



**Tupperware**

*Microwave*  
**SMART MULTI  
COOKER**  
*Recipes*



## Pasta

**Pasta** - Prepare perfect pasta in the microwave! No need to wait for boiling water and no messy overflow on your stovetop. Strain and toss all with one versatile product. The pasta Base features a 3-Qt. capacity, for cooking up to 1 lb. of dry pasta (see cooking chart in the product insert). This results in up to approximately 6 to 8 cups of cooked pasta, depending on the size.

## Rice Grains

**Rice/Grains** - Now you can enjoy the home-steamed flavor of perfect rice every time. This unique product lets you both cook and serve rice, all from one container. The grains Base features a 3-Qt. capacity, for cooking up to 2½ cups of dry rice (see cooking chart in the product insert). This results in up to approximately 8 cups of cooked rice, depending on the size.

## Steam

**Steam** - for perfectly steamed foods. Our unique, two-tiered system lets you steam one or two foods at once. Steaming is one of the healthiest ways to prepare food because it retains nutrients, fatty acids and vitamins while preserving color, texture and flavor. And it's also one of the most delicious, too!

## Multi- Cooking

**Multi-Cooker** - That means cooking pasta, potatoes or other veggies in water inside the Base (using microwaves), while foods in the Shielded and Shallow Colanders stacked above are cooked with only the rising steam. It's using multiple cooking techniques for a stacked meal with quick and delicious results. Note: grains such as rice, quinoa or farro are not recommended when multi-cooking.

# PARTS

## Grain Seal

Used for cooking rice and grains. Prevents water from overflowing while cooking.



## Grain Insert

Used for cooking rice and grains. Cuts the foam created during the cooking process.



## Shielded Cover

Used for steaming. Blocks microwaves from food and keeps steam inside for optimal cooking.



## Shallow Colander

Used to stack steam soft and delicate foods.



## Shielded Colander

Used for steaming, blocks microwaves from food and allows to cook food. Can also be used to drain pasta and to keep it warm.



## Base Water Reservoir

Used as a water reservoir for steaming. Used for cooking pasta, rice and grains.



# WARNINGS


- NEVER add oil, butter or any other fat to the water used for cooking pasta, cooking rice, steaming or multi-cooking. It could damage the Base.
- Microwave no more than **25 minutes** at a time. Let the product and the microwave cool down before reusing.
- Contents will be hot after cooking. Use oven gloves when removing the product from the microwave.
- Always remove the Shielded Cover, the grains seal and the grains insert away from you so the steam is directed away from you.
- Do not use abrasive, sharp or metal utensils.
- All components are dishwasher safe.
- Cooking times may vary, depending on the size and wattage of your microwave. Please consult your owner's manual for more information.
- For more detailed use and care tips, see the white product insert included with the product.












**25 MINUTES**



# SMART MULTI COOKER COOKING CHARTS

















Vegetables	Food	Preparation	Quantity	Steaming Time
	Artichoke	Trimmed & halved	1 each	14 minutes
	Asparagus	Whole	6 oz.	6 minutes
	Brussels Sprouts	Cut in half	8 oz.	10 minutes
	Broccoli	Florets	8 oz.	6 minutes
	Cabbage	Wedge	8 oz.	12 minutes
	Carrots	Sliced	8 oz.	7 minutes
	Carrots	Whole	8 oz.	10 minutes
	Cauliflower	Florets	8 oz.	8 minutes
	Corn on the cob	Pieces	6	5-6 minutes
	Corn on the cob	2 whole ears	2 each	6-8 minutes
	Eggplant	Sliced	6 oz.	5 minutes
	Green Beans	Trimmed	12 oz.	10 minutes
	Mushroom	Whole	6 oz.	5 minutes
	Onion	Sliced	6 oz.	10 minutes
	Peas, Fresh	Whole	6 oz.	5 minutes
	Peas, Sugar snap	Whole	8 oz.	6 minutes
	Pepper Bell	Cut into half	6 oz.	5 minutes
	Potatoes, Idaho	Peeled & chopped	2 cups	15 minutes
	Potatoes, Red	Sliced or Quartered	2 cups	11 minutes
	Spinach	Whole	8 oz.	5 minutes
	Squash	Sliced	9 oz.	7 minutes
	Sweet Potato	Peeled & chopped	1 each	15 minutes
	Zucchini	Sliced	9 oz.	7 minutes

