



Air Fried Chicken Quesadilla



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Air Fried Chicken Quesadilla



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Prep: 10 minutes / Cook: 6 minutes



Serves: 2

2 x regular (20cm) flour tortillas

60g grated cheddar cheese

50g shredded cooked chicken

Sour cream, pickled jalapenos, salsa and coriander, to serve

Method

1. *Cover half of each tortilla with the cheese. Top with the chicken and fold in half.*
2. *Press AIRFRY and set 220°C for 6 minutes. Place the Combi Crisp pan on the turntable in high position and press START to preheat the pan. Place the quesadillas in the preheated pan and press START to begin cooking. Turn the quesadillas over when prompted halfway through cooking.*
3. *Cut into wedges and serve topped with sour cream, pickled jalapenos, salsa and coriander.*



Loaded Baked Potatoes



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Loaded Baked Potatoes



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Prep: 10 minutes / Cook: 1 hour



Serves: 4

4 slices bacon

4 x 280g baking potatoes

1 tbsp olive oil

*Salt and freshly ground black pepper,
to season*

200g shredded cheddar cheese

120g sour cream

1 spring onion, thinly sliced

- 1. Press BACON/4 slices. Place the Combi Crisp pan on the turntable and press START to preheat the pan for 3 minutes. Place the bacon in a single layer in the preheated pan and press START to cook for 5 minutes. Remove from pan and chop coarsely.*
- 2. Press FAST COMBI and set 200°C for 45 minutes. Place the Combi Crisp pan on the turntable in high position and press START to preheat.*
- 3. Pierce each potato 4-5 times with a fork or small knife, rub all over with the oil and season with salt and pepper. Place the potatoes in the preheated pan and press START to begin cooking.*
- 4. Cool the potatoes for 3 minutes then use a sharp knife to score a cross in the top of each potato and squeeze open. Sprinkle with the cheese.*
- 5. Press MICROWAVE and set 100% for 30 seconds. Press START to begin cooking.*
- 6. Serve topped with sour cream, bacon and onion.*



Brussels Sprouts with Pomegranate Vinaigrette



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Brussels Sprouts with Pomegranate Vinaigrette



Prep: 15 minutes / Cook: 20 minutes



Serves: 4



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300g Brussels sprouts, halved

1 tbsp olive oil

Sea salt and freshly ground black pepper, to season

20g mixed salad leaves

2 tbsp flaked almonds, toasted

40g goat cheese, crumbled

Pomegranate Vinaigrette

1 tbsp red wine vinegar

2 tsp pomegranate molasses

1 tsp pure maple syrup

½ tsp Dijon mustard

½ tsp fresh thyme leaves

1 tbsp olive oil

Sea salt and freshly ground black pepper, to season

Method

1. Place the Brussels sprouts in a medium bowl with the oil. Season with salt and pepper and toss to coat.
2. Press **AIRFRY** and set 200°C for 20 minutes. Place the Combi Crisp pan on the turntable in high position and press **START** to preheat the pan. Place the Brussels sprouts, cut side down, in a single layer in the pan and press **START** to begin cooking. Turn the Brussels sprouts over when prompted halfway through cooking.
3. **Make the Pomegranate Vinaigrette.** Place the vinegar, molasses, maple syrup, mustard and thyme in a small bowl and whisk to combine. Whisk in the oil and season with salt and pepper.
4. Transfer the Brussels sprouts to a medium bowl and toss with the salad leaves and vinaigrette. Serve topped with the almonds and goat cheese.



Cauliflower Steaks with Red Zhug Sauce



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Cauliflower Steaks with Red Zhug Sauce

 Prep: 20 minutes / Cook: 25 minutes

 Serves: 4



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*1 medium head cauliflower (about 800g)
2 tbsp olive oil
Sea salt and freshly ground black pepper,
to season*

Red Zhug Sauce

*4 long red chillies, coarsely chopped
15g coriander leaves
1 clove garlic, crushed
½ tsp ground coriander
½ tsp ground cumin
1½ tsp sea salt
2 tbsp olive oil
1 tbsp lemon juice*

