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MUSHROOM SOUP

SERVINGS
4

ACCESSORIES
OVENWARE WITH LID

TYPE OF HEATING
MICROWAVE

Ingredients
- 500ml vegetable stock
- 500ml Milk
- 250ml Cream
- 250g Mushrooms
- 1 Tablespoon white flour
- 50g Onion
- 30g Butter
- 1 Tablespoon chopped parsley
- Salt and pepper

Method
1. Place the butter in a bowl and microwave it for 30 seconds on 100% power.
2. Add in the mushrooms and microwave it for a further 2 minutes.
3. Mix the flour, milk and vegetable stock in a separate bowl and microwave it for 4-6 minutes on 100% power, stirring twice during this time.
4. Add the mushroom, parsley, salt and pepper to the bowl.
5. Set the microwave to 700W and microwave for 5-8 minutes.
6. Add cream and serve.
TOMATO AND BASIL SOUP

SERVINGS
4

ACCESSORIES
OVENWARE WITH LID

TYPE OF HEATING
MICROWAVE

Ingredients
- 1kg Tomatoes, skinned and chopped
- 1 Onion, chopped
- 2 Cloves of garlic, crushed
- 250ml Vegetable stock
- ½ Cup basil, torn
- 1 Tablespoon tomato puree
- ¼ Teaspoon pepper
- Salt to taste

Method
1. In a bowl, combine the tomatoes, onion, garlic and vegetable stock.
2. Cover and microwave on 700W power for 15 minutes.
3. Blend the tomato mixture until smooth and return to bowl.
4. Add tomato puree, basil, salt and pepper.
5. Microwave on 900W power for 3 minutes, stirring once.
CHEESY GARLIC BREAD

**Ingredients**
- 1 Small baguette, sliced in half horizontally
- ¾ Cup butter, softened
- 1 ½ Tablespoons minced garlic
- 2 Tablespoons fresh parsley, finely chopped
- Salt to taste
- 1 Cup mozzarella cheese, grated
- 1 Cup sharp cheddar cheese, grated

**Method**
1. Rapidly preheat the oven to 200°C. Line the lower rack with some tin foil and place the sliced bread on top, cut side up.
2. In a small bowl, combine the butter, garlic and salt and mix together until well blended.
3. Evenly spread the butter mixture over both halves of the bread right to the edges.
4. Sprinkle both cheeses over the top of the buttered bread.
5. Bake in the oven for 20 minutes or until the cheese has melted and browned.
6. Sprinkle with fresh parsley and serve.
OVEN FRIED ONION RINGS

SERVINGS 4
ACCESSORIES OVENWARE ON LOWER WIRE RACK
TYPE OF HEATING 3D HOT AIR

Ingredients
- 2 Cups plain flour
- 2 Teaspoons smoked paprika
- 4 Teaspoons salt
- 2 Cups buttermilk
- 4 Eggs
- 3 Cups panko breadcrumbs
- 4 Tablespoons olive oil
- 2 Large sweet onions, sliced 1cm thick

Method
1. Preheat the oven to 220°C. Place baking paper on a round tray.
2. In a small bowl, combine the flour, paprika and 2 tsps of salt.
3. In another bowl, whisk together the buttermilk and eggs. Add half the flour mixture to the buttermilk and beat until smooth and thickened.
4. In a separate bowl, combine the breadcrumbs, olive oil and the remaining salt.
5. Lightly dredge the onion rings into the flour mixture and then drop into the buttermilk. Drain the excess batter and then dredge into the breadcrumb mixture.
6. Arrange on the prepared baking tray in a single layer (you may have to do this in multiple batches).
7. Place in the oven and cook for 15-20 minutes until golden brown. Flip once halfway through cooking.
CHICKEN KEBABS

SERVINGS
2

ACCESSORIES
HIGHER WIRE RACK

TYPE OF HEATING
GRILL

Ingredients
- 1 Teaspoon paprika
- ½ Teaspoon dried thyme
- ½ Teaspoon ground nutmeg
- Salt and pepper to taste
- 2-3 boneless, skinless chicken breasts, cubed
- ½ yellow onion
- ¼ Cup olive oil
- 1 ½ Tablespoons garlic, minced
- Juice of 2 lemons
- 1 Green bell pepper, cut into 5cm pieces
- 1 Red bell pepper, cut into 5cm pieces
- 1 red onion, cut into 5cm pieces

