

date
me

Tupperware®

Tupperware® SmartSteamer

You've got to see the SmartSteamer in person to tell just how cool it is. It blocks microwaves from reaching food, so you can quickly and easily cook meats, seafood, veggies or even desserts just with the rising steam. Date me and we can have a steamy party you'll remember each time you taste the delicious, healthy results.



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Tupperware® SmartSteamer

Tupperware has been a pioneer in microwave cooking for decades, but this innovation is truly a game changer. With the SmartSteamer, fresh, light, deliciously steamed meals start cooking at the push of a button. You're bound to start seeing your microwave a little differently and eating better without sacrificing flavor.



→ **Cover** holds in steam to create optimal cooking temp.



→ **Colander tray** keeps delicate foods further from steam and is deep enough for filets.



→ **Steamer base** features aluminium lining that blocks microwaves from touching foods.

→ **Water tray** is translucent so you can see water boiling.

ACCESSORIES



→ **Slow cooking sauce insert** with sloped lip for easy pouring.



→ **Ramekins** for cooking, serving and storing individual portions of desserts and more.

Serves 6 • Serving size: ½ cup

30
minutes

PREP: 8 minutes

COOK: 18–22 minutes

CHICKEN SALAD with Grapes

- 2 8-oz./225 g boneless, skinless chicken breasts
- ½ cup mayonnaise
- ¼ cup sour cream
- 2 tsp. Simple Indulgence Steak & Chop Seasoning Blend
- 1 cup red or green grapes, halved
- ¼ cup pecans, chopped using Chop 'N Prep Chef (optional)

1. Place chicken breasts in base of Tupperware® SmartSteamer. Fill water tray to minimum fill line. Place steamer base on water tray, cover and microwave on high 18–22 minutes. Allow to rest, covered, 5 minutes. Remove chicken and cut into cubes.
2. Place chicken breast, mayonnaise, sour cream and seasoning blend in base of Quick Chef® Pro System fitted with blade attachment. Replace cover and turn handle until finely chopped or until desired consistency is achieved. Do not over process.
3. Remove blade, place chicken in medium bowl and fold in grapes (and pecans if desired).



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MUST HAVE



Tupperware® SmartSteamer



Steak & Chop



Quick Chef® Pro System

OPTIONAL



Measuring Cups



Measuring Spoons



Saucy Silicone Spatula



Universal Series Utility Knife

Serves 8 • Serving size: ¼ flatbread

29
minutes

PREP: 5 minutes
COOK: 24 minutes

Buffalo Chicken FLATBREAD

8-oz./225 g boneless, skinless chicken breast
1 celery stalk, quartered
½ cup buffalo sauce
2 naan flatbreads, or any flatbread
3 tbsp. bleu cheese salad dressing

1. Place chicken in base of Tupperware® SmartSteamer. Fill water tray to minimum fill line. Place steamer base on water tray, cover and microwave on high 14 minutes. As chicken finishes steaming, preheat oven to 425° F/218° C.
2. Place celery in base of Quick Chef® Pro System fitted with blade attachment, cover and turn handle several times to chop. Remove to a small bowl and set aside.
3. When chicken finishes cooking, allow to rest, covered, 5 minutes. Remove and cut into cubes.
4. Place chicken and buffalo sauce in base of Quick Chef® Pro System fitted with blade attachment. Cover and turn handle several times until finely chopped.
5. Spread chicken over flatbreads, place in Cover from the UltraPro Lasagna Pan and bake 6–10 minutes, depending on thickness of chosen flatbread, monitoring to avoid burning.
6. Before serving, sprinkle celery over chicken and drizzle with bleu cheese dressing.

MUST HAVE



Tupperware® SmartSteamer



Quick Chef® Pro System

OPTIONAL



Measuring Cups



Measuring Spoons



Saucy Silicone Spatula



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Serves 8 • Serving size: 2 sliders



PREP: 5 minutes
COOK: 25 minutes

BBQ Chicken SLIDERS

2 8-oz./225 g boneless, skinless chicken breasts
16 slider buns

Southwest BBQ Sauce

½ medium onion, chopped using Chop 'N Prep Chef
1 tbsp. dark brown sugar
1 tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend
1 cup ketchup
2 tbsp. apple cider vinegar

1. Place chicken breasts into base of Tupperware® SmartSteamer. Fill water tray to minimum fill line. Place steamer base on water tray, cover and microwave on high 18–22 minutes.
2. While chicken cooks, prepare Southwest BBQ Sauce by stirring together all sauce ingredients in 1-Qt./1 L Micro Pitcher.
3. When chicken finishes cooking, allow to rest, covered, 5 minutes before removing and cutting into cubes.
4. Cover and microwave BBQ sauce on high power 3 minutes.
5. Combine chicken and sauce in base of Quick Chef® Pro System fitted with blade attachment, cover and turn handle until chopped and well combined. Serve on slider buns.



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MUST HAVE



Tupperware® SmartSteamer



Southwest
Chipotle



1-Qt./1 L Micro
Pitcher



Quick Chef® Pro
System

OPTIONAL



Chop 'N Prep
Chef



Measuring
Cups



Measuring
Spoons



Saucy Silicone
Spatula