Method

1. **Make the Red Zhug Sauce.** Place all the ingredients in a small food processor bowl and process until combined. Transfer to a small bowl, cover and reserve.
2. Remove the leaves and trim the stem from the cauliflower, leaving the core intact. Cut the cauliflower from top to base into 2 x 4cm-thick steaks. Brush both sides of the cauliflower with the oil. Season with salt and pepper.
3. Press **AIRFRY** and set 230°C for 25 minutes. Place the Combi Crisp pan on the turntable in high position and press **START** to preheat the pan. Place the cauliflower in the preheated pan and press **START** to begin cooking. Turn the cauliflower over when prompted halfway through cooking.
4. Serve cauliflower with the Red Zhug Sauce.

***TIP** – If you have any offcut pieces of cauliflower, toss them in olive oil and place in the preheated Combi Crisp pan and cook on **AIRFRY** for 15 minutes or until golden.*



Chicken Dinner for One



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Chicken Dinner for One



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 Prep: 10 minutes / Cook: 9 minutes

 Serves: 1

1 x 225g chicken breast fillet, cut into 1cm-thick slices
1 x 170g sweet potato, peeled, cut into 1cm-thick rounds
Sea salt and freshly ground black pepper, to season
60ml chicken stock
100g broccolini, trimmed
Lemon wedges, to serve

Mustard and Maple Marinade

2 tbsp olive oil
1 tbsp wholegrain mustard
2 tbsp pure maple syrup
1 clove garlic, crushed
1 tsp coarsely grated lemon zest
2 tbsp lemon juice
½ tsp sea salt

Method

- 1. Make the Mustard and Maple Marinade.**
Place all the marinade ingredients in a medium bowl and whisk to combine. Remove half the marinade and reserve.
- 2. Add the chicken to the marinade in the bowl and turn to coat.**
- 3. Place the sweet potato on a microwave-safe plate. Season with salt and pepper and pour over the stock. Cover the plate with a vented lid or plastic wrap and place on the turntable. Press MICROWAVE and set 100% for 5 minutes. Press START to begin cooking.**
- 4. Arrange the chicken pieces over the sweet potato and place the broccolini next to the chicken. Cover and place back on the turntable. Press MICROWAVE and set 100% for 4 minutes. Press START to begin cooking.**
- 5. Allow it to rest for 2 minutes. Drizzle the chicken with the reserved marinade. Serve with lemon wedges.**



Crispy Panko Prawns with Tartar Sauce



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Crispy Panko Prawns with Tartar Sauce

 Prep: 20 minutes / Cook: 7 minutes

 Serves: 4



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2 tbsp plain flour
½ tsp chilli powder
Sea salt and freshly ground black pepper, to season
1 large egg, lightly beaten
30g panko breadcrumbs
12 large raw prawns, peeled, deveined, leaving tails intact
Cooking oil spray
Parsley and lime, to serve

Tartar Sauce

100g mayonnaise
2 tbsp lemon juice
2 tbsp capers, rinsed, drained, coarsely chopped
2 tbsp finely chopped cornichons
1 spring onion, finely chopped
1 tbsp finely chopped flat-leaf parsley

Method

1. **Make the Tartar Sauce.** Combine all the ingredients in a small bowl.
2. Place the flour, chilli powder, salt and pepper in a medium bowl. Place the egg and panko in two separate bowls.
3. Working in batches, toss the prawns in the flour and shake off any excess. Dip in the egg and allow excess to drain off, then dip into the panko, pressing on the crumbs to ensure prawns are evenly coated. Place the prawns in a single layer on a tray, cover with plastic wrap and refrigerate until required.
4. Press **AIRFRY** and set 230°C for 7 minutes. Place the Combi Crisp pan on the turntable in high position and press **START** to preheat pan. Place the prawns in the preheated pan, spray with the oil and press **START** to begin cooking. Do not turn prawns during cooking.
5. Sprinkle the prawns with parsley and serve with the Tartar Sauce and lime.



