

Fasta Pasta®

the original microwave cooker

VEGETABLES, RICE & MORE COOKING CHART

WARNING Contents in Container are HOT

VEGETABLES

Vegetable	Quantity	Water Level	Cooking Time	Notes
Broccoli	2 cups	4	5-6 min	Vegetables must be covered with water.
Green Beans	12 oz.	4	7-8 min	
Asparagus	25 stalks/spears	2	7-8 min	
Butternut Squash (approx. 2 cups)	1/2" squares	3	12-13 min	
Potatoes	2 large; quartered	3 or 4	12-13 min	

RICE

Rice	Quantity	Water Level	Cooking Time	Notes
Brown	1 cup	3	28 min	When done, place lid on cooker. Let sit for 5 -10 mins.
White (Sushi or small grain)	1 cup	2	17 min	
White (Medium grain)	1 cup	2	16 min	
White (Long grain)	1 cup	2	17 min	

MISCELLANEOUS

Miscellaneous	Quantity	Water Level	Cooking Time	Notes
Ramen (1 Pkg.)	1 Pkg.	1	6 min	Crumble Ramen evenly in cooker. After cooking add seasoning packet & stir.
Ramen (2 Pkgs)	2 Pkg.	3	6 min, stop. Stir & cook 2 more min.	
Rice Noodle (Wide) (Makes 4 servings)	8 oz.	2	10 min	For less starch, rinse after cooking.
Rice Noodle (Thin) (Makes 4 servings)	2.25 oz.	4	6-7 min	First, gently break apart noodles. For less starch, rinse after cooking.

ORZO

Serving Size	1	2	3	4	Note Orzo is small. Strain carefully.
Measure (Cups)	1/3	2/3	1	1 +1/3	
Water level	1	2	3	4	
Cooking Time	10-11	11-12	12-13	13-14	

GNOCCHI

Serving Size	1	2	3	Note If frozen, add 2 min to cooking time.
Measure (Cups)	1	2	3	
Water level	1	2	3	
Cooking Time	6-7	7-8	8-9	