

PLEASE MAKE SURE TO READ THE ENCLOSED OWNER'S GUIDE BEFORE USING YOUR UNIT.



NINJA[®] MultiPot[™]

11-IN-1 MULTICOOKER

Quick start guide | Recipes, charts, and guides to get started



Meet your Ninja® MultiPot™

Introducing the multitasker your kitchen's been waiting for.

With versatile functions and swappable pots, the Ninja MultiPot lets you cook more than one dish, more than one way, at the same time. Faster nights, fewer dishes, better results—right out of the box.



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Upgrade your MultiPot

Accessories not included with all models; available for purchase on sharkninja.com



SCAN
HERE TO
SHOP



Steam Rack
Elevate food for gentle,
even steaming



Storage Lids
Easily store food
for later



Additional Pots
Meal prep with
extra pots

Get to know the Ninja® MultiPot™

Removable Dual-Hinged Lids

Use the side handles to open the lids. For easier opening, grip the handles toward the front.

TIP: To remove a lid, open it so it's upright, press the release button on the side of the hinges, and lift it upward. Lids are dishwasher safe.

(2) 3.3-qt Pots*

Easily mix and match meals.

Zone 1

Zone 2

Control Panel

Customizable cooking functions.

7.5-qt Pot**
Fit up to 7-lb roast and feed up to 12+ people.

Condensation Catch

Collects excess moisture. To empty, simply pull it out after each use or during cooking if needed.

***DO NOT** cook with the 3.3-qt pots inside the 7.5-qt pot. Nest the smaller pots in the larger one for storage **ONLY**.

**7.5-qt pot not included; available for purchase on sharkninja.com.

Get to know the MZ1000 control panel*

Zone 1 Button

Press with 3.3-qt pot installed in the left side to activate Zone 1.**

Sync Button

Press to sync Zone 1 and Zone 2 settings, or use with the 7.5-qt pot (sold separately)† to create XL-sized meals.

Zone 2 Button

Press with 3.3-qt pot installed in the right side to activate Zone 2.**

Power Button

Press to turn unit on or off.

Start/Stop Button

Press to start or stop.

Temp Button

Press to adjust temperature. Temp not adjustable on all functions.

Arrow Button

Use the up and down arrow button to adjust functions, time, and temperature.

Time Button

Press to adjust time. Time not adjustable for all functions.

HOW TO CANCEL A COOK:

Press the button for the zone you want to stop (Zone 1, Zone 2, or Sync), then press the ⏸ button. The display will flash “END” 5 times before stopping the cook. (Note: If you decide you’d rather not stop the cook, press the ⏸ button while the display is flashing “END” to continue cooking.)

*Colors and functions may vary by model.

**Ensure the 7.5-qt pot is removed when using the 3.3-qt pot(s).

†7.5-qt pot available for purchase on sharkninja.com.

Get to know DualZone™

Use the two 3.3-qt pots to feed up to 8 people.



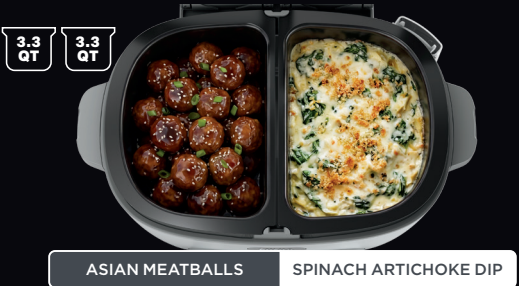
1 Dish, 2 Ways

Effortlessly cater to different tastes.



2 Foods, 2 Ways

Finish two mains or apps at the same time.



Mix & Match

Total versatility for endless meal combinations.



Use Sync to Unlock MegaZone

Use the 7.5-qt pot* for larger meals that feed up to 12 people.

*7.5-qt pot not included; available for purchase on sharkninja.com.



Scan here to get started

and learn how to cook in DualZone™ mode.



Scan for
how-to videos
and recipes.

