

QUICK INSTANT POT STEAMING CHART

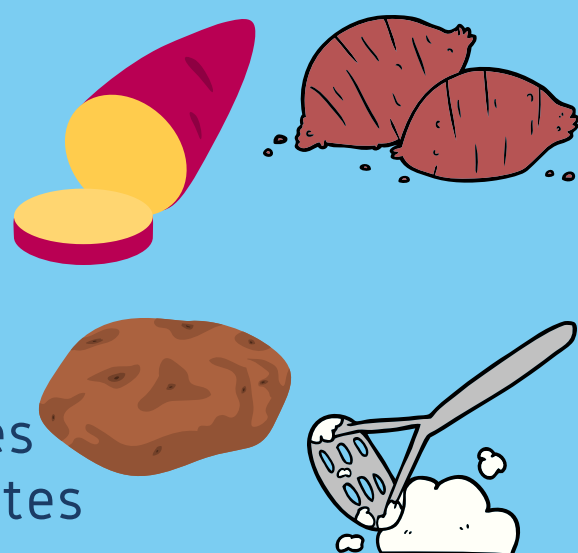
FRUIT & VEGETABLES

- Cauliflower, Broccoli, Leeks, Cabbage - 2 minutes
- Mushrooms, Asparagus - 2 minutes
- Carrots, Parsnips, Apples, Pears - 3 minutes
- Turnips, Rutabaga, Brussel Sprouts - 4 minutes
- Butternut Squash - 15 minutes



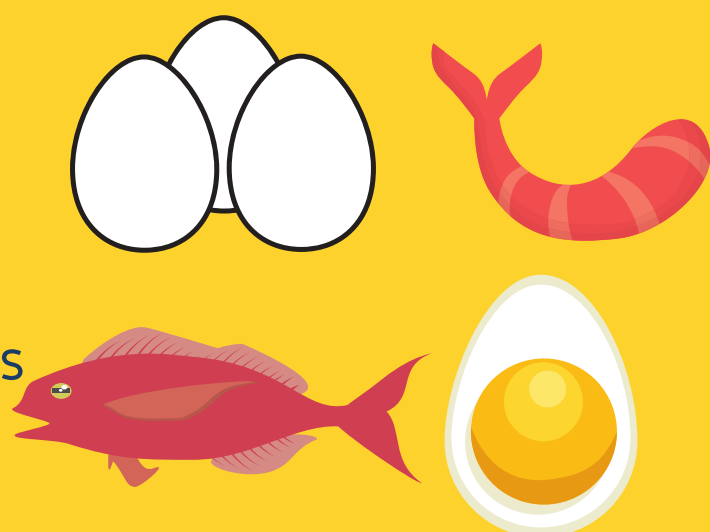
POTATOES

- Potato Salad - 5 minutes
- Cauliflower Mash - 5 minutes
- New potatoes - 10 minutes
- Mashed Potatoes - 10 minutes
- Root Vegetable Mash - 15 minutes
- Baked Sweet Potatoes - 20 minutes
- Baked White Potatoes - 30 minutes



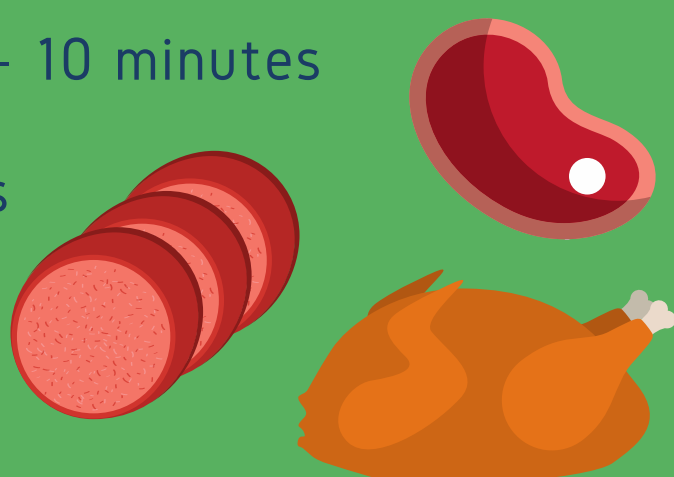
EGGS & FISH

- King Prawns - 1 minute
- Salmon - 2 minutes
- Soft Boiled Eggs - 2 minutes
- Hard Boiled Eggs - 5 minutes
- Egg Loaf - 7 minutes



MEAT

- Sloppy Joes - 6 minutes
- Meatloaf, Chilli, Chicken Liver - 10 minutes
- Chicken Wings - 10 minutes
- Shredded Chicken - 18 minutes
- Whole Chicken - 22 minutes
- Beef Roast - 40 minutes
- Beef Stew - 45 minutes



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