

get started

INSTANT POT®
4-SLICE AIR FRYER TOASTER OVEN
WITH INSTANTHEAT™ TECHNOLOGY
USER MANUAL

Instant Pot®

Welcome

to your new Instant Pot® 4-Slice Air Fryer Toaster Oven with InstantHeat™ Technology!

This air fryer toaster oven can help you make delicious foods in a snap. We hope you fall in love with your new appliance and enjoy it in your kitchen for years to come!

Get started with your new air fryer toaster oven!



Scan for helpful cooking times for some of your favorite foods.



⚠️ WARNING

Before using your new appliance, read all instructions, including the Important Safeguards. **Failure to follow the safeguards and instructions may result in personal injury and/or property damage.**

CONTENTS

Important safeguards	2
What's in the box	7
Basic operation	10
Initial set up	11
Cooking Programs	12
What to cook in	14
Safe cooking minimums	15
Using a Cooking Program	16
Cleaning	17
Troubleshooting	18
Replacement parts	19
Learn more	20
Warranty	21
Notes	23

IMPORTANT SAFEGUARDS

⚠ WARNING

Failure to follow safety instructions may result in personal injury and/or property damage and may void your warranty.

READ ALL INSTRUCTIONS

Before using your new appliance, please read all instructions, including the Safety Information below. Keep this manual for reference.

Placement

- **DO** place the appliance on a countertop only. Always operate the appliance on a stable, non-combustible, level surface.
- **DO** make sure all parts are dry and free of food debris before use.
- **DO** use extreme caution when moving the appliance. Always let the appliance cool to room temperature before handling, cleaning or moving.
- **DO NOT** place the appliance on butcher block, other wood surfaces, Formica, laminate or other combustible surfaces.
- **DO NOT** place the appliance or power cord on or close to a gas or electric stovetop or oven. **NEVER** use the appliance on your stove.
- **DO NOT** use the appliance near water, an external heat source or flame.
- **DO NOT** use outdoors. Keep out of direct sunlight.
- **DO NOT** store any item on top of the appliance when in operation. A fire may occur if the toaster oven is covered or touching flammable material, including curtains, draperies, walls, and the like, when in operation.
- **DO NOT** move the appliance if it contains hot food or hot liquids.

General Use

- **DO** use oven mitts when removing accessories and handling hot items.
- **DO** place hot accessories on a heat-resistant surface or cooking plate.
- **DO NOT** touch the appliance's hot surfaces or heating elements, or any accessories during or immediately after cooking because they will be hot and may result in burn injuries. Use the appliance's handles or knobs.

⚠ WARNING

- **DO NOT** move the appliance while it is in use.
- **DO NOT** allow children or persons with reduced physical, sensory or mental capabilities to operate this appliance. Close supervision is necessary when any appliance is used by or near children and persons with reduced physical, sensory or mental capabilities. Children should not play with this appliance.
- **DO NOT** use the appliance for anything other than its intended use. It is intended for household use. It is not intended for commercial use.
- **DO NOT** leave the appliance unattended while in use.
- **DO NOT** use the appliance for more than 60 minutes in a 2-hour period. Exceptions are the Dehydrate function for units that include it.
- **DO NOT** attempt to touch moving parts while appliance is in use.

Cooking Cautions

When the appliance is in operation, hot air is released through the air vents. Keep your hands and face away from the air vents and take extreme caution when removing hot accessories from the appliance.

Failure to do so may result in personal injury and/or property damage.

While cooking, the internal temperature of the appliance reaches several hundred degrees. To avoid personal injury, **NEVER** place unprotected hands inside the appliance until it has cooled to room temperature.

- **DO** use extreme caution when removing the basket/cooking tray or disposing of hot cooking residue.
- **DO** use extreme caution when using containers made of material other than glass or metal.
- **DO NOT** use glass or silicone cooking containers for cooking. This appliance has a maximum heat level that can shatter the glass or cause the silicone to catch fire.
- **DO NOT** use a ceramic-coated or stoneware pot for cooking.
- **DO NOT** cover or block the vents while the appliance is operating. Doing so will prevent even cooking and may cause damage to the appliance. Leave at least 5 in (13 cm) of space around the oven when in use.
- **DO NOT** cover or let the appliance touch or near flammable materials like curtains, draperies or walls while in operation, as these may cause a fire.
- **DO NOT** use this appliance for deep frying foods.

