

# Build Your Combi Meal



**Makes 4-6 servings:** To reduce servings for 2-3 people, half the base, veggies, and protein quantities and follow temperature and time recommendations as listed.

## Pick a Base

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 3/4 cups water

**BOXED RICE PILAF**  
2 boxes (6.9 oz each)  
3 1/2 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 1/2 cups water

**BOXED WILD RICE**  
2 boxes (6 oz each)  
3 1/2 cups water + 2 tablespoons canola oil

**WHITE OR WHEAT PASTA**  
1 16-oz box  
**FOR PLAIN PASTA:**  
4 1/2 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 1/2 cups water

## 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

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

### 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 1/2 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 1/2 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 an 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.



### 2 Add liquid

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



### 3 Prep and season protein

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



### 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.

