

## Instant Pot Pressure Cooking Timetable

| Rice & Grains | Grain : Water Ratio | Cook time  |
|---------------|---------------------|------------|
| Rolled Oats   | 1 : 2 cups          | 3 – 4 mins |
| White Rice    | 1 : 1 cups          | 4 mins     |
| Couscous      | 1 : 2 cups          | 2 – 3 mins |

| Dried Beans & Legumes | Dry Cook Time | Soaked Cook Time |
|-----------------------|---------------|------------------|
| Chickpeas             | 35 – 40 mins  | 10 – 15 mins     |
| Brown lentils         | 8 – 10 mins   | n/a              |
| Red split lentils     | 1 – 2 mins    | n/a              |

| Vegetables       | Fresh Cook Time | Frozen Cook Time |
|------------------|-----------------|------------------|
| Green Beans      | 1 min           | 1 – 2 mins       |
| Broccoli Florets | 1 min           | 1 min            |
| Carrots          | 3 – 5 mins      | 6 – 8 mins       |
| Potatoes (cubed) | 1 min           | 4 – 5 mins       |
| Potatoes (whole) | 5 – 8 mins      | 12 – 18 mins     |

| Meat & Poultry            | Cook Time            |
|---------------------------|----------------------|
| Beef, stew meat           | 20 min per 450g      |
| Chicken breasts, boneless | 7 min per 450g       |
| Lamb, cubes               | 10 – 15 min per 450g |
| Pork, loin roast          | 20 min per 450g      |
| Eggs (large)              | Hard boiled: 5 mins  |

| Seafood & Fish | Fresh Cook Time | Frozen Cook Time |
|----------------|-----------------|------------------|
| Fish, fillet   | 2 – 3 mins      | 3 – 4 mins       |
| Fish, steak    | 3 – 4 mins      | 4 – 6 mins       |
| Prawns         | 1 – 3 mins      | 2 – 4 mins       |