



# High-Energy Chicken and Sardines



\*Use the 10 mm extrusion die.

	Ingredient	Group	Ratio%	Volume Equivalent
40 oz.	Chicken Thighs (skin on)	Protein	35%	5.00 cups
10 oz.	Chicken Livers	Protein	7%	1.00 cups
2 can	Sardines (in water, drained)	Protein	7%	1.00 cups
6 oz.	Carrots	Vegetable	5%	0.75 cups
6 oz.	Celery	Vegetable	5%	0.75 cups
10 oz.	Broccoli and Stems	Vegetable	9%	1.25 cups
8 oz.	Sweet Potato	Vegetable	7%	1.00 cups
1.25 cups	White Rice	Grain	9%	1.25 cups
1.25 cups	Chicken Stock or Water	Liquid	9%	1.25 cups
4 oz.	Chia Seeds	Fiber/Vitamin	4%	0.50 cups
2	Large Eggs (whites & yolks)	Protein	4%	-
<b>Total: 114 oz. ( 7 lb. 2 oz.) or 14¼ cups</b>			<b>100%</b>	<b>14.25 cups</b>

## Poultry Operation

Chicken: 40 minutes

- Cut ingredients into ¾"-1" size pieces.
- Measure ingredients to the amounts listed in the recipe using the measuring cups provided.
- Assemble the unit for use.
- Load the ingredients in the following order: **Liquid, Grains, Proteins, Vegetables, Chia Seeds, Eggs.**
- Close the Lid.
- Plug unit into a grounded 120v electrical outlet.
- Press the **Power On Button**. 
- Press the **Menu Button**  to select food type. Press to highlight **Poultry**. 
- Press the **Start Button**. 
- The unit will begin to heat — once the correct temperature is achieved, the cooking timer will start automatically.
- Once the Cooking cycle completes, the Unit will beep.
- Place a round bowl of 4" height/2-3 quarts under the output.
- Press **Mix/Dispense Button**.  The Unit will mix and then automatically reverse direction and dispense the food.
- Rotate the bowl as food dispenses to prevent overspill.
- When dispensing is complete, open the lid and check for any remaining mixture. Scrape if needed.
- If food remains, Close the lid, press the **Dispense**  button, then press **Start**  to finish.
- Once the unit cools down, disassemble the parts and wash them thoroughly.