⚠ WARNING

- **DO NOT** pour oil into the cooking container. Using excess cooking oil could cause fire and result in personal injury and/or property damage.
- **DO NOT** use oil sprays with a low smoke point (such as flaxseed oil, walnut oil, butter, extra virgin olive oil and hempseed oil). If needed, spray food lightly with oil with a high smoke point (such as refined avocado oil, safflower oil, refined sunflower oil, refined peanut oil, canola oil and refined coconut oil) from a cooking spray before placing in the basket.
- **DO NOT** use this appliance for making popcorn.
- Should the unit emit black smoke during use, press **Cancel** and unplug the appliance immediately. Wait for smoking to stop and for the unit to cool before opening the door, then clean thoroughly. For further information refer to 'Troubleshooting'.

Overfilling

- **DO NOT** overfill the unit. Overfilling may cause food to contact the heating element, which may result in personal injury, fire, and/or property damage. When using a cooking tray, only place food in a single layer and do not stack food. When using a cooking basket, do not fill more than 3/4 full. Best cooking results require air circulating through the food.
- **DO NOT** allow food to contact the heating element.

Accessories

- **DO** use aluminum cooking pans for best results and faster cooking times. You may use steel cooking pans, but these will not deliver the best results.
- **DO** use only accessories or attachments authorized by Instant Pot Brands. The use of parts, accessories or attachments not recommended by the manufacturer may cause a risk of electric shock or other personal injury, fire and/or property damage.
- **DO NOT** use the included accessories in a microwave, convection or conventional oven, on a ceramic, electric or gas cooktop, or with an outdoor grill.
- **DO NOT** cover crumb tray or any part of the oven with metal foil. This will cause overheating of the oven.

Care and Storage

- **DO** let the appliance and heating elements cool to room temperature before cleaning or storage.

⚠ WARNING

- **DO NOT** store any materials in the appliance when not in use.
- **DO NOT** place any combustible materials in the appliance, such as paper, cardboard, plastic, Styrofoam or wood.
- **DO NOT** clean the appliance with metal scouring pads or steel wool. Pieces can break off and touch the electrical parts, causing a risk of shock, burns or other personal injury.

Power Cord

A short power-supply cord is used to reduce the risk resulting from grabbing, entanglement or tripping. **WARNING:** Hot spilled food can cause serious burns.

- **DO** keep appliance and cord away from children.
- **DO** disconnect the power cord from the electrical outlet when not using the appliance and before cleaning.
- **DO NOT** let the power cord hang over edge of tables or counters.
- **DO NOT** let the power cord touch hot surfaces or open flame, including the stovetop.
- **DO NOT** use below-counter power outlets.
- **DO NOT** use with extension cords, power converters or adapters, timer switches or separate remote-control systems.

This appliance has a 3-prong grounding plug. To reduce the risk of electric shock:

- **ONLY** plug the power cord into a grounded electrical outlet.
- **DO NOT** remove the grounding prong on the electrical plug.

Electrical Warning

The appliance contains electrical components that are an electrical shock hazard. **Failure to follow these instructions may result in electric shock and/or death.**

To protect against electrical shock:

- To disconnect, select **Cancel**, then remove plug from power source. Always unplug when not in use, as well as before adding or removing parts or accessories, and before cleaning. To unplug, grasp the plug and pull from the outlet. **NEVER** pull from the power cord.
- **DO** regularly inspect the appliance and power cord for any signs of damage or fraying.