Cook Functions*

	Slow Cook Set it and forget it while your meals cook to perfection	TIME SETTING Counts down from set cook time	TEMP SETTINGS Lo & Hi	AUTO KEEP WARM? Yes, timer counts up once cooking is complete	RECOMMENDED LID POSITION Closed
	Steam Gently steam veggies to lock in moisture and nutrients	TIME SETTING Counts down from set cook time after preheating	TEMP SETTINGS Not adjustable	AUTO KEEP WARM? No	RECOMMENDED LID POSITION Closed
	Sear/Sauté High bottom heat that's great for searing meats and browning veggies	TIME SETTING Not adjustable. Display shows "On" once preheated.	TEMP SETTINGS Lo, Med, & Hi	AUTO KEEP WARM? No	RECOMMENDED LID POSITION Open
	Stir Fry High heat for cooking proteins and veggies quickly	TIME SETTING Not adjustable. Display shows "On" once preheated.	TEMP SETTINGS Not adjustable	AUTO KEEP WARM? No	RECOMMENDED LID POSITION Open
	Simmer Crispy, golden results with less oil and less mess	TIME SETTING Not adjustable. Display shows "On" once preheated.	TEMP SETTINGS Not adjustable	AUTO KEEP WARM? No	RECOMMENDED LID POSITION Open or closed
	Pasta Cook dry boxed pasta to perfection, no draining required	TIME SETTING Not adjustable. Display shows "On" when active	TEMP SETTINGS Not adjustable	AUTO KEEP WARM? Yes, timer counts up once cooking is complete	RECOMMENDED LID POSITION Closed

*Functions may vary by model.

	Mixed Rice Cook rice and veggies all in one pot	TIME SETTING Not adjustable. Display shows "On" when active	TEMP SETTINGS Not adjustable	AUTO KEEP WARM? Yes, timer counts up once cooking is complete	RECOMMENDED LID POSITION Closed
	Rice Cook rice at the touch of a button	TIME SETTING Not adjustable. Display shows "On" when active	TEMP SETTINGS Not adjustable	AUTO KEEP WARM? Yes, timer counts up once cooking is complete	RECOMMENDED LID POSITION Closed
	Sous Vide Precision temp control for tender, evenly cooked steaks, salmon, veggies, and more	TIME SETTING Counts down from set cook time	TEMP SETTINGS 120–190°F (50–90°C)	AUTO KEEP WARM? No	RECOMMENDED LID POSITION Closed
	Bake** Bake casseroles and breads, then brown in the oven for the perfect crispy finish	TIME SETTING Counts down from set cook time	TEMP SETTINGS 250–400°F (120–200°C)	AUTO KEEP WARM? Yes, timer counts up once cooking is complete	RECOMMENDED LID POSITION Closed
	Keep Warm Keep food at a ready-to-eat temperature	TIME SETTING Counts up to show elapsed "Keep Warm" time	TEMP SETTINGS Not adjustable	AUTO KEEP WARM? N/A	RECOMMENDED LID POSITION Closed

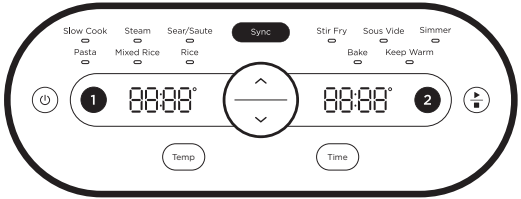
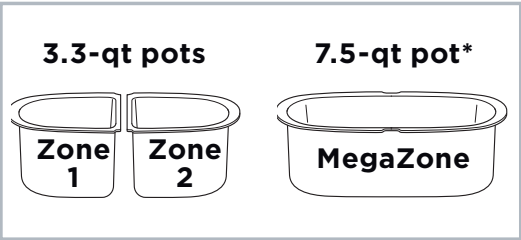
**For best results when baking batter-based recipes directly in the pot, reduce temperature by 100°F based on package instructions.

Cooking with the Ninja® MultiPot™

STEP 1

Choose your pot(s), press power, and select a zone

Zone 1 and/or Zone 2 for 3.3-qt pots.
Sync for 7.5-qt pot*.

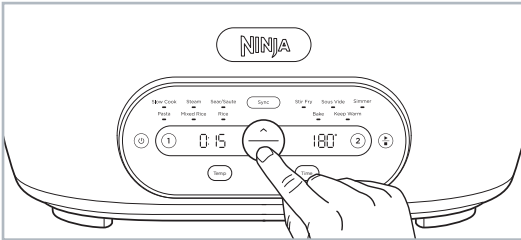


*7.5-qt pot not included; available for purchase on sharkninja.com.

STEP 2

Select your Function

Use the button to select your desired cook function. All functions can be used in Zone 1 and/or Zone 2 and Sync.



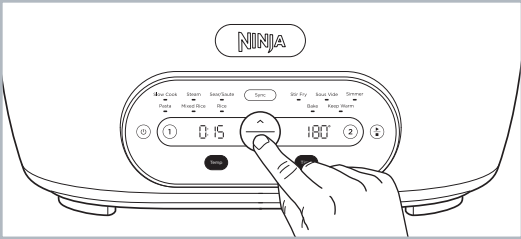
STEP 3

Adjust Time and Temp*

Press the **Time and/or Temp** button and use the button to adjust. If cooking in both zones, press the other zone button and repeat steps 2 and 3.