Fruits	Food	Preparation	Quantity	Steaming Time
	Apples	Peeled, cored and chopped	2 Large	15 minutes
	Apricots	Peeled, seeded and chopped	2 cups	10 minutes
	Guava	Peeled and Chopped	2 cups	10 minutes
	Mangoes	Peeled and Chopped	2 cups	12 minutes
	Nectarines	Peeled, seeded and Chopped	2 cups	10 minutes
	Papaya	Peeled and Chopped	2 cups	10 minutes
	Peaches	Cored, Peeled and Chopped	2 cups	12 minutes
	Pears	Peeled, seeded and Chopped	2 cups	10 minutes
	Plum	Peeled, seeded and Chopped	2 cups	10 minutes

Steaming fruit is a great way to make purees or healthy baby food. Process in the Power chef to puree.



# SMART MULTI COOKER COOKING CHARTS

Meat & Seafood	Food	Preparation	Quantity	Steaming Time
	Beef Short Rib	Trimmed fibrous membranes	1 lb.	30 minutes
	Beef, ground meatloaf	Whole	1 lb.	25 minutes
	Chicken Breast	Whole	1 lb.	18 minutes
	Chicken Thighs	Whole	1 lb.	15 minutes
	Clams	Rinse thoroughly	1 lb.	12 minutes
	Crab legs	Whole	1 lb.	7 minutes
	Duck Fillets	Fillet	1 lb.	18 minutes
	Fish, Fresh	Cleaned, fillets	1 lb.	10 minutes
	Fish, Frozen	Cleaned, fillets	1 lb.	14 minutes
	Fish, Steaks	Halibut, Swordfish Tuna	1 lb.	15 minutes
	Lamb Fillets	Fillet	1 lb.	20 minutes
	Lobster, Tail	Trimmed	1 lb.	10 minutes
	Meatballs	Whole	1 lb.	20 minutes
	Mussels	Remove barnacles and beard	1 lb.	12 minutes
	Oysters	Whole	1 lb.	11 minutes
	Pork, Ground	Whole	1 lb.	25 minutes
	Pork Tenderloin	Whole or sliced	1 lb.	15 minutes
	Salmon	Fillets	1 lb.	11 minutes
	Sausage	Links	1 lb.	15 minutes
	Scallops	Cleaned	1 lb.	12 minutes
	Shrimp	Peeled & deveined	1 lb.	15 minutes
	Turkey Fillets	Fillets	1 lb.	17 minutes
	Turkey, Ground Meatloaf	Whole	1 lb.	25 minutes

# SMART MULTI COOKER BENEFITS & SPECS

- **Upgrade your microwave to a 3 in 1 cooking system:** true steam cooking (vegetables, meat, fish, seafood, fruits, flans, cakes), and also grains (rice, bulgur, buckwheat, couscous, quinoa), and boiling (pasta); stacking Colanders for layers of cooking
- **True steaming in the microwave:** The Shielded Colander and Cover protect the food. Microwaves can reach only the water in the bottom of the Base to boil and generate steam to cook the food inside the Colander.
- **Mess-free rice and grains in the microwave:** Microwaves heat the water and bring it to a boil to cook the grains. The unique Grain Insert and Cover break the foam created by the starch and help to prevent overflow.
- **Pasta in the microwave:** The base is used without the cover. Microwaves heat the water and bring it to a boil to cook the pasta. The colander of the Smart Multi-Cooker can then be used to drain the pasta easily.
- **Use it every day!** Very versatile, the Smart Multi-Cooker will make your life easier from starters to main courses, side-dishes, and even desserts. The cooking possibilities are unlimited.
- **Zero cooking skills and zero supervision required:** Set your ingredients in the Smart Multi-Cooker, start it in the microwave, and let it take care of cooking.
- **A companion for health:** Steaming is one of the healthiest cooking methods. It preserves nutrients, flavor, texture, and color.
- **Compact size:** fits even the smallest kitchens
- **Keep cool:** Skip the hot stove on hot summer days.

