



One Pan

Use & Care Guide

READ AND REMEMBER: Take a moment to go through this guide and keep it handy for the future.

Welcome to Nutricook

High-five and thank you for choosing the Nutricook One Pan! We hope you enjoy the cooking journey ahead and make delicious memories along the way. Happy cooking!

Join us and
#ElevateYourLife
@nutricookworld

Explore more of our products and accessories on our website.

START FRESH

Let's kick off the right way! Begin by giving your One Pan a quick hand-wash. A fresh beginning always sets the tone

COOK WITH CONFIDENCE

Our ceramic non-stick coating is made **without** potentially harmful chemicals like PFOAs, PTFEs, other PFAs, lead and cadmium. It's all about delicious meals and peace of mind

HANDLE WITH CARE

AWARNING: BURN/SCALD HAZARD

Handle the Nutricook One Pan with extreme caution during and after cooking. The pan and lid can become very hot during use. ALWAY'S use oven mitts or protective gloves when handling the pan and lid to avoid burns or scalds.

AWARNING: HOT HANDLES AND KNOR

- The helper handle and the knob on the lid get hot during and after cooking
- The main handle is designed to stay cool but can get hot with prolonged heat exposure.
- When using the pan inside the oven, all surfaces, handles and knob are hot.

ALWAYS use oven mitts or protective gloves to prevent burn or scald injuries.

AWARNING:

DO NOT leave the pan unattended while cooking. **NEVER** let the pan boil dry. Boiling the pan dry can cause damage to the pan's non-stick ceramic coating.

AVOID HIGH HEAT

Cook on low to medium heat on the stovetop. **AVOID** using high heat, as it can damage the ceramic coating and reduce its non-stick properties.

OVEN SAFE

Use up to a maximum temperature of 250 $^{\circ}\text{C}/480\,^{\circ}\text{F}$. DO NOT exceed this temperature when using inside the oven.

READY, SET, STEAM!

Dive into healthful steaming using the included steamer basket. For steamy perfection, keep the basket from taking a water dip. And don't forget: Depending on what you're cooking and how long you cook, peek in every 15 minutes to keep water level to the Act and writh the one from chicking or the cooking and the cooking and the cooking or the cooking

COMPATIBLE FOR ALL COOKTOPS

Safe for use on gas, electric coil, electric glass ceramic, halogen, and induction stoyetops

ALWAYS ensure to match the size of the pan with an appropriate burner, avoiding the handle extending over the flame, especially on a gas range, to prevent discoloration and potential heating of the handle

USE THE RIGHT LITENSILS

Opt for silicone, nylon, or wooden utensils when cooking with the One Pan. Skip metal utensils – they can cause scratches and damage.

GENTLE CARE ONLY

Show your One Pan some love with gentle care. **AVOID** abrasive scrubbers, steel wool, or harsh cleaning pads.

COOL IT DOWN, THEN CLEAN

Give your One Pan a breather. Let it cool to room temperature before cleaning. **AVOID** the hot-to-cold shock as it can cause irreparable warping or damage to the ceramic coating.

HANDWASH ONLY

Handwash the pan, the lid, the spatula, and steamer basket. Skip the dishwasher and opt for mild dish soap and a soft sponge.

STORE PROPERLY

Your One Pan deserves a comfy home. Store it with care to prevent scratching and chipping. **DO NOT** store anything, other than the included steamer basket, inside the pan when not in use.

Notes

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One Pan
Designed in California
Made in China

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