If you're cooking in Zone 1, the Time/Temp settings will appear on the left-hand display.
If you're cooking in Zone 2, the Time/Temp settings will appear on the right-hand display.

If you're cooking with the MegaZone, the temperature will show on the left-hand display and time will show on the right-hand display.

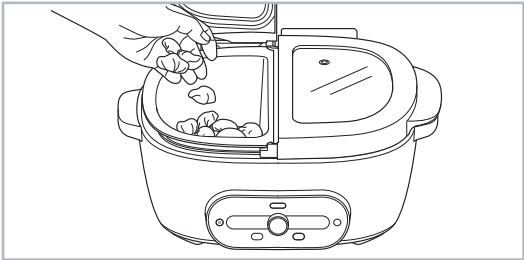


*Time and temperature are not adjustable for all functions. See Cook Functions table for more details.

STEP 4

Start Cooking

Add food and **press button to start cooking**. Glass lids can be opened for checking on food. See Cook Functions table for recommended lid position by function (for functions with preheat, wait for preheat to complete before adding food unless otherwise specified in recipe).



To adjust time or temperature while cooking, first press the zone button, then press the Time or Temp button, then adjust using the button.

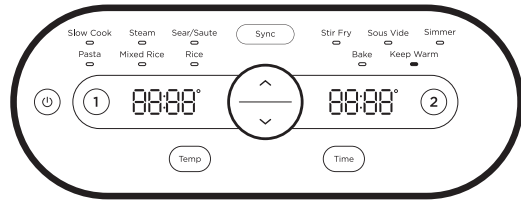
To stop a cook once a function has started, press the zone button first and then the button. "END" will flash 5 times on the display before the cook is stopped. You can then press the zone button and choose a new function.

Cooking with the Ninja® MultiPot™ (cont.)

STEP 5

Auto Keep Warm

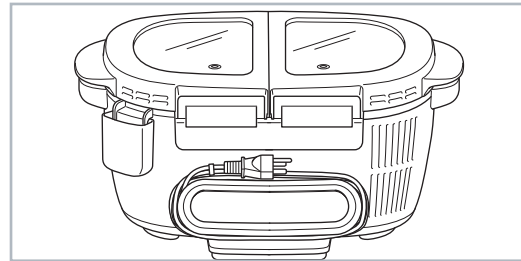
With most functions, **when cooking is complete, the unit automatically switches to Keep Warm** and the timer starts counting up. See Cook Functions table for the functions that switch to Keep Warm.



STEP 6

Take on the Go

If you want to take your unit with you, unplug and wrap the power cord securely around the unit for easy transport.



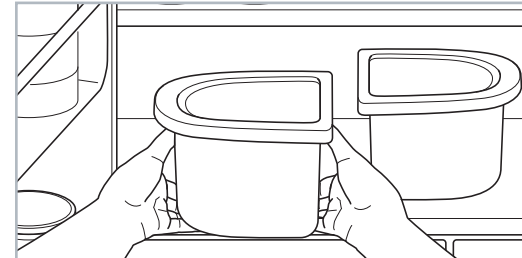
TIP: Tuck the plug under one of the cord loops when wrapped to keep it from coming undone.

Cooking with the Ninja® MultiPot™ (cont.)

STEP 7

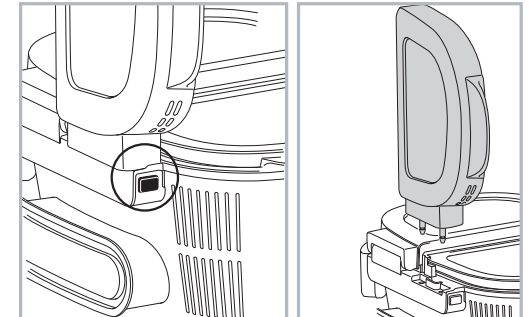
Easy Cleaning and Storing

Keep leftovers in the pot, cover pot with a custom Ninja® storage lid*, and store in the refrigerator or freezer. **DO NOT** seal lid on pot directly after cooking.



*Additional storage lids sold separately on sharkninja.com.

To remove the cooking lids for easy cleaning, they must be in the upright position. Then press the release button on the side of the hinge of the lid you want to remove and pull the lid upward.