- Observe recommended fill levels for various foods.
- Always use two hands and oven mitts to move filled Smart Multi-Cooker by its handles
- Do not use sharp or metal utensils.
- Dishwasher safe
- Safe for use in microwave
- Not freezer safe
- Not safe for use in oven
- Not safe for use on stove top
- Not safe for use with grill/broil function
- Keep out of reach of children

## Dimensions (US)

W 10.4 x H 5.8 x L 10.2 inch

## Volume (US)

3 qt

## Max Wattage

US 1200





# SMART MULTI COOKER HOMEMADE BABY FOOD

Use your Tupperware Smart Multi Cooker to prepare delicious, homemade meals for your baby in just minutes. For each, fill water tray to fill line (about 1 3/4 cups water).



FOOD	AMOUNT	COOKING TIME	MIX IN WATER AFTER STEAMING	YIELD
Sweet Potatoes	1 lb. <i>4 cups peeled and chopped</i>	15 minutes	3/4 cup	2 cups pureed
Butternut Squash	1 medium squash <i>2 lbs. peeled and chopped</i>	20 minutes	No water needed	3 cups pureed
Apples	2 large apples <i>peeled, cored and chopped</i>	15 minutes	3/4 cup	2 cups pureed
Carrots	1 lb. <i>3 cups of baby carrots</i>	20 minutes	1/2 cup	2 cups pureed
Mangoes	2 mangos <i>2 cups peeled, chopped</i>	12 minutes	No water needed	1 cup pureed
Pears	2 pears <i>2 cups peeled, chopped</i>	10 minutes	3/4 cup	1 cup pureed
Peas	12 oz. <i>frozen</i>	15 minutes	3/4 cup	1 1/2 cups pureed



# SMART MULTI COOKER RECIPES BY CATEGORY

## BEEF

Beef Stroganoff  
Beef Tacos  
Mini Meatloaves  
Shepherd's Pie Peppers  
Spaghetti and Meatballs  
Steamed Sliders

## CHICKEN

Asian Chicken, Vegetables & Rice  
Asian Spiced Meatballs  
BBQ Chicken Sliders with Smokey  
Coleslaw  
Bombay Mango Chicken Salad  
Broccoli & Chicken Farfalle Alfredo  
Bruschetta Chicken  
Buffalo Chicken Flatbread  
Burrito Bowls  
Cashew Chicken Wrap  
Chicken Bacon Sliders  
Chicken Bánh Mì Rice Bowl  
Chicken Cacciatore  
Chinese Chicken Salad  
Chicken Cobb Salad with Red Wine  
Vinaigrette  
Chicken Lettuce Wrap with Peanut  
Vinaigrette  
Chicken Poblano Casserole

Chicken Parmesan Meatball Subs  
Chicken Pho  
Chicken Piccata Pasta  
Chicken Quinoa Bowl  
Chicken Salad with Grapes  
Chicken Tamale  
Citrus Chicken  
Creamy Cajun Pasta  
Creamy Chicken Alfredo with Bell  
Peppers  
Creamy Chicken Pesto Salad  
Creamy Dijon Chicken and Pasta  
Curried Chicken & Couscous  
Easy Ramen  
Green Chili Chicken Sliders  
Herbed Chicken & Vegetables  
Honey Lime Chicken with Pineapple  
Salsa  
Lemongrass and Ginger Chicken Rice  
Bowl  
Italian Chicken & Vegetables  
Lemon Pepper Chicken with  
Asparagus  
Pesto Chicken & Pasta with Sugar  
Snap Peas  
Pesto Chicken Pasta  
Roasted Red Pepper Chicken Farfalle  
Steamed Chicken Noodle Soup