⚠ WARNING

- **DO NOT** operate the appliance if the power cord or plug is damaged, or after the appliance malfunctions or is dropped or damaged in any manner. For assistance, contact Consumer Care by email at **support@instantpot.com**.
- **DO NOT** attempt to dislodge food while the appliance is plugged in to an electrical outlet as this may lead to electric shock, burns or other personal injury, and/or property damage.
- **DO NOT** insert oversize foods or metal utensils into the appliance as they may cause a fire or the risk of electric shock.
- **DO NOT** attempt to repair, replace or modify components of the appliance, as this may cause electric shock or other personal injury, fire and/or property damage, and will void the warranty. For assistance, contact Consumer Care by email at **support@instantpot.com**.
- **DO NOT** tamper with any of the safety mechanisms, as this may result in personal injury and/or property damage.
- **DO NOT** immerse power cord, plug or the appliance in water or other liquid.
- **DO NOT** clean the appliance by rinsing it under a faucet.
- **DO NOT** use the appliance in electrical systems other than 120 V ~ 60 Hz for North America.

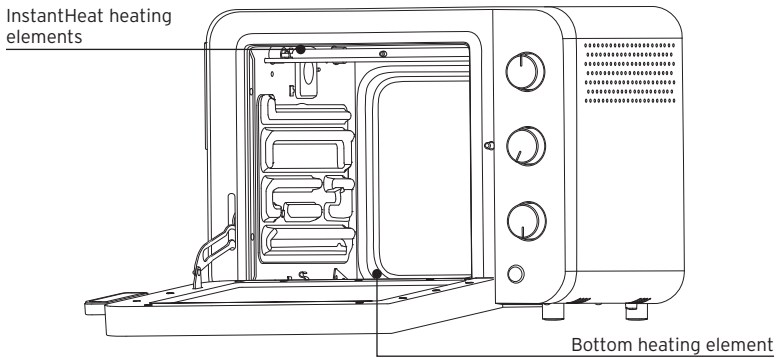
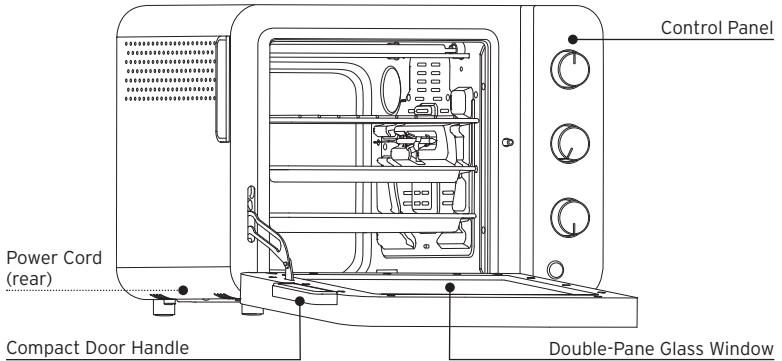
SAVE THESE INSTRUCTIONS

⚠ WARNING

Failure to follow safety instructions may result in personal injury and/or property damage and may void your warranty.