Beef Bulgogi with Rice

DualZone™ Recipe

BEGINNER RECIPE ●○○

PROGRAMS: STIR FRY, RICE | **POTS:** BOTH 3.3-QT POTS | **PREP:** 10 MINUTES
TOTAL COOK TIME: 30 MINUTES | **MAKES:** 4 SERVINGS | **TOOLS NEEDED:** TIMER



Zone 1 Beef Bulgogi

MARINATE: 30 MINUTES | **TOTAL COOK TIME:** 30 MINUTES



Zone 2 Rice

TOTAL COOK TIME: 25 MINUTES

INGREDIENTS (ZONE 1)

- 1 1/2 pounds New York strip steak, thinly sliced
- 1/4 cup soy sauce
- 3 tablespoons brown sugar
- 1 tablespoon mirin
- 1 tablespoon sesame oil
- 1 tablespoon sriracha
- 2 tablespoons minced garlic
- 1 tablespoon ginger paste
- 1/2 Asian pear, grated
- 1 medium white onion, thinly sliced
- 3 green onions, trimmed, thinly sliced
- Sesame seeds, for serving

DIRECTIONS

- 1 To a medium bowl, add the steak, soy sauce, brown sugar, mirin, sesame oil, sriracha, garlic, ginger paste, and grated pear. Stir to combine and allow to marinate for 30 minutes.
- 2 After 30 minutes, press the power button to turn on unit. Press the **1** button then use ☺ button to select **STIR FRY**. Then press ☺ button to begin preheating with the lid open (approx. 8 minutes). **See Zone 2 Step 1 at this time.**
- 3 Once unit has preheated, add marinated steak to the pot and cook for 5 minutes. Then add the onion, stir to combine, and cook for another 25 minutes, stirring occasionally until liquid has reduced. **See Zone 2 Step 2 instructions at this time.**

NOTE: To stop a cook in one zone when using both zones, press the button for the zone you want to stop, then press the ☺ button. The display will flash “END” before stopping the cook in that zone. (Note: If you decide you’d rather not stop, press the ☺ button while the display is flashing “END” to continue cooking.)

INGREDIENTS (ZONE 2)

- 2 cups white rice, rinsed
- 2 cups water

DIRECTIONS

- 1 Add the rinsed rice and water to the pot and close the lid. Press the **2** button then use ☺ button to select **RICE**. Then press ☺ button to begin cooking. Unit will display “On” then switch to keep warm when cooking is complete (approx. 25 minutes). **See Zone 1 Step 3 at this time.**
- 2 When the rice is done cooking, unit will beep and switch to Keep Warm. Carefully open the lid and fluff the rice. Then divide the rice into four serving dishes, top with the beef bulgogi, garnish with green onions and sesame seeds, and serve.

BBQ Pulled Pork Sandwiches with Mac & Cheese



Set It & Forget It Meal

DualZone™ Recipe

BEGINNER RECIPE ●○○

PROGRAMS: SLOW COOK, SEAR/SAUTÉ | **POTS:** BOTH 3.3-QT POTS | **PREP:** 10 MINUTES
TOTAL COOK TIME: 8 HOURS | **MAKES:** 4–6 SERVINGS | **TOOLS NEEDED:** TIMER



Zone 1 Pulled Pork Sandwiches

TOTAL COOK TIME: 8 HOURS



Zone 2 Mac & Cheese

TOTAL COOK TIME: 18 MINUTES

INGREDIENTS (ZONE 1)

- 1 bottle (18 ounces) barbeque sauce
- 1/4 cup apple cider vinegar
- 1/4 cup water
- 3 pounds pork shoulder, cut in 2-inch chunks
- Potato rolls or hamburger buns, for serving

DIRECTIONS

- 1 Add barbeque sauce, vinegar, and water to pot; stir to combine, then add pork shoulder and stir to ensure everything has been coated in the sauce. Close the lid. Press power button to turn on unit. Press the **1** button then use ⊖ button to select **SLOW COOK**. Press **TEMP** and use ⊖ button to set to LO. Press **TIME** and use ⊖ button to set to 8 hours. Then press ⊕ button to begin cooking (timer will begin counting down).
- 2 See Zone 2 Step 1 at this time.
- 3 When cooking is complete, open lid and transfer pork to a large bowl. Use two forks to shred the pork. Then add 1 cup of the cooking liquid from the pot to the pork and stir to combine; add additional liquid until desired texture is achieved.
- 4 Evenly top the bottom halves of the buns with pulled pork, then close the sandwiches and serve hot with mac & cheese.

NOTE: To stop a cook in one zone when using both zones, press the button for the zone you want to stop, then press the ⊕ button. The display will flash “END” before stopping the cook in that zone. (Note: If you decide you’d rather not stop, press the ⊕ button while the display is flashing “END” to continue cooking.)

