Getting Started - Read Me First!

Thank you for purchasing the Mealthy® MultiPot, a fun and fast way to cook meals in mere minutes!

**STEP 1**
Unpack and inspect all parts and accessories. Is everything present? Are there any cracks or debris?

**STEP 2**
Check out the Cheat Sheet and the following instructions before using your MultiPot. Register your MultiPot, find how-to videos, recipes, and more at [www.mealthy.com/multipot](http://www.mealthy.com/multipot) or download the Mealthy app.

**STEP 3**
**Water Test!**
The water test familiarizes you with the MultiPot and verifies proper function.

⚠️ Steam will rise from the vent and/or around the float while your MultiPot comes to pressure; after pressure is reached, NO steam should rise from the vent or float.

USE A LIQUID CUP MEASURE TO ADD 3 CUPS WATER
LOCK LID
TURN TO SEALING
SELECT STEAM
ADJUST TIME (PRESS + BUTTON TO ADJUST TIME TO 3 MINUTES)
AFTER CYCLE COMPLETES, TURN TO VENTING

**STEP 4**
**Get Cooking!**
Some recipes call for ingredients to be sautéed before pressure cooking. Press **Sauté** on your control panel. Press **Sauté** again to adjust the temperature. After 10 seconds, your MultiPot will beep and **Sauté** will begin.

Sauté your ingredients according to your recipe. Press **Cancel** to end **Sauté**.
**STEP 5**
Place your prepared ingredients in the MultiPot, lock the lid in place, and turn the steam valve handle to Sealing. You'll hear a little tune when the lid is locked in place.

Select your cooking program.

Use the + or - buttons to adjust cooking time. After 10 seconds, your MultiPot will beep and your program will begin automatically!

**CAUTION**
Never exceed the max fill lines when pressure cooking!
The maximum fill lines only apply to recipes that require pressure cooking.

**STEP 6**
Cooking is complete; time to release that pressure! Most recipes tell you which which method to use.

**Natural Release:** do nothing; the pressure releases on its own.
**Quick Release:** turn the steam valve handle to Venting; pressure releases manually at a faster pace.

**STEP 7**
The steel pot, rack, silicone gasket, and steamer basket are all **dishwasher safe**. Never immerse the MultiPot base or lid in water. Make sure all valves are free of food and debris.