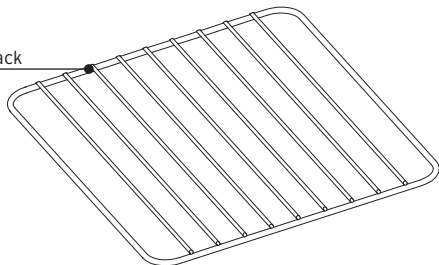
WHAT'S IN THE BOX

Air fryer toaster oven

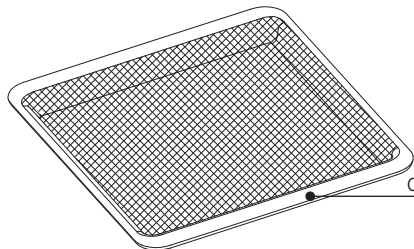


Accessories

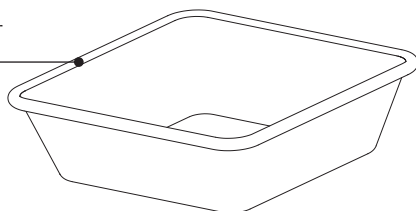
Chrome Cooking Rack

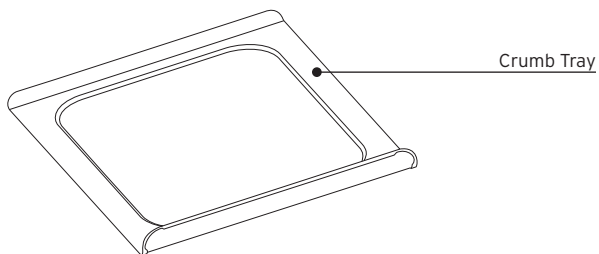
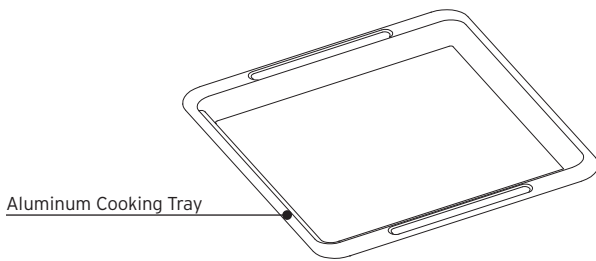


Chrome Air Fry Basket



Baking Pan
(bonus accessory for
model 140-4030-01)





Illustrations are for reference only and may differ from the actual product.

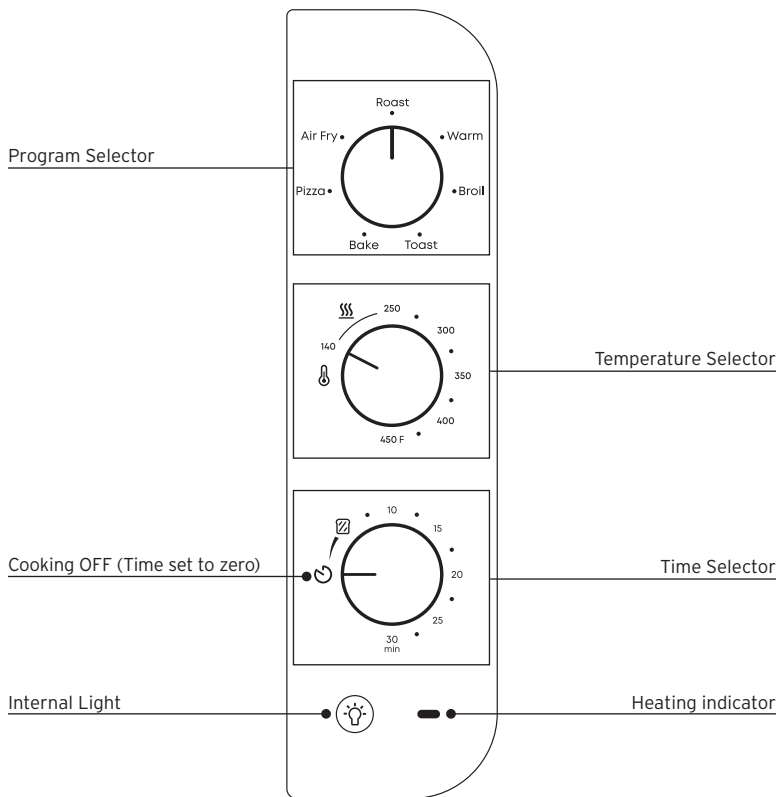
Remember to recycle!

Please recycle everything that can be recycled where you live. Be sure to keep this user manual for reference.

BASIC OPERATION

Control panel

We've designed the control panel to be simple to use.



INITIAL SET UP

Unpack

1. Remove your new air fryer toaster oven from the box.
2. Remove all the packaging material from in and around the appliance.
3. Make sure to remove and unpack all accessories from the box.
4. Don't remove the safety warning stickers or the rating label from the appliance.

Clean before use

1. Wipe the interior with a damp cloth. Use a clean, soft cloth to dry.
2. Wash the accessories with hot water and dish soap. Rinse with warm, clear water and use a soft cloth to dry.

Placement

1. Place your air fryer toaster oven on a stable, level surface, away from combustible material and external heat sources. Do not place your air fryer toaster oven on top of another appliance.
2. Make sure to leave at least 5 in / 13 cm of space above and around all sides of the appliance to allow for sufficient air flow.