INGREDIENTS (ZONE 2)

- 1 3/4 cups water
- 1 cup evaporated milk
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/2 box (8 ounces) elbow pasta
- 1/2 cup heavy cream
- 1 block (8 ounces) sharp cheddar cheese, shredded

DIRECTIONS

- 1 When 20 minutes remain on Zone 1, add water, evaporated milk, salt, pepper, onion powder, garlic powder and paprika to the pot and stir to combine.
- 2 Press the **2** button then use ⊖ button to select **SEAR/SAUTÉ**. Press **TEMP** and use ⊖ button to set to MED. Then press ⊕ button to begin preheating (approx. 8 minutes).
- 3 When preheating is complete, allow mixture to come to a boil, then add the pasta to the pot and cook for 9 minutes, stirring occasionally.
- 4 After 9 minutes, press the **2** button then press ⊕ button to stop cooking. The display will flash “END” before stopping the cook. Add the heavy cream to the pasta mixture and stir to combine, then add the cheese and stir until melted and fully combined. See Zone 1 Step 3 at this time.



Purchased the 7.5-qt pot? Use Sync to unlock MegaZone functionality.

White Chicken Chili

BEGINNER RECIPE ●○○

PROGRAM: SLOW COOK | **POT:** 7.5-QT POT | **PREP:** 10 MINUTES
TOTAL COOK TIME: 6 HOURS | **MAKES:** 4-6 SERVINGS

INGREDIENTS

- 1 white onion, peeled, ends trimmed, diced
- 1 can (15.25 ounces) whole kernel corn, drained
- 1 can (10 ounces) diced tomatoes and green chilies
- 2 cans (15.5 ounces each) white northern beans, drained
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1/2 teaspoon cayenne pepper
- 1 1/2 teaspoons kosher salt
- 4 cups chicken broth
- 1/4 cup heavy cream
- 2 boneless, skinless chicken breasts (8 ounces each)

TOPPINGS, FOR SERVING

- Sour cream
- Shredded Mexican blend cheese
- Avocado, peeled, diced
- Fresh cilantro, roughly chopped
- Hot sauce
- Tortilla chips
- Lime wedges

DIRECTIONS

- 1 To the 7.5-qt pot, add onion, corn, tomatoes and green chilies, beans, spices, and chicken broth and stir to combine. Then add the chicken breasts to the mixture and close the lid.
- 2 Press power button to turn on unit. Press **SYNC** then use ⊖ button to select **SLOW COOK**. Press **TEMP** and use ⊖ button to set to LO. Press **TIME** and use ⊖ button to set to 6 hours. Then press ⊕ button to begin cooking (timer will begin counting down).
- 3 When cooking is complete, open lid and transfer the chicken breasts to a large bowl. Use two forks to shred the chicken, then return chicken to pot, add the heavy cream, and stir to evenly incorporate.
- 4 Ladle the chili into serving bowls, top with desired toppings, and serve.

Homemade Sloppy Joes

BEGINNER RECIPE ●○○

PROGRAM: SEAR/SAUTÉ | **POT:** 7.5-QT POT | **PREP:** 10 MINUTES
TOTAL COOK TIME: 23 MINUTES | **MAKES:** 12-14 SERVINGS | **TOOLS NEEDED:** TIMER

INGREDIENTS

- 3 pounds ground beef
- 1 large white onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 3 cans (8 ounces each) tomato sauce
- 2 tablespoons yellow mustard
- 1/2 cup ketchup
- 1 cup barbeque sauce
- Potato rolls or hamburger buns, for serving

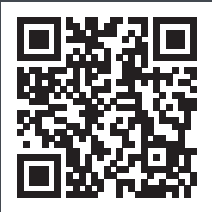
DIRECTIONS

- 1 Press power button to turn on unit. Press **SYNC** then use ⊖ button to select **SEAR/SAUTÉ**. Press **TEMP** and use ⊖ button to set to HI. Then press ⊕ button to begin preheating (approx. 8 minutes).
- 2 When preheating is complete, add the ground beef to the pot, breaking it up with a rubber spatula. Cook for 8 minutes or until beef is cooked through.
- 3 Add onion and pepper to the pot and cook for another 10 minutes or until vegetables are softened.
- 4 Add tomato sauce, mustard, ketchup, and barbeque sauce to the pot, stir to combine, and cook for another 5 minutes, stirring occasionally.
- 5 When cooking is complete, serve Sloppy Joes warm on potato rolls or hamburger buns.

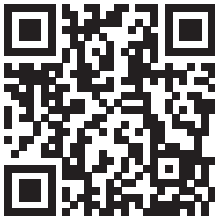
TIP Recipe can be reduced by half for fewer servings if desired. Keep an eye on cooking for desired doneness, as cook times will be reduced.

Get inspired with chef-curated recipes

Scan here for the recipes below and to get started.



Upgrade your Ninja® MultiPot™



Scan here to shop.



