

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
PLAIN PASTA
4 1/2 cups water + 1 tablespoon oil

FOR MARINARA SAUCE
1 jar marinara sauce (32 oz)
3 cups water + 1 tablespoon oil

FOR ALFREDO SAUCE
2 jars alfredo sauce (15 oz each)
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 to the Combi Cooker Pan along with your grains and liquid.

NOTE: To keep veggies separate from 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. Slide Bake Tray into Level 2 and close the oven door.

CHICKEN

6 chicken breasts (boneless, skinless)
6-8 oz each, 1 inch thick
6 chicken breasts (boneless, skinless)
3-5 oz each
6 chicken thighs (bone in, skin on)
5-7 oz each
5-6 chicken breasts (frozen)
5-8 oz each
6 chicken cutlets (frozen, breaded)
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
Meatballs (fresh or frozen)
18-24 each, 1-1 1/2 inch balls

PORK

8 boneless pork chops (fresh or frozen)
6 oz each
4-6 pork chops (bone in)
12-14 oz each
5-6 Italian sausages
1 pound

SEAFOOD

6 salmon filets (fresh or frozen)
5-8 oz each
Jumbo shrimp (fresh or frozen)
1 1/2 lbs

PLANT-BASED

Plant-based beef
2 packages, 12 oz each
Tofu
1 package, 16 oz
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

Breasts and thighs (fresh or frozen)
390°F, 15-18 minutes
Breaded chicken cutlets
375°F, 12-15 minutes

BEEF

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

PORK

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

SEAFOOD

Salmon and shrimp (fresh or frozen)
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.



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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.