Steamy Chicken Fajitas  
Tangy Citrus Chicken with Vegetables  
Teriyaki Chicken with Vegetables  
Thai Chicken & Coconut Rice  
Thai Chicken Salad  
Thai Green Curry

## PORK

Ale Sausage & Peppers  
Low Country Boil  
Pork Dim Sum Meatballs  
Quinoa and Pork Tenderloin Salad

## SEAFOOD

Asian Summer Rolls  
Asian White Fish in Chili Sauce  
Cantonese Steamed Flounder  
Cantonese Steamed Snapper  
Cerviche Veracruz  
Chinese Prawns with Sugar Snap  
Peas  
Chipotle Shrimp Tacos with Cilantro  
Vinaigrette  
Citrus Shrimp Salad  
Coconut Green Curry Mussels  
Firecracker Shrimp & Grits  
Ginger Sesame Garlic Shrimp  
Herbed Butter Shrimp and Orzo

# SMART MULTI COOKER RECIPES BY CATEGORY

Hoisin Salmon & Clear Noodles  
Island Shrimp Tacos with Chili Lime  
Coleslaw & Mango Papaya Salsa  
Japanese Shrimp & Vegetables  
Lobster Tails with Curry Butter  
Lobster Tails with Hazelnut Brown  
Butter Sauce  
Maple Mustard Glazed Salmon  
Mediterranean Salmon  
New England Clam Chowder  
Paella  
Prawn & Fennel Risotto  
Ratatouille & Halibut  
Rocky Point Clam Chowder  
Salmon & Asian Slaw Salad  
Salmon with Pink Peppercorns &  
Snow Peas  
Scallops with Lemon Vinaigrette  
Shrimp & Broccoli in Garlic Sauce  
Shrimp & Vegetables with a Red  
wine Vinaigrette  
Shrimp Scampi  
Shrimp & Spicy Cocktail Sauce  
Shrimp with Cilantro Lime Sauce  
Smoked Salmon and Quinoa Salad  
Southwest Salmon Salad  
Steamed Salmon & Broccoli

Steamed Salmon & Rainbow Noodles  
Steamed Shrimp, Red Peppers &  
Green Beans  
Summer Creole Boil  
Sushi Bites  
Sushi Cake  
Teriyaki Salmon  
Tilapia Street Tacos  
Tilapia with Coconut Rice and  
Cayenne Sauce  
Tuna Casserole

## TURKEY

Asian Spiced Meatballs  
Turkey Tenderloin with Spicy Sweet  
Potatoes

## BEANS

Burrito Bowls  
Fresh Nutty Green Beans Salad  
Harvest Green Bean Salad  
Herbed Chicken & Vegetables  
Italian Chicken & Vegetables  
Japanese Shrimp & Vegetables  
Shrimp, Green Beans, Tomatoes &  
Potatoes  
Southwest Salmon Salad  
Steamed Shrimp, Red Peppers &

Green Beans  
Tangy Citrus Chicken with Vegetables

## GRAIN - RICE - OATS

Cilantro Lime Avocado Rice  
Curried Chicken & Couscous  
Firecracker Shrimp & Grits  
Herbed Butter Shrimp and Orzo  
Lemon Ginger Sushi Rice  
Minted Feta Orzo  
Paella  
Prawn & Fennel Risotto  
Quinoa Breakfast Bowls  
Quinoa and Pork Tenderloin Salad  
Quinoa Powerhouse Salad  
Smoked Salmon and Quinoa Salad  
Thai Chicken & Coconut Rice

## PASTA

Broccoli Pesto Pasta  
Butternut Squash Mac & Cheese  
Capellini with Easy Tomato Sauce  
Creamy Cajun Pasta  
Creamy Dijon Chicken and Pasta  
Hoisin Salmon & Clear Noodles  
Pasta with Olive Tapenade

# SMART MULTI COOKER RECIPES BY CATEGORY

## POTATOES

Chipotle Mashed Sweet Potatoes  
Healthy Red Potato Salad  
Potato & Cauliflower Mash  
Potato Soup  
Warm Rosemary Potato Salad