SHORT RIBS WITH GARLIC MASHED POTATOES
BEGINNER RECIPE ●○○
DUALZONE RECIPE



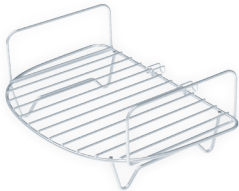
BANANA BREAD WITH CARAMEL SAUCE
INTERMEDIATE RECIPE ●●○
DUALZONE RECIPE



BUFFALO CHICKEN DIP & JALAPEÑO POPPER DIPS
BEGINNER RECIPE ●○○
DUALZONE RECIPE



GARLIC HERB PORK TENDERLOIN WITH RAINBOW CARROTS
INTERMEDIATE RECIPE ●●○
DUALZONE RECIPE



Steam Rack
Elevate food for gentle, even steaming.



Storage Lids
Easily store food for later.



Additional Pots
Meal prep with extra pots.

Accessories not included with all models; available for purchase on sharkninja.com.

Build your own mixed rice bowl

Directions

Add rinsed rice, water/stock, and any seasonings to the pot and stir to combine. Then layer add-ins evenly over the top and close the lid. Use the ☺ button to select **MIXED RICE**, then press the ⓘ button to begin cooking. Unit will display “On” then switch to keep warm when cooking is complete (approx. 25 minutes).

Pick a pot

3.3-qt DualZone pot(s)

1 cup rinsed rice
1 1/2 cups water or broth
1 cup add-ins

7.5-qt pot*

2 cups rinsed rice
2 1/2 cups water or broth
2 cups add-ins

Pick a grain

White rice
Basmati rice
Jasmine rice

Brown rice
Sushi rice
Wild rice

Pick add-ins

Carrots
Broccoli
Edamame
Peas & corn
Bok choy

Mushrooms
Bell peppers
Green beans
Canned beans
Onions

*7.5-qt pot not included; available for purchase on sharkninja.com.

Try new flavor combos

Layer bold flavors and textures to turn everyday ingredients into satisfying meals.

Get inspired

Teriyaki Bowl

Grains & Sauce or Seasoning:
White rice + water + 2 tbsp to 1/4 cup teriyaki sauce

Add-ins:
Carrot, onion, peas, corn

Tex-Mex Bowl

Grains & Sauce or Seasoning:
White rice + water + taco seasoning packet

Add-ins:
Onion, bell pepper, corn, black beans

Cajun Bowl

Grains & Sauce or Seasoning:
White rice + water + 1-2 tbsp cajun seasoning

Add-ins:
Onion, bell pepper

Lemon Garlic Bowl

Grains & Sauce or Seasoning:
White rice + water + 1-2 tbsp garlic + 1-2 tbsp lemon juice (after cooking)

Add-ins:
Broccoli

Coconut Curry Bowl

Grains & Sauce or Seasoning:
White rice + half water/half coconut milk + 2 tbsp to 1/4 cup red curry paste

Add-ins:
Green beans, bell pepper, carrot, onion

Cilantro Lime Rice & Bean Bowl

Grains & Sauce or Seasoning:
White rice + water + 1-2 tbsp lime juice (after cooking)

Add-ins:
Black beans, 2 tbsp to 1/4 cup cilantro (after cooking)

GRAIN & PASTA CHART

Add grain/pasta and water/stock to the pot, close the lid, use the ☹ button to select PASTA or RICE function, then press the ⌚ button to begin cooking.

TIP When using the RICE or PASTA function, “On” will appear on the display while cooking, then the unit will automatically switch to the Keep Warm function and display a count-up timer.