Method
1. In a small bowl, combine the paprika, thyme, nutmeg, salt and pepper to make a spice mix and coat the chicken cubes with the mix.
2. Place the chicken in a deep dish with the yellow onions and olive oil.
3. Combine the garlic and lemon juice and add it to the chicken. Toss the chicken making sure it is well coated and refrigerate overnight.
4. Soak wooden skewers in water for 1 hour
5. Thread the chicken cubes, green peppers, red peppers and red onion onto the skewers.
6. Lightly oil the wire rack and place the chicken skewers onto the rack.
7. Grill on setting 3 for 12-15 minutes or until the chicken juices run dry.
LAMB LOIN CHOPS BREADED WITH MUSTARD & GARLIC

Ingredients
- 1 Teaspoon salt
- 3 Tablespoons mustard seeds
- 2 Cloves garlic, minced
- 3 Tablespoons olive oil
- 220g All purpose flour
- 1 Egg
- 1kg Lamb loin chops

Method
1. Rapidly preheat the oven to 230°C.
2. In a bowl, mix the garlic, breadcrumbs and salt.
3. In a separate bowl, mix the egg with the mustard seeds.
4. Dip the lamb chops first in the flour, then in the egg mixture, then in the breadcrumbs.
5. Place the lamb chops in an ovenware dish, on top of the lower wire rack and cook for 25 minutes.
VEGETABLE LASAGNE

SERVINGS
4

ACCESSORIES
OVENWARE, LOWER WIRE RACK, HIGHER WIRE RACK

TYPE OF HEATING
3D HOT AIR, MICROWAVE, GRILL

Ingredients
- 4 Tablespoons olive oil
- 1 Large onion, chopped
- 2 Cloves garlic, minced
- 1 Carrot, chopped
- 1 Red bell pepper, chopped
- 1 Large aubergine, cut in half vertically and sliced into rounds
- 600g Pasta sauce
- 6-8 Sheets lasagne pasta
- 600ml Béchamel sauce
- 1 ½ Cups cheddar cheese
- Salt and pepper to taste

Method
1. Pour 2 tbps of oil into a bowl. Add the garlic and onion and microwave on full power for 4 minutes.
2. Add in the carrot, red pepper and ¼ cup of water. Microwave on full power for 4-5 minutes.
3. Add in ⅔ of the pasta sauce, stir and season with salt and pepper.
4. Coat the aubergine slices with remaining olive oil.
5. Set the oven to grill (setting 3) and grill the aubergine using the higher wire rack for 4 minutes, turning once.
6. Use the last of the pasta sauce to coat the base of an oven proof dish.
7. Cover with a layer of aubergine, then a lasagne sheet, then béchamel sauce. Repeat the layers.
8. Finish with a layer of béchamel sauce and sprinkle with cheese.
9. Use the bake mode and cook the lasagne on the lower wire rack for 15 minutes or until the lasagne is piping hot.
STUFFED BELL PEPPERS

SERVINGS
4

ACCESSORIES
OVENWARE ON LOWER WIRE RACK

TYPE OF HEATING
3D HOT AIR

Ingredients

• 1 Garlic clove, minced
• ¾ Cup mozzarella, grated
• 1 Can (425g) tomato sauce
• 1 Teaspoon salt
• 1 Cup rice
• 1 Medium onion
• 500g beef, minced
• 4 Large Bell peppers

Method

1. Cut the bell peppers in half lengthwise and discard the seeds. Cook the pepper in boiling water for 5 minutes.
2. Cook the beef and onion over medium heat for 8-10 minutes. Drain excess fat.
3. Add in the salt, garlic, rice and 1 cup of the tomato sauce and cook until it becomes hot.
4. Rapidly preheat the oven to 205°C.
5. Stuff the peppers and place them in an oven proof dish. Pour the remaining tomato sauce over the peppers.
6. Cover tightly with foil and bake in the oven on the lower wire rack for 10 minutes.
7. Uncover, sprinkle with cheese and bake uncovered for a further 15 minutes.
SPINACH AND RICOTTA STUFFED PASTA SHELLS

Ingredients

- 240g Conchiglioni pasta, cooked al dente (it still needs to be firm)
- 125g Mozzarella cheese, grated
- 500g Tinned chopped tomatoes
- 3 Cloves garlic, minced
- 1 Tablespoon concentrated tomato puree
- 1 Tablespoon olive oil
- Salt to taste
- Pinch of sugar
- 180g Fresh spinach, wilted, squeezed and chopped
- 500g Ricotta cheese
- 1 Handful breadcrumbs
- 2 Tablespoons fresh basil, chopped
- 200g Cream cheese, warmed with a splash of milk until it resembles a sauce