## VEGETABLES/VEGETARIANS

Asparagus & Avocado Salad  
Baba Ghanoush  
Broccoli Salad  
Broccoli Pesto Pasta  
Brown Butter Parmesan Asparagus  
with Walnuts  
Burrito Bowls  
Butternut Squash Mac & Cheese  
Carrot Dogs  
Cauliflower Lime Rice  
Cauliflower Salad  
Corn on the Cob with Chipotle Lime  
Butter  
Chipotle Mashed Sweet Potatoes  
Cinnamon Maple Butternut Squash  
Corn Salsa  
Easy Ramen  
Edamame Succotash  
Eggplant Dip  
Fresh Nutty Green Beans Salad

Harvest Green Bean Salad  
Healthy Red Potato Salad  
Honey Herbed Butter Carrots  
Potato & Cauliflower Mash  
Potato Soup  
Pumpkin Quinoa Salad  
Quick Pepper Poppers  
Quinoa Powerhouse Salad  
Spinach Arugula Pesto Zoodles  
Spiraled Broccoli Salad  
Steamed Dumplings  
Steamed Stuffed Artichoke  
Stuffed Cabbage Rolls  
Stuffed Poblano Peppers  
Stuffed Tomatoes  
Sweet Chili Tofu and Vegetable Rice  
Noodles  
Warm Rosemary Potato Salad

## BREAKFAST

Baked Apples  
Cinnamon Apple Breakfast Crumble  
Cinnamon Rice Pudding  
Hard Boiled Eggs  
Quinoa Breakfast Bowls  
Strawberry Rhubarb Chia Yogurt

## DESSERTS

Baked Apples  
Cherry Dump Cake  
Chocolate Caramel Cake  
Cinnamon Rice Pudding  
Coconut Angel Food Cake  
Coconut Crème Caramel  
Creamy Cheesecake Custard  
Cupcakes  
Flan  
Mini Almond Cakes Gluten Free  
Mini Chocolate Cakes  
Nutella Brownie  
Pears with Hot Caramel Cinnamon  
Sauce  
Pumpkin Custard  
White Chocolate & Raspberry  
Cupcakes

## SAUCES - RELISHES - DIPS

Baba Ghanoush  
Cinnamon Applesauce  
Eggplant Dip

# SMART MULTI COOKER RECIPES, ALPHABETICAL

14. Ale Sausage & Peppers
15. Asian Chicken, Vegetables & Rice
16. Asian Spiced Meatballs
17. Asian Summer Rolls
18. Asian White Fish in Chili Sauce
19. Asparagus & Avocado Salad
20. Asparagus & Mango Salad
21. Baba Ghanoush
22. Baked Apples
23. Banh Mi Bowl
24. BBQ Chicken Sliders with Smokey Coleslaw
25. Beef Stroganoff
26. Beef Tacos
27. Bombay Mango Chicken Salad
28. Broccoli & Chicken Farfalle Alfredo
29. Broccoli Pesto Pasta
30. Broccoli Salad
31. Brown Butter Parmesan Asparagus with Walnuts
32. Bruschetta Chicken
33. Buffalo Chicken Flatbread
34. Burrito Bowls
35. Butternut Squash Mac & Cheese
36. Cantonese Steamed Flounder
37. Cantonese Steamed Snapper
38. Capellini with Easy Tomato Sauce
39. Carrot Dogs
40. Cashew Chicken Wrap
41. Cauliflower Lime Rice
42. Cauliflower Salad
43. Cauliflower Salad II
44. Ceviche Veracruz
45. Cherry Dump Cake
46. Chicken Bacon Sliders
47. Chicken Bánh Mì Rice Bowl
48. Chicken Cacciatore
49. Chicken Cobb Salad with Red Wine Vinaigrette
50. Chicken Lettuce Wrap with Peanut Vinaigrette
51. Chicken Parmesan Meatballs Subs
52. Chicken Pho
53. Chicken Piccata Pasta
54. Chicken Poblano Casserole
55. Chicken Quinoa Bowl
56. Chicken Salad with Grapes
57. Chinese Chicken Salad
58. Chinese Prawns with Sugar Snap Peas
59. Chipotle Mashed Sweet Potatoes
60. Chipotle Shrimp Tacos with Cilantro Vinaigrette
61. Chocolate Caramel Cake
62. Cilantro Lime Avocado Rice
63. Cilantro Mojo Mahi Mahi with Orange Salsa
64. Cinnamon Apple Breakfast Crumble
65. Cinnamon Apple Sauce
66. Cinnamon Maple Butternut Squash
67. Cinnamon Rice Pudding
68. Citrus Chicken
69. Citrus Shrimp Salad
70. Coconut Angel Food Cake
71. Coconut Crème Caramel
72. Coconut Crème Caramel II
73. Coconut Green Curry Mussels
74. Corn on The Cob with Cilantro Lime Butter
75. Corn Salsa
76. Creamy Cajun Pasta