INGREDIENT	ZONE	DRY INGREDIENT AMOUNT		LIQUID AMOUNT (water or stock)	APPROX. COOK TIME	FUNCTION	TIPS
Brown rice short, long, or brown jasmine	Single or DualZone	1 cup	2 1/2 cups	Approx. 18–20 mins	RICE	Rinse rice before cooking. Fluff before serving and season as desired.	
		2 cups	4 cups				
	MegaZone	3 cups	6 cups	Approx. 25–45 mins			
		4 cups	8 cups				
White rice Short, medium or long grain	Single or DualZone	1 cup	2 cups	Approx. 18–20 mins	RICE	Rinse rice before cooking. Fluff before serving and season as desired.	
		2 cups	3 cups				
	MegaZone	3 cups	4 1/2 cups	Approx. 25–45 mins			
		4 cups	6 cups				
Basmati rice	Single or DualZone	1 cup	2 cups	Approx. 18–20 mins	RICE	Rinse rice before cooking. Fluff before serving and season as desired.	
		2 cups	4 cups				
	MegaZone	3 cups	6 cups	Approx. 25–45 mins			
		4 cups	8 cups				
Jasmine rice	Single or DualZone	1 cup	2 cups	Approx. 18–20 mins	RICE	Rinse rice before cooking. Fluff before serving and season as desired.	
		2 cups	3 cups				
	MegaZone	3 cups	4 1/2 cups	Approx. 25–45 mins			
		4 cups	6 cups				
Arborio rice	Single or DualZone	1 cup	2 cups	Approx. 18–20 mins	RICE	After cooking, season as desired. For a “risotto” style dish, add additional stock, Parmesan cheese, and herbs until desired consistency is achieved.	
		2 cups	4 cups				
	MegaZone	3 cups	6 cups	Approx. 25–45 mins			
		4 cups	8 cups				
Sushi rice	Single or DualZone	1 cup	1 1/2 cups	Approx. 18–20 mins	RICE	Rinse rice before cooking. Fluff before serving and season as desired.	
		2 cups	2 1/2 cups				
	MegaZone	3 cups	4 cups	Approx. 25–45 mins			
		4 cups	5 1/2 cups				
Wild rice	Single or DualZone	1 cup	1 1/2 cups	Approx. 18–20 mins	RICE	Fluff before serving and season as desired.	
		2 cups	2 1/2 cups				
	MegaZone	3 cups	3 2/3 cups	Approx. 25–45 mins			
		4 cups	5 cups				

GRAIN & PASTA CHART cont.

Add grain/pasta and water/stock to the pot, close the lid, use the ☺ button to select PASTA or RICE function, then press the ⌂ button to begin cooking.

TIP When using the RICE or PASTA function, “On” will appear on the display while cooking, then the unit will automatically switch to the Keep Warm function and display a count-up timer.

INGREDIENT	ZONE	DRY INGREDIENT AMOUNT	LIQUID AMOUNT (water or stock)	APPROX. COOK TIME	FUNCTION	TIPS
Short White Pasta (e.g., macaroni, shells)	Single or DualZone	Half box (8 ounces)	2 cups	Approx. 20–25 mins	PASTA	• The PASTA function is for use with boxed pasta only. Homemade pasta will NOT work. • The PASTA function will NOT work for alternative pastas such as whole wheat, gluten free, and chickpea. • Ensure pasta is spread out evenly after adding water. • Leave lid closed while cooking, stirring occasionally. When cooking is complete, stir pasta and season as desired. • If adding sauce, pour sauce over pasta and warm using the SEAR/SAUTÉ function.
	MegaZone	1 box (16 ounces)	4 cups	Approx. 20–25 mins		
Medium White Pasta (e.g., penne, rigatoni)	Single or DualZone	Half box (8 ounces)	2 cups	Approx. 20–25 mins	PASTA	
	MegaZone	1 box (16 ounces)	4 1/2 cups	Approx. 20–25 mins		
Long White Pasta (e.g., spaghetti, fettuccine)	MegaZone	Half box (8 ounces)	2 cups	Approx. 20–25 mins	PASTA	
		1 box (16 ounces)	4 cups			

TIP If overboiling starts to occur, open the lid and stir the pasta before closing the lid again. **DO NOT** stop the function.

STEAM CHART

Add steam rack* to the pot, then add water and vegetables and close the lid. Use the  button to select STEAM, press the TIME button to set cook time according to the chart, then press the  button to begin preheating (approx. 10 minutes). When preheating is complete, the timer will begin counting down.

VEGETABLE	PREPARATION	3.3-QT POT(S) WATER AMOUNT	7.5-QT POT* WATER AMOUNT	STEAM TIME
Beans, green	whole	2 cups	4 cups	7-14 minutes
Broccoli	1-2 inch florets	2 cups	4 cups	7-12 minutes
Brussels sprouts	whole, trimmed	2 cups	4 cups	12-16 minutes
Cabbage	cut in wedges	2 cups	4 cups	6-10 minutes
Carrots	whole, ends trimmed, peeled	2 cups	4 cups	7-10 minutes
Carrots, baby	whole	2 cups	4 cups	7-10 minutes
Cauliflower	1-2 inch florets	2 cups	4 cups	10-20 minutes
Corn on the cob	whole, husks removed	2 cups	4 cups	15-30 minutes
Parsnips	whole, ends trimmed, peeled	2 cups	4 cups	16-22 minutes
Potatoes, all	½-inch slices	2 cups	4 cups	14-18 minutes
Potatoes, new	whole	2 cups	4 cups	10-15 minutes
Potatoes, sweet	½-inch slices	2 cups	4 cups	15-22 minutes
Squash, butternut	peeled, 1-inch cubes	2 cups	4 cups	7-10 minutes

*Steam rack and 7.5-qt pot not included with all models. Available for purchase on [sharkninja.com](#).