Test run

Before using your new air fryer toaster oven for the first time, you should perform a test run to ensure the unit is working properly.

Step	What to do
1	Plug the electrical cord into an outlet.
2	Turn the Program Selector to select Air Fry .
3	Turn the Temperature Selector to 400°F.
4	Turn the Time Selector to 10 min. <i>The Heating indicator turns on and appliance starts cooking.</i>
5	When the Cooking Program completes, the unit dings. <i>The Time Selector is in the OFF position and the Heating indicator is off.</i>
6	Unplug the unit and let it fully cool before cleaning or storing.

Now you're ready to cook a meal in your Instant Pot InstantHeat Air fryer toaster oven!

COOKING PROGRAMS

Each cooking program is designed to optimize the heating elements and fan for specific types of food. You select the cooking time and temperature for each cooking program, according to your recipe. You can adjust cooking time and temperature during cooking as needed.

Preheating the oven

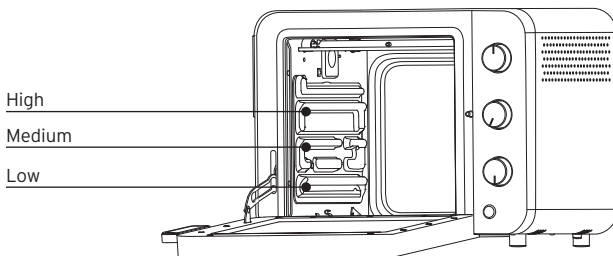
With InstantHeat Technology, most foods and cooking programs don't require preheating. But for baking, letting the oven preheat helps cooking. For Bake, set the temperature and add 3 to 5 minutes to your cooking time. After 3 to 5 minutes, insert your food.

Turning or flipping food

You can flip, turn, shake, or stir some foods during some cooking programs to ensure even cooking and overall crispness. Be careful when moving food to avoid hot cooking surfaces. When you open the oven door, heating pauses but the cooking timer continues. When you close the oven door again, heating resumes.

Rack levels for cooking

When cooking, place the cooking tray or basket on the appropriate rack level to bring food closer or further from the heating elements.



Use these recommendations for each cooking program:

Program	How it cooks	Types of foods	Cook in/on	Rack Level	Turn or flip
Air Fry	Make crispy food with little to no oil	Fries, chicken wings, nuggets and frozen food	Air Fry Basket	Middle	Yes
Toast	Evenly toasts	Bread, bagels	Cooking Rack	Bottom	No
Pizza	Crisps crust and melts and browns cheese	Frozen pizza	Cooking Rack	Medium	No
Bake	Evenly bakes and browns baked goods	Cookies, cakes, brownies and pastries	Cooking Tray or metal baking dish on Cooking Rack	Middle Bottom (for items in baking dish)	Yes
Roast	Sears food on contact	Proteins and fresh pizza	Cooking Tray	Middle	Yes
Broil	Evenly brown tops of food	Nachos, thin cuts of meat, fish and browning casseroles	Cooking Tray	Top (thin items) Middle (thick items)	Yes
Warm	Heat leftovers	Leftover meals and snacks	Cooking Tray or metal baking dish on Cooking Rack	Middle	Yes

WHAT TO COOK IN

Cooking utensil	How it works
Air Fry Basket	Allows air to circulate under and around your food for even heating and the perfect crisp. <i>Be sure to use the Crumb Tray on the bottom of the cooking chamber to catch drippings.</i>
Cooking Rack	Elevates your food for direct heat exposure on both the top and bottom. You can place food right on the Cooking Rack, without using foil or other coverings. <i>Be sure to use the Crumb Tray on the bottom of the cooking chamber to catch drippings.</i>
Cooking Tray	Provides a solid surface for foods that need that support, and catches any drippings. You can place food right on the Cooking Tray, without using foil or other coverings.
Aluminum Baking Dish	Hold foods, like batter for cakes and dough for breads. Place the baking dish on the Cooking Rack, leaving approximately 1"/ 2.5 cm of space around all sides of the baking dish to allow heat to circulate evenly. Aluminum delivers the most even heating and the best cooking results. Other metals can cause burn marks on food.
Glass or Ceramic Baking Dish	DO NOT use. The high heating temperatures can cause glass and ceramic baking dishes to shatter.
Silicone Baking Dish	DO NOT use. The high heating temperatures can cause silicone baking dishes to burn.