# SMART MULTI COOKER RECIPES, ALPHABETICAL

- |  |   |   |
|--|---|---|
| 77. Creamy Cheesecake Custard                | Pineapple Salsa   | 117. Mixed Potato Mash                          |
| 78. Creamy Chicken Alfredo with Bell Peppers | 101. Island Shrimp Tacos with Chili Lime Coleslaw & Mango | 118. New England Clam Chowder                   |
| 79. Creamy Chicken Pesto Salad               | Papaya Salsa  | 119. Nutella Brownies                           |
| 80. Creamy Dijon Chicken and Pasta           | 102. Italian Chicken & Vegetables                         | 120. Paella                                     |
| 81. Cupcakes                                 | 103. Japanese Shrimp & Vegetables                         | 121. Pasta with Olive Tapenade                  |
| 82. Curried Chicken & Couscous               | 104. Lemon Ginger Sushi Rice                              | 122. Pears with Hot Caramel Cinnamon Sauce      |
| 83. Easy Lobster Roll                        | 105. Lemon Pepper Chicken with Asparagus                  | 123. Pesto Chicken & Pasta with Sugar Snap Peas |
| 84. Easy Ramen                               | 106. Lemongrass and Ginger Chicken Rice Bowl              | 124. Pesto Chicken Pasta                        |
| 85. Edamame Succotash                        | 107. Lobster Rolls  | 125. Pork Dim Sum Meatballs                     |
| 86. Eggplant Dip                             | 108. Lobster Tails with Curry Butter                      | 126. Potato & Cauliflower Mash                  |
| 87. Eggplant Rolls                           | 109. Lobster Tails with Hazelnut Brown Butter Sauce       | 127. Potato Soup                                |
| 88. Firecracker Shrimp & Grits               | 110. Low Country Boil                                     | 128. Prawn and Fennel Risotto                   |
| 89. Flan                                     | 111. Maple Mustard Glazed Salmon                          | 129. Pumpkin Custard                            |
| 90. Fresh Nutty Green Bean Salad             | 112. Mediterranean Salmon                                 | 130. Pumpkin Quinoa Salad                       |
| 91. Ginger Sesame Garlic Shrimp              | 113. Mini Almond Cakes Gluten Free                        | 131. Quick Pepper Poppers                       |
| 92. Green Chili Chicken Slider               | 114. Mini Chocolate Cake                                  | 132. Quinoa Breakfast Bowls                     |
| 93. Hard Boiled Eggs                         | 115. Mini Meatloaves                                      | 133. Quinoa & Pork Tenderloin Salad             |
| 94. Harvest Green Bean Salad                 | 116. Minted Feta Orzo                                     | 134. Quinoa Powerhouse Salad                    |
| 95. Healthy Red Potato Salad                 |   | 135. Ratatouille & Halibut                      |
| 96. Herb Butter Shrimp & Orzo                |   | 136. Roasted Red Pepper Chicken Farfalle        |
| 97. Herbed Chicken & Vegetables              |   | 137. Rocky Point Clam Chowder                   |
| 98. Hoisin Salmon & Noodles                  |   | 138. Salmon & Asian Slaw Salad                  |
| 99. Honey Herbed Butter Carrots              |   |   |
| 100. Honey Lime Chicken with                 |   |   |