TIP Arrange vegetables perpendicularly across steam rack to avoid fall-through.

SLOW COOK CHART

Add meat and liquid to the 3.3-qt pot or the 7.5-qt pot and close the lid. Use the  button to select SLOW COOK, press the TIME button to set cook time. Press TEMP and set to LO or HI, then press the  button to begin cooking.

TYPE OF MEAT	LIQUID	COOK TIME LOW	COOK TIME HIGH
BEEF			
Chuck	2 cups	8-10 hours	4-5 hours
Pot roast or brisket	2 cups	7-9 hours	3½-4½ hours
Short ribs	2 cups	7-9 hours	3½-4½ hours
Frozen meatballs (precooked)	2 cups	6-8 hours	3-4 hours
PORK			
Baby back or country ribs	2 cups	7-9 hours	3½-4½ hours
Pork tenderloin	2 cups	6-7 hours	3-4 hours
Pork butt or shoulder	2 cups	10-12 hours	5-6 hours
POULTRY			
Boneless, skinless breast	2 cups	6-7 hours	3-4 hours
Boneless, skinless thighs	2 cups	6-7 ½ hours	3-4½ hours
Bone-in breast	2 cups	6-7 ½ hours	3-4½ hours
Bone-in thighs	2 cups	7-9 hours	3½-4½ hours
OTHER			
Stew meat (beef, lamb)	2 cups	7-9 hours	3-4 hours

SOUS VIDE CHART

Please note the time ranges in this chart include the minimum cook time and the maximum cook time, after which food will start to degrade.

Cook time is dependent on the weight as well as the thickness of food, so thicker cuts of meat will require longer cook times. If your ingredients are thicker than 2½ inches, add more time.

INGREDIENT	AMOUNT	TEMP	COOK TIME
BEEF			
Boneless ribeye	2 steaks, 14 oz each, 1-2 inches thick	125°F Rare	1-5 hrs
Boneless ribeye	3 steaks, 14 oz each, 1-2 inches thick	130°F Medium Rare	1-5 hrs
Porterhouse	2 steaks, 14 oz each, 1-2 inches thick	135°F Medium	1-5 hrs
Filet mignon	4 steaks, 8 oz each, 1-2 inches thick	145°F Medium Well	1-5 hrs
		155°F Well Done	1-5 hrs
Flank	3 steaks, 12 oz each, 1-2 inches thick	125°F Rare	2-5 hrs
		130°F Medium Rare	2-5 hrs
		135°F Medium	2-5 hrs
Flat iron	2 steaks, 10 oz each, 1-2 inches thick	145°F Medium Well	2-5 hrs
		155°F Well Done	2-5 hrs
Beef brisket	3 lbs, 3-4 inches thick	145°F	24-48 hrs
PORK			
Boneless pork chops	5 chops, 6-8 oz each, 2½ inches thick	145°F	1-4 hrs
Bone-In pork chops	2 chops, 10-12 oz each, 2½ inches thick	145°F	1-4 hrs
Tenderloin	1 tenderloin, 1-½ lbs, 2½ inches thick	145°F	1-4 hrs
Boneless pork shoulder	3 lbs, 3-4 inches thick	165°F	12-24 hrs

NOTE: For best results, **DO NOT** use the unit prior to cooking and **DO NOT** use warm water (unit should not be warm from earlier use prior to cooking with SOUS VIDE function).

NOTE: If using the 3.3-qt pot, add 6-8 cups room-temperature water; if using the 7.5-qt pot*, add 12-16 cups room-temperature water. Food should be sealed in a food-safe plastic bag before submerging in water bath.

INGREDIENT	AMOUNT	TEMP	COOK TIME
CHICKEN			
Chicken breast	6 breasts, 6-8 oz each, 1-2 inches thick	165°F	1-3 hrs
Boneless chicken thighs	6 thighs, 4-6 oz each, 1-2 inches thick	165°F	1-3 hrs
Bone-In chicken thighs	4 thighs, 4-6 oz each, 1-2 inches thick	165°F	1½-4 hrs
Chicken leg quarters	2 quarters, 12-14 oz each, 1-2 inches thick	165°F	1½-4 hrs
Half chicken	2½-3 lbs	165°F	2-3 hrs
SEAFOOD			
Whitefish (Cod, Haddock, Whiting, Pollock)	2 portions, 6-10 oz each, 1-2 inches thick	130°F	1 hr-1½ hrs
Salmon	4 portions, 6-10 oz each, 1-2 inches thick	130°F	1 hr-1½ hrs
Shrimp	2 lbs	130°F	30 mins-2 hrs

*7.5-qt pot not included; available for purchase on [sharkninja.com](#).

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