base for fluffier rice

FRESH SPINACH
1 heaping cup

FROZEN VEGETABLES OF CHOICE
1 cup

FROZEN OR FRESH MUSHROOMS
1 cup

FRESH BROCCOLI OR CAULIFLOWER
1 cup, cut into 2-inch florets

CHERRY TOMATOES
1 cup

CANNED BEANS OF CHOICE
1 cup, drained

Pick A Seasoning

Season protein as desired with suggested or favorite seasoning.

Tip: Marinate proteins up to 6 hours ahead of time with favorite marinade or buy pre-marinated meats to save time

BBQ SEASONING

ITALIAN SEASONING

TACO OR FAJITA SEASONING

GREEK SEASONING

FRESH CITRUS JUICE AND/OR ZEST

ASIAN-INSPIRED SEASONING

Pick A Protein

Prepare your desired protein, then place on the Crisper Tray in the elevated position and close the lid. Be sure to follow recommended heights and weights.

SEAFOOD

SALMON FILLETS
4 fillets, 6 oz each
JUMBO SHRIMP
24 shrimp

FROZEN BREADED FISH FILLETS
4 fillets or 14 sticks (6 oz)

PORK

BONELESS PORK CHOPS
4 chops, 1-inch thick or less, 5-6 oz each
PORK OR PLANT-BASED SAUSAGES
6 sausages

CHICKEN

CHICKEN BREASTS
4 boneless skinless breasts, 5-6 oz each, 1 1/2-2-inch thick
BREADED CHICKEN BREASTS
4 boneless skinless breasts, 5-6 oz each, 1 1/2-2-inch thick
CHICKEN THIGHS
4 skin-on boneless thighs, 5-6 oz each
FROZEN PLANT-BASED CHICKEN
4 pieces, 5-6 oz each

BEEF

MEATBALLS OR PLANT-BASED MEATBALLS
12 meatballs, 2 oz each
STEAK TIPS
2 lbs marinated tips

PLANT-BASED

FALAFEL
12 falafel, 1 oz each
TOFU
1 package (16 oz), cut in cubes or sticks

Get Cooking

Flip the SmartSwitch up to Rapid Cooker mode and select Speedi Meals. Set temp and time based on protein.

Tip: For thicker cuts of meat, add 3-5 minutes to cook time. Note that this may overcook grains. We recommend sticking to suggested height and weight of proteins

SEAFOOD

350°F for 10-15 minutes

PORK

PORK, SAUSAGES & PLANT-BASED SAUSAGES
375°F for 10-15 minutes

CHICKEN

CHICKEN SAUSAGES
325°F 10-15 minutes

CHICKEN

CHICKEN & PLANT-BASED CHICKEN
Not breaded:
390°F for 10-15 minutes
Breaded:
375°F for 10-15 minutes

BEEF

RED MEAT, MEATBALLS & PLANT-BASED MEATBALLS
350°F for 10-15 minutes

PLANT-BASED

FALAFEL OR TOFU
350°F for 10-15 minutes

NOTE: These temps and times are for WELL DONE proteins. Keep eye on food for desired preference.

Final Touches

Finish bowl with suggested or favorite toppings.

SALSA

SOUR CREAM

GUACAMOLE OR AVOCADO

PICKLED VEGETABLES

HUMMUS

TZATZIKI

TOASTED NUTS OR SEEDS

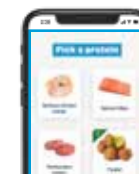
CHEESE OF CHOICE

DRESSING, VINAIGRETTE, OR HOT SAUCE

Makes: 3-4 servings

OUR FAVORITE *Speedi Meals*

6 easy meals to help you get started



Speedi Meal Builder
Make thousands of recipes
ninjatestkitchen.com/speedimealbuilder

Burrito Bowl



- RICE
- CANNED BLACK BEANS
- TACO OR FAJITA SEASONING
- BONELESS SKINLESS CHICKEN BREASTS
390°F for 10-15 minutes
- SALSA
- CHEESE OF CHOICE
- FRESH HERBS
- SOUR CREAM
- TORTILLA
- GUACAMOLE

Mediterranean Bowl



- QUINOA
- FRESH SPINACH
- GREEK SEASONING
- MEATBALLS OR PLANT-BASED MEATBALLS
350°F for 10-15 minutes
- HUMMUS
- TZATZIKI
- FRESH HERBS
- PICKLED VEGETABLES

Buddha Bowl



- LENTILS
- FROZEN OR FRESH MUSHROOMS
- FRESH CITRUS JUICE AND/OR ZEST
- TOFU
350°F for 10-15 minutes
- DRESSING OR VINAIGRETTE
- FRESH HERBS
- TOASTED NUTS OR SEEDS
- AVOCADO
- PICKLED VEGETABLES

Italian Pasta Bowl



- PASTA OF CHOICE
- ITALIAN SEASONING
- BONELESS SKINLESS CHICKEN BREASTS
390°F for 10-15 minutes
- FRESH HERBS
- CHEESE OF CHOICE

Asian-Inspired Bowl



- BROWN RICE
- FROZEN MIXED VEGETABLES
- ASIAN-INSPIRED SEASONING
- JUMBO SHRIMP
350°F for 10-15 minutes
- FRESH HERBS
- PICKLED VEGETABLES
- TOASTED NUTS OR SEEDS

Comfort Food Bowl



- BOXED MAC & CHEESE
- BREADED BONELESS SKINLESS CHICKEN BREASTS
375°F for 10-15 minutes
- CHEESE OF CHOICE
- HOT SAUCE