SAFE COOKING MINIMUMS

When cooking, check that the food is heated to the following minimum internal temperature to ensure food safety.

Product	Minimum Internal Temp	Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145°F (62.8°C)	3 minutes minimum
Ground Meats	160°F (71.1°C)	
Ground Poultry	165°F (73.9°C)	
Ham Fresh or smoked (uncooked)	145°F (62.8°C)	3 minutes minimum
Fully Cooked Ham (to reheat) Packaged in USDA-inspected plants	140°F (60°C)	
Fully Cooked Ham (to reheat) Not packaged in USDA-inspected plants	165°F (73.9°C)	
All Poultry Breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing	165°F (73.9°C)	
Eggs	160°F (71.1°C)	
Fish & Shellfish	145°F (62.8°C)	
Leftovers	165°F (73.9°C)	
Casseroles	165°F (73.9°C)	

Source and for more information: *USDA Safe Minimum Internal Temperature Chart (May 11, 2020)* – <https://www.fsis.usda.gov/safetempchart>

USING A COOKING PROGRAM

Your Instant Pot Air Fryer Toaster Oven uses InstantHeat technology to rapidly crisp and cook food, in a fraction of the standard cooking time.

⚠ WARNING

HOT SURFACES

The air fryer toaster oven chamber will be hot during and after cooking. Always exercise extreme caution when removing food from the hot air frying basket and cooking chamber. Touching hot surfaces may result in personal injury, and/or property damage.

MUST ALLOW AIR FLOW

To prevent personal injury, do not block air intake or air vents.

How to cook

Step	What to do	Notes
1	Place food on the Cooking Tray/Rack, insert the Cooking Tray/Rack into the oven, and close the door.	
2	Turn the Program Selector to choose a cooking program.	
3	Turn the Temperature Selector to choose the cooking temperature.	<ul style="list-style-type: none">You can change the temperature at any time by turning the Temperature Selector.
4	Turn the Time Selector to choose the cooking time. <i>The Heating indicator lights and the appliance starts cooking.</i>	<ul style="list-style-type: none">You can change the time at any time by turning the Time Selector.
5	When the cooking program completes, the unit dings. <i>The Time Selector is in the OFF position and the Heating indicator is off.</i>	<ul style="list-style-type: none">You can stop cooking at any time by turning the Time Selector to OFF.Depending on the internal temperature of the unit, the fan may keep running to cool the cooker.
6	Open the door and carefully remove your food. <i>Unplug the unit and let it fully cool before cleaning or storing.</i>	

CLEANING

Clean your air fryer toaster oven after each use. Always unplug the unit and let all parts cool to room temperature before cleaning. Before use or storing, make sure all surfaces are dry.

⚠ WARNING

To prevent electric shock, unplug before cleaning. **DO NOT** immerse power cord, plug or the appliance in water or other liquid, which may result in electric shock.

Part	Cleaning instructions	Dishwasher safe?
Chrome Air Fry Basket Aluminum Cooking Tray Chrome Cooking Rack Crumb Tray Baking Pan (bonus accessory)	<ul style="list-style-type: none">• Wash after each use.• Hand wash with hot water and mild dish soap for best results.• Safe for cleaning with nylon or silicone scrub brushes.• Never use metal scrub brushes to clean.• Never use harsh chemical detergents or powders to clean.• Allow to air dry completely before using.	Yes, top rack*
Cooking chamber	<ul style="list-style-type: none">• Clean with a damp cloth and mild dish soap.• Always check the upper and lower heating elements and cooking chamber walls for oil spatter and food debris, and clean as needed.• Ensure the heating elements are dry before turning on the pizza oven.• To remove baked-on grease and food residue, spray with a mixture of baking soda and vinegar and wipe clean with damp cloth. For stubborn stains, allow the mixture to sit on the affected area for several minutes before scrubbing clean.	No
Power cord	<ul style="list-style-type: none">• Use a barely-damp cloth to wipe any particles off cord.	No

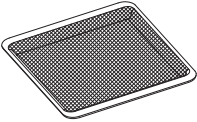


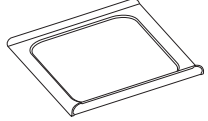
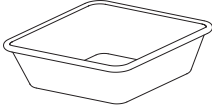
* Discoloration can occur after cleaning in the dishwasher, but this will not affect safety or performance.