Roasted Lemon and Thyme Chicken



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Roasted Lemon and Thyme Chicken



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 Prep: 15 minutes / Cook: 1 hour 15 minutes / Stand: 10 minutes

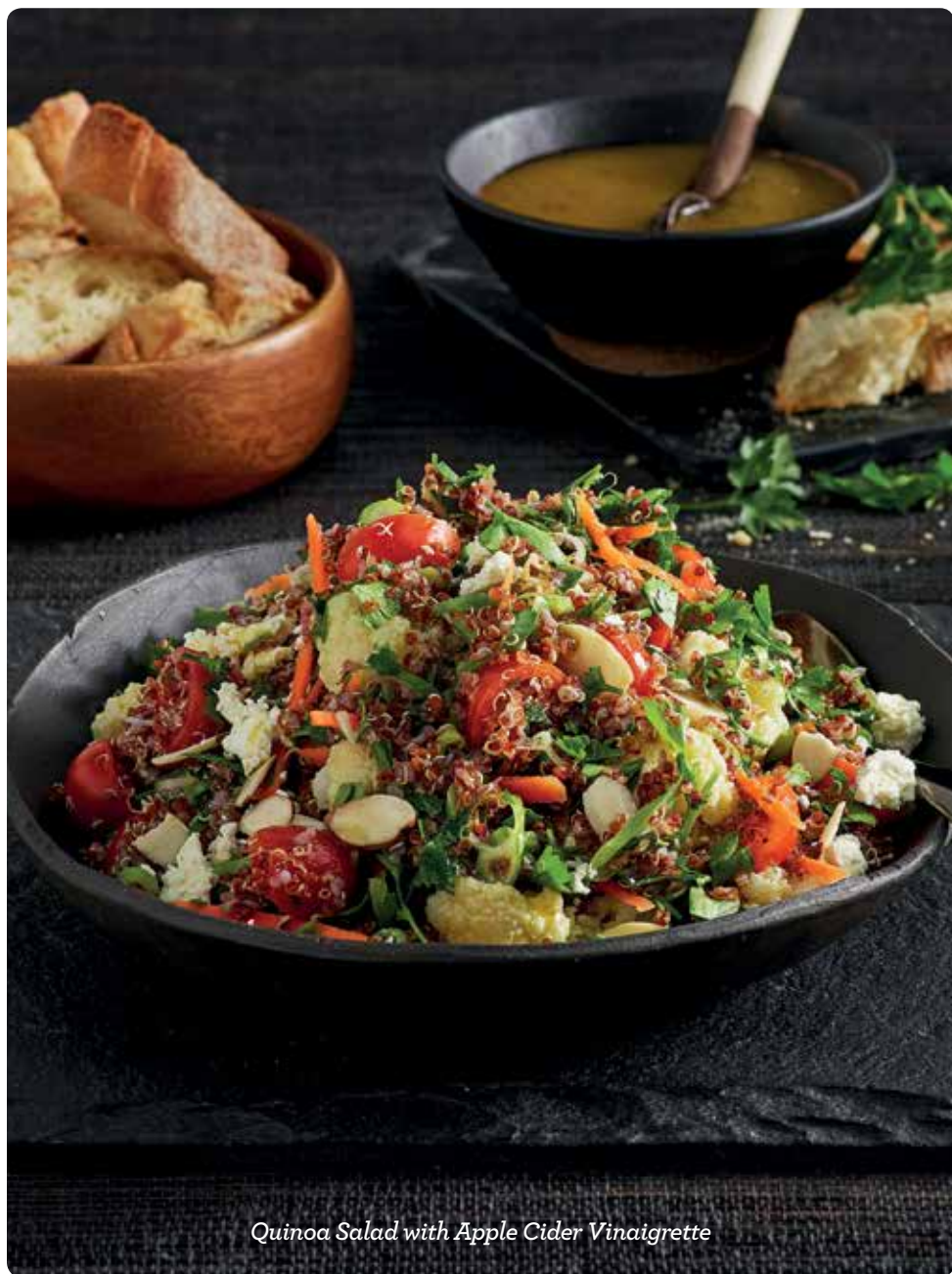
 Serves: 4

2 cloves garlic, finely chopped
10g flat-leaf parsley leaves, finely chopped
1 tbsp chopped thyme leaves
2 tsp finely grated lemon zest
40g butter, at room temperature

