



Quick Prep Fish and Chicken



*Use the 10 mm extrusion die.

	Ingredient	Group	Ratio%	Volume Equivalent
16 oz.	White Fish (Cod or Whiting, boneless)	Protein	15%	2.00 cups
16 oz.	Salmon Filet (boneless)	Protein	15%	2.00 cups
24 oz.	Chicken Breast	Protein	23%	3.00 cups
20 oz.	Frozen Vegetable Medley (Broccoli, Carrots, Cauliflower)	Vegetable	19%	2.50 cups
10 oz.	Potatoes (diced)	Vegetable	9%	1.25 cups
1.25 cups	White Rice	Grain	9%	1.25 cups
1.25 cups	Chicken Stock or Water	Liquid	9%	1.25 cups
Total: 106 oz. (6 lb. 10 oz.) or 13¼ cups			100%	13.25 cups

Fish Operation

Fish: 35 minutes

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