TROUBLESHOOTING

Problem	Cause	Solution
Air fryer toaster oven will not turn on	The appliance is not properly plugged in.	Make sure the power cord is plugged into the outlet firmly.
	Outlet is not powered.	Plug another appliance into the same outlet to test the circuit.
Black smoke is coming from the air fryer toaster oven	Using an oil with a low smoke point.	Cancel the Cooking Program, unplug the cooker and allow it to cool to room temperature. Choose a neutral oil with a high smoke point, such as Canola, Avocado, Soybean, Safflower, or Rice Bran.
	Food residue on the heating element, in the cooking chamber or on the accessories.	Cancel the Cooking Program, unplug the cooker and allow it to cool to room temperature. Remove all accessories from the cooking chamber and clean the cooking chamber and all accessories thoroughly.
	Appliance malfunction.	Contact Consumer Care.
White smoke is coming from the air fryer toaster oven	Cooking foods with a high fat content, such as bacon, sausage, and hamburger.	Avoid cooking foods with a high fat content. Check the cooking chamber for excess oil and/or fat and carefully remove as needed before air frying.
	Water is vaporizing, producing thick steam.	Pat dry moist food ingredients before cooking. Do not add water or other liquid to the cooking chamber when air frying.
	Seasoning on food has blown into element.	Be mindful when seasoning food. Spray vegetables and meats with oil before seasoning to help the seasoning stick.

REPLACEMENT PARTS

We offer genuine replacement parts for your InstantHeat air fryer toaster oven, if you need them. Visit www.instantpot.com to order.

	Part	Part number
	Chrome Air Fry Basket	210-1490-01
	Chrome Cooking Rack	210-1487-01
	Aluminum Cooking Tray	210-1484-01
	Crumb Tray	210-1481-01
	Bonus Baking Pan (for model 140-4030-01)	210-1491-01
	User Manual	399-1288-03US

LEARN MORE

There's a whole world of Instant Pot® cooking information and help just waiting for you. Here are some of the most helpful resources.

Register your product

Instantpot.com/register

Contact Consumer Care

In the Instant Connect™ App
Instantpot.com/customer-care-center
support@instantpot.com

Download the Instant Connect™ App

Discover guided cooking and recipes
Available at iOS and Android app stores

Cooking charts and more recipes

Instantpot.com

How-to videos, tips and more

Instantpot.com

Replacement parts and accessories

Instantpot.com

Join the community



Product specifications

Model	Volume	Wattage	Power
IHAFT0101-SS IHAFT0101-TE IHAFT0101-RE IHAFT0101-ST	10.5 quarts / 10.0 L	1600 W	120V ~ 60Hz

WARRANTY

One (1) Year Limited Warranty

This One (1) Year Limited Warranty applies to purchases made one year from the purchase date or delivery date, whichever is later, from authorized retailers of Instant Pot Brands by the original appliance owner and is not transferable. Proof of original purchase date and, if requested by Instant Pot Brands, return of your appliance, is required to obtain service under this Limited Warranty. Provided the appliance was used in accordance with the use & care instructions, Instant Pot Brands will, in its sole and exclusive discretion, either: (i) repair defects in materials or workmanship; or (ii) replace the appliance. In the event that your appliance is replaced, the Limited Warranty on the replacement appliance will expire twelve (12) months from the date of receipt. Failure to register your product will not reduce your warranty rights. The liability of Instant Pot Brands, if any, for any allegedly defective appliance or part will not exceed the purchase price of a comparable replacement appliance.