# SMART MULTI COOKER RECIPES, ALPHABETICAL

- |  |  |  |
|--|--|--|
| 139. Salmon with Pink Peppercorns & Snow Peas    | 155. Steamed Salmon & Rainbow Noodles            | 174. Thai Green Curry                            |
| 140. Scallops with Lemon Vinaigrette             | 156. Steamed Shrimp, Red Peppers & Green Beans   | 175. Tilapia Street Tacos                        |
| 141. Shepherd's Pie Peppers                      | 157. Steamed Sliders                             | 176. Tilapia with Cayenne Sauce and Coconut Rice |
| 142. Shrimp & Broccoli in Garlic Sauce           | 158. Steamed Stuffed Artichoke                   | 177. Tuna Casserole                              |
| 143. Shrimp & Vegetables in Red Wine Vinaigrette | 159. Steamy Chicken Fajitas                      | 178. Turkey Tenderloin with Spicy Sweet Potatoes |
| 144. Shrimp Scampi                               | 160. Strawberry Rhubarb Chia Yogurt              | 179. Warm Rosemary Potato Salad                  |
| 145. Shrimp & Spicy Cocktail Sauce               | 161. Stuffed Cabbage Rolls                       | 180. White Chocolate & Raspberry Cupcakes        |
| 146. Shrimp with Cilantro Lime Sauce             | 162. Stuffed Poblano Peppers                     |  |
| 147. Smoked Salmon & Quinoa Salad                | 163. Stuffed Tomatoes                            |  |
| 148. Southwest Salmon Salad                      | 164. Summer Creole Boil                          |  |
| 149. Spaghetti and Meatballs                     | 165. Sushi Bites                                 |  |
| 150. Spinach Arugula Pesto Zoodles               | 166. Sushi Cake                                  |  |
| 151. Spiralized Broccoli Salad                   | 167. Sweet Chili Tofu and Vegetable Rice Noodles |  |
| 152. Steamed Chicken Noodle Soup                 | 168. Tamales                                     |  |
| 153. Steamed Dumplings                           | 169. Tangy Citrus Chicken with Vegetables        |  |
| 154. Steamed Salmon & Broccoli                   | 170. Teriyaki Chicken with Vegetables            |  |
|  | 171. Teriyaki Salmon                             |  |
|  | 172. Thai Chicken & Coconut Rice                 |  |
|  | 173. Thai Chicken Salad                          |  |

# Ale SAUSAGE & PEPPERS

## INGREDIENTS

- ½ cup beer
- 1 lb. Italian Sausage Links, cut into bite-sized pieces
- 2 green bell peppers, seeded and chopped
- 1 yellow onion, peeled and chopped
- ½ cup chicken stock
- 2 Tbsp. grainy mustard
- 2 Tbsp. corn starch
- ½ tsp. kosher salt
- Hoagie Rolls

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam.
2. Place Shielded Colander inside base.
3. Pour beer into a snack cup and place centered inside Large Shielded Colander.
4. Place sausage links around snack cup.
5. Place peppers and onion in the Shallow Colander, stacking Shallow Colander on top of Large Shielded Colander.
6. Cover with Shielded Cover and microwave 8-10 minutes. Remove from microwave.
7. In a medium saucepan combine chicken stock, mustard, cornstarch and salt, simmer on low heat, add vegetables.
8. Place sausage on hoagie roll, top with sauce and peppers.



**Tupperware**

# Asian **CHICKEN, VEGETABLES & RICE**



**Tupperware®**

## **INGREDIENTS**

- 1 cup rice
- 2 cups water
- 4 boneless, skinless chicken breasts
- ½ head Savoy or Napa cabbage
- ½ cup baby carrots
- ½ cup white mushrooms, sliced
- ½ cup broccoli florets

### *Marinade*

- 1 cup low-sodium soy sauce
- ½ Tbsp. sesame oil, divided
- 1 Tbsp. peanut oil
- ½ lime, juiced
- 1-in. piece ginger, thickly sliced
- 1 clove