Method

1. Rapidly preheat the oven to 180°C.
2. In a sauce pan, heat the olive oil and gently sauté the garlic.
3. Add the tomatoes, tomato puree, salt and sugar.
4. Reduce to a thick sauce (15-20 minutes).
5. Cover the bottom of a wide baking dish with the sauce.
6. Mix together the spinach, ricotta cheese, breadcrumbs, salt and basil and using a small spoon, stuff the pasta with the filling.
7. Lay the shells on top of the tomato sauce and top with the cream cheese sauce and grated mozzarella.
8. Drizzle with a little olive oil and bake on the lower wire rack until golden brown on top.
PERFECTLY GRILLED STEAK

SERVINGS
1

ACCESSORIES
HIGHER WIRE RACK

TYPE OF HEATING
GRILL

Ingredients
- 3cm Thick steak
- 2 Tablespoons olive oil
- Salt and pepper to taste

Method
1. 20 Minutes before grilling, remove the steaks from the fridge and let them sit, covered, at room temperature.
2. Set the oven to the grill function on setting 3.
3. Brush the steaks on both sides with olive oil and season well with salt and pepper.
4. Place the steaks on the higher wire rack and cook until golden brown, 4-5 minutes.
5. Turn the steaks over and continue to grill 3-5 minutes for medium rare, 5-7 minutes for medium or 8-10 minutes for medium-well.
6. Transfer the steaks to a cutting board, cover loosely with foil and rest for 5 minutes before slicing.
GRILLED SALMON

**SERVINGS**
1

**ACCESSORIES**
HIGHER WIRE RACK

**TYPE OF HEATING**
GRILL

**Ingredients**
- 3cm Thick Salmon steak
- Lemon pepper to taste
- Garlic powder to taste
- Salt to taste
- 1/3 Cup soy sauce
- 1/3 Cup brown sugar
- 1/3 Cup water
- 1/4 Cup vegetable oil

**Method**
1. Season salmon fillets with lemon pepper, garlic powder and salt.
2. In a small bowl, stir together the soy sauce, brown sugar, water and vegetable oil until sugar is dissolved.
3. Place the fish in a large re-sealable plastic bag with the mixture, seal and turn to coat. Refrigerate for at least 2 hours.
4. Set the oven on to grill function setting 3.
5. Lightly oil the higher wire rack. Place the salmon on the centre of the rack and discard the marinade.
6. Grill the salmon for 8-10 minutes per side or until the fish flakes easily with a fork.
7. Serve with vegetables.
BLUEBERRY & YOGHURT MUFFINS

**ACCESSORIES**
MUFFIN TRAY ON LOWER WIRE RACK

**TYPE OF HEATING**
3D HOT AIR

**Ingredients**
- 1 Cup all-purpose flour
- 6 Tablespoons sugar
- ¼ Teaspoon salt
- ¼ Teaspoon baking powder
- ¼ Teaspoon baking soda
- 1 Egg
- ½ Cup vanilla yoghurt
- 3 Tablespoons canola oil
- 2 Tablespoons 2% milk
- ½ Cup fresh or frozen blueberries

**Method**
1. In a small bowl, combine the flour, sugar, salt, baking powder and baking soda.
2. In another bowl combine the egg, yoghurt, oil and milk. Stir in the dry ingredients until just moistened and then fold in the blueberries.
3. Fill greased or paper-lined muffin cups ⅔ full.
4. Rapidly preheat the oven to 220°C and bake on the lower wire rack for 20-25 minutes.
EASY BUTTER BISCUITS

ACCESSORIES
ROUND PIZZA TRAY ON LOWER WIRE RACK

TYPE OF HEATING
3D HOT AIR

Ingredients
• 100g Butter, softened
• 50g castor sugar
• 150g Self-raising flour

Method
1. Rapidly preheat the oven to 180°C. Lightly butter your tray.
2. Measure the butter into a bowl and beat to soften.
3. Gradually beat in the sugar and then add the flour.
4. Bring the mixture together with your hands to form a dough.
5. Form the dough into 16 balls about the size of a walnut and space well apart on the tray (you may have to do this in 2 batches).
6. Dip a fork in a little water and use this to flatten the biscuits.
7. Bake in the oven for 15-20 minutes until a pale golden.
SPONGE CAKE

Ingredients
- 100g Self-raising flour
- 100g Granulated sugar
- 100g Butter, softened
- 2 Eggs

Method
1. Rapidly preheat the oven to 200°C.
2. Whisk the butter and sugar together.
3. Add in the eggs and then the flour. Mix to get a creamy batter.
4. Place the mixture into a lined cake tin.
5. Place in the oven and bake for 18-20 minutes.