What is not covered by this warranty?

- Products purchased, used, or operated outside of the United States and Canada.
- Products that have been modified or attempted to be modified.
- Damage resulting from accident, alteration, misuse, abuse, neglect, unreasonable use, use contrary to the operating instructions, normal wear and tear, commercial use, improper assembly, disassembly, failure to provide reasonable and necessary maintenance, fire, flood, acts of God, or repair by anyone unless directed by an Instant Pot Brands representative.
- Use of unauthorized parts and accessories.
- Incidental and consequential damages.
- The cost of repair or replacement under these excluded circumstances.

EXCEPT AS EXPRESSLY PROVIDED HEREIN AND TO THE EXTENT PERMITTED BY APPLICABLE LAW, INSTANT POT BRANDS MAKES NO WARRANTIES, CONDITIONS OR REPRESENTATIONS, EXPRESS OR IMPLIED, BY STATUTE, USAGE, CUSTOM OF TRADE OR OTHERWISE WITH RESPECT TO THE APPLIANCES OR PARTS COVERED BY THIS WARRANTY, INCLUDING BUT NOT LIMITED TO, WARRANTIES, CONDITIONS, OR REPRESENTATIONS OF WORKMANSHIP, MERCHANTABILITY, MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE OR DURABILITY.

Some states or provinces do not allow for: (1) the exclusion of implied warranties of merchantability or fitness; (2) limitations on how long an implied warranty lasts; and/or (3) the exclusion or limitation of incidental or consequential damages; so these limitations may not apply to you. In these states and provinces, you have only the implied warranties that are expressly required to be provided in accordance with applicable law. The limitations of warranties, liability, and remedies apply to the maximum extent permitted by law. This limited warranty gives you specific legal rights, and you may also have other rights which vary from state to state or province to province.

Product Registration

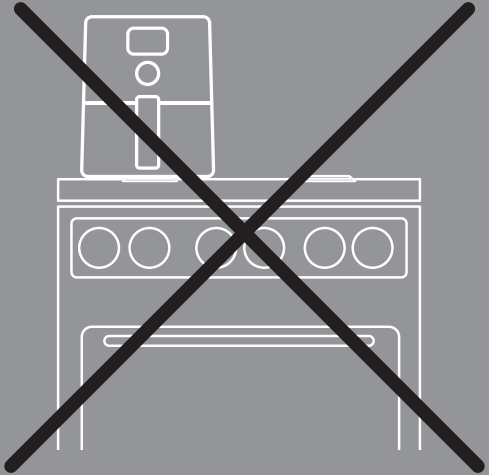
Please visit **www.instantpot.com/register** to register your new Instant Pot Brands appliance. Failure to register your product will not diminish your warranty rights. You will be asked to provide the store name, date of purchase, model number (found on the back of your appliance) and serial number (found on the bottom of your appliance) along with your name and email address. The registration will enable us to keep you up to date with product developments and recipes, and contact you in the unlikely event of a product safety notification. By registering, you acknowledge that you have read and understand the instructions for use, and warnings set forth in the accompanying instructions.

Warranty Service

To obtain warranty service, please contact our Consumer Care Department by email to **support@instantpot.com**. You can also create a support ticket online at **www.instantpot.com**. If we are unable to resolve the problem, you may be asked to send your appliance to the Service Department for quality inspection. Instant Pot Brands is not responsible for shipping costs related to warranty service. When returning your appliance, please include your name, mailing address, email address, phone number, and proof of the original purchase date as well as a description of the problem you are encountering with the appliance.

⚠ WARNING

DO NOT place this appliance on or close to a gas or electric burner, or inside an oven. NEVER use on your stove. Always operate this appliance on a stable, non-combustible, level surface, such as a kitchen countertop.



In Canada, distributed by
Instant Pot Brands
199 Bay Street, Suite 4000
Toronto, ON M5L 1A9 Canada

In U.S., distributed by
Instant Pot Brands
8725 W Higgins Road, Suite 725
Chicago, IL 60631 U.S.

instantpot.com

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05/30/2025

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