1.6kg whole chicken
Sea salt and freshly ground black pepper, to season

Method

1. Combine the garlic, parsley, thyme and lemon zest in a small bowl. Add the butter and stir to combine. Divide into two portions.
2. Pat the chicken completely dry. Carefully spread one portion of the herbed butter under the skin of the chicken. Season with salt and pepper. Tuck the wings behind the back and tie the legs together with kitchen string.
3. Press **FOOD MENU** and select **COOK**, then **CHICKEN**, 1.6kg. Place the Combi Crisp pan on the turntable in low position and press **START** to preheat the pan. Place the chicken, breast side up, in the preheated pan and press **START** to begin cooking.
4. Transfer the chicken to a plate and let it rest, loosely covered, for 5-10 minutes before brushing with the remaining herbed butter and serve.



Quinoa Salad with Apple Cider Vinaigrette



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Quinoa Salad with Apple Cider Vinaigrette

 Prep: 20 minutes / Cook: 22 minutes / Stand: 10 minutes

 Serves: 4



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200g red quinoa, rinsed, drained
500ml water
100g cauliflower florets
1 medium carrot, coarsely grated
2 spring onions, thinly sliced
60g flat-leaf parsley leaves, coarsely chopped
140g cherry tomatoes, halved
80g flaked almonds, toasted
100g feta, crumbled
Sea salt and freshly ground black pepper, to season

Apple Cider Vinaigrette
2 tbsp apple cider vinegar
1 tsp honey
1 tsp Dijon mustard
60ml extra virgin olive oil
Sea salt and freshly ground black pepper, to season

Method

1. Place the quinoa in a large microwave-safe bowl. Add the water and place on the turntable.
2. Press MICROWAVE and set 100% for 15 minutes. Press START to begin cooking.
3. Let stand for 10 minutes then stir and cool to room temperature.
4. Place the cauliflower in a microwave-safe bowl with 1 tablespoon water, cover with a vented lid or plastic wrap and place on the turntable. Press FOOD MENU and select COOK, then SOFT VEG, 100g. Press START to begin cooking, stirring halfway through. Cool to room temperature.
5. **Make the Apple Cider Vinaigrette.** Whisk the vinegar, honey, mustard and oil in a small bowl. Season with salt and pepper.
6. When quinoa and cauliflower are cool, place in a large bowl with the carrot, onions, parsley, tomatoes, almonds and feta.
7. Pour the vinaigrette over the salad, season with salt and pepper and toss to combine. Serve cold or at room temperature.



Herbed Salmon



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Herbed Salmon



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Prep: 10 minutes / Cook: 11 minutes



Serves: 2

1 clove garlic, crushed
1 tbsp chopped oregano
1 tbsp chopped basil
½ tsp ground cumin
Pinch dried chilli flakes

2 x 200g salmon fillets, pin boned, skin-on
Sea salt, to season
1 lemon, cut into 6 thin slices
Olive oil, for drizzling
Green salad, to serve

Method

1. Combine the garlic, herbs, cumin and chilli in a small bowl. Season the salmon with salt. Top with the herb mixture and lemon slices.
2. Press **FOOD MENU** and select **COOK**, then **FISH**, 400g. Place the Combi Crisp pan on the turntable in high position and press **START** to preheat the pan. Place the salmon, skin side down, in the preheated pan and press **START** to begin cooking.
3. Drizzle the salmon with a little oil. Serve with a green salad, if desired.



Spice Crusted Beef with Chimmichurri



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Spice Crusted Beef with Chimichurri



Prep: 15 minutes / Cook: 50 minutes / Stand: 15 minutes



Serves: 6-8



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1.5kg boneless beef roasting joint, trimmed
2 tbsp olive oil
1 tbsp fine salt
1 tbsp paprika
1 tbsp mustard powder
2 tsp ground cumin
1 tsp freshly ground black pepper

Chimichurri

125ml extra virgin olive oil
15g flat-leaf parsley leaves, finely chopped
15g coriander leaves, finely chopped
60ml sherry vinegar
1 small shallot, finely chopped
2 cloves garlic, crushed
1 tsp dried chilli flakes
Sea salt, to season

