



GOT QUESTIONS?  
WE'RE HERE FOR YOU!

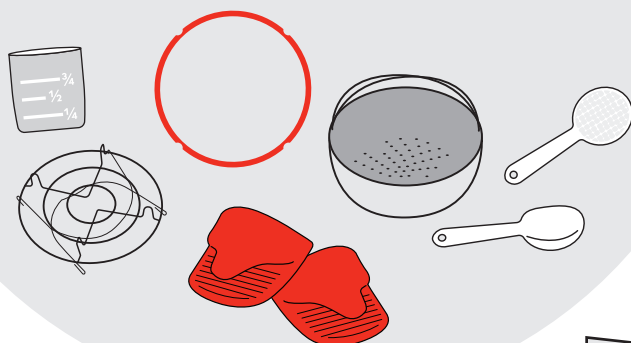
1-800-281-0146  
support@mealthy.com

# Getting Started - Read Me First!

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

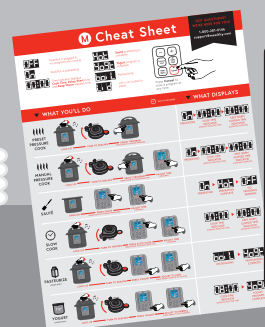
## STEP 1

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.

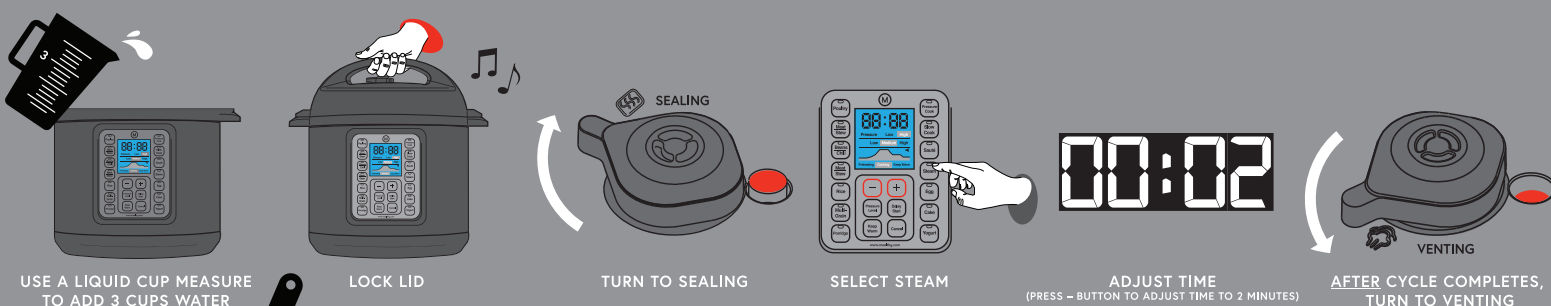


## STEP 3

### Water Test!

The water test familiarizes you with the MultiPot and verifies proper function.

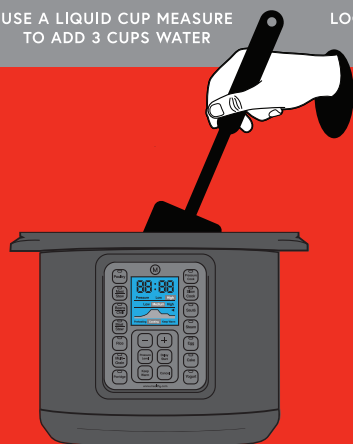
⚠ Steam will rise from the vent and/or around the float while your MultiPot comes to pressure; after pressure is reached, NO steam should rise from the vent or float.



## 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**.



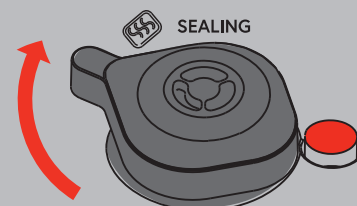
# Getting Started - Continued

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For a full list of parts, accessories, and directions, refer to your User Guide

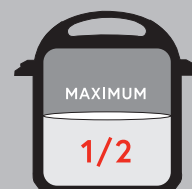
## STEP 5

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.

### CAUTION

Never put your hands, face, or unprotected skin over the steam release valve when releasing steam.  
Never block the steam valve or try to open the lid while the MultiPot is running or releasing pressure.

## 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.