Method

1. *Using kitchen string, tie beef in 2cm intervals. Combine the oil, salt and spices in a small bowl and rub all over beef.*
2. *Place the Combi Crisp pan on the turntable in low position. Press FAST COMBI and set 200°C for 50 minutes. Press START to preheat the pan. Place beef in the preheated pan and press START to begin cooking.*
3. **Make the Chimichurri.** *Combine all the ingredients in a small bowl, season with salt and reserve.*
4. *Transfer the beef to a tray and let it rest, loosely covered, for 15 minutes before removing the string. Slice and serve with the Chimichurri.*

Note – Cooking times provided is for medium-rare roast beef.



Fish with Herb Butter



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Fish with Herb Butter



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Prep: 15 minutes / Cook: 13 minutes



Serves: 1

20g butter, at room temperature

1 small clove garlic, crushed

1 (25g) shallot, finely chopped

1 tsp coarsely chopped oregano

½ tsp fresh thyme leaves

1 tsp coarsely grated lemon zest

*1 x 200g firm white fish fillet,
pin boned, skin on*

*Sea salt and freshly ground black pepper,
to season*

100g baby potatoes

100g asparagus, trimmed

Lemon wedges, to serve

Method

1. Combine the butter, garlic, shallot, oregano, thyme and zest in a small bowl.
2. Season the fish with salt and pepper.
3. Press **FOOD MENU** and select **COOK**, then **FISH, 200g**. Place the Combi Crisp pan on the turntable in high position and press **START** to preheat the pan. Place the fish, skin side down, in the preheated pan and press **START** to begin cooking.
4. Remove the fish from the microwave and cover to keep warm.
5. Pierce the potatoes with a fork and place in a microwave-safe dish with 1 tablespoon water. Cover with a vented lid or plastic wrap and place on the turntable. Press **MICROWAVE** and set **100%** for 3 minutes. Press **START** to begin cooking and turn the potatoes over halfway through cooking.
6. Place the asparagus in a microwave-safe dish with 1 tablespoon water. Cover with a vented lid or plastic wrap and place on the turntable. Press **FOOD MENU** and select **COOK**, then **SOFT VEG, 100g**. Press **START** to begin cooking. Drain and season with salt and pepper.
7. Top fish with the herb butter. Serve with the potatoes, asparagus and lemon wedges.



Apple Cinnamon Butter Cake



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Apple Cinnamon Butter Cake



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Prep: 30 minutes / Cook: 40 – 45 minutes / Stand: 10 minutes



Serves: 8

225g plain flour

2 tsp baking powder

125g unsalted butter, at room temperature, plus 20g extra, melted, for brushing

100g caster sugar, plus 2 tsp extra

2 tsp vanilla extract

2 large eggs

180ml milk

1 medium Granny Smith apple, peeled, cored, thinly sliced

½ tsp ground cinnamon

Icing sugar, for dusting

Whipped cream and raspberries, to serve

Method

- 1. Line the base and side of a 20cm round cake pan with baking paper.*
- 2. Sift together the flour and baking powder.*
- 3. Using a bench mixer, beat the butter, sugar and vanilla until pale and fluffy. Add the eggs one at a time, beating well after each addition.*
- 4. Using a rubber spatula, gently fold the flour mixture into the batter in 3 batches, alternating with the milk.*
- 5. Spread the batter into the prepared pan. Top with the apple slices, overlapping them slightly. Brush with the melted butter. Mix together the cinnamon and the extra 2 teaspoons sugar and sprinkle over the apples.*
- 6. Place the trivet on the turntable, press OVEN and set to 180°C for 40 – 45 minutes. Press START to begin preheating. When preheat has completed, place the pan on the trivet and press START to begin cooking.*
- 7. Stand the cake in the pan for 10 minutes, then turn out onto a wire rack, invert right side up to cool.*
- 8. Dust with icing sugar. Serve with whipped cream and raspberries.*



Vanilla Blueberry Mug Cake with Cream Cheese Icing



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Vanilla Blueberry Mug Cake with Cream Cheese Icing



Prep: 10 minutes / Cook: 1 minute 30 seconds



Serves: 1



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2 tbs vegetable oil

1 tbs milk

1 egg yolk

1 tbs caster sugar

Pinch of salt

1 tsp vanilla extract

35g self-raising flour

40g frozen or fresh blueberries

30g cream cheese, at room temperature

1 tsp icing sugar

Method

1. Combine the oil, milk, egg yolk, caster sugar, salt and vanilla in a small bowl. Add the flour and stir to combine. Gently fold in the blueberries. Spoon the batter into a 1½ cup (375ml) microwave-safe ceramic mug and place the mug on the turntable.
2. Press MICROWAVE, set 100% power for 1 minute 30 seconds and press START to begin cooking.
3. Meanwhile, place the cream cheese and icing sugar in a small bowl and stir to combine.
4. Remove the cake from the microwave and let stand for 1 minute. Serve the warm cake, topped with the cream cheese icing.



Easy Mix Banana Bread



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Easy Mix Banana Bread



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Prep: 20 minutes / Cook: 55 – 60 minutes / Stand: 10 minutes



Serves: 8

100g caster sugar

100g light brown sugar

140g plain yoghurt

2 large eggs

80ml vegetable oil

240g mashed banana, plus 1 medium banana, extra, peeled

225g self-raising flour

1 tbsp pure maple syrup, for brushing

Butter and blueberries, to serve

Method

1. Grease and line a 21cm x 11cm, 7cm deep loaf pan with baking paper.
2. Place the sugars, yoghurt, eggs and oil in a large bowl and whisk to combine. Stir in the mashed banana. Sift the flour over the banana mixture and stir to combine.
3. Pour the batter into the prepared pan. Slice the extra banana in half lengthwise and place cut-side up on the batter. Brush the banana with the maple syrup.
4. Place the trivet on the turntable. Press OVEN and set 180°C for 55 – 60 minutes. Press START to preheat the oven. When preheat has completed, place the pan on the trivet and press START to begin cooking.
5. Stand the bread in the pan for 10 minutes, then turn out onto a wire rack, invert right side up to cool.
6. Serve with butter and blueberries.

Note: You will need about 3 overripe bananas for the mashed banana.



Triple Chocolate Brownies with Salted Caramel Sauce



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Triple Chocolate Brownies with Salted Caramel Sauce

 Prep: 20 minutes / Cook: 40 minutes / Stand: 10 minutes

 Serves: 12



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Brownies

60g dark chocolate, chopped
125g butter, chopped
3 large eggs, at room temperature
1½ tsp vanilla extract
330g caster sugar
35g cocoa powder
75g plain flour
35g self-raising flour
½ tsp bicarbonate of soda
100g white chocolate, coarsely chopped
100g milk chocolate, coarsely chopped

Salted Caramel Sauce

30g butter, chopped
75g light brown sugar
2 tbsp whipping cream
1 tsp vanilla extract
½ tsp sea salt flakes

Method

1. **Make the Brownies.** Grease and line the base and sides of a 20cm square cake pan with baking paper.
2. Place the dark chocolate and butter in a large microwave-safe bowl and place the bowl on the turntable. Press the MELT CHOCOLATE shortcut, select 50g and press START. Stir halfway through, when prompted. At the end of cooking, stir until smooth. Cool for 10 minutes.
3. Add the eggs and vanilla and stir to combine then add the sugar and combined sifted cocoa, flours and bicarbonate of soda and gently fold into the mixture with the white and milk chocolate. Pour into prepared pan and level the top.
4. Place the trivet on the turntable. Press OVEN and set 180°C for 35 minutes. Press START to preheat the oven. When preheat has completed, place the pan on the trivet and press START to begin cooking.
5. Cool brownies in pan.
6. **Make the Salted Caramel Sauce.** Combine the butter, sugar, cream and vanilla in a microwave-safe jug and place the jug on the turntable. Press MICROWAVE and set 80% for 1 minute. Press START to begin cooking. Add the salt and stir until the butter is melted and the sugar is dissolved.
7. Press MICROWAVE and set 80% for 1 minute. Press START to begin cooking. Stir the sauce and set aside to cool to room temperature.
8. Serve the brownies with the Salted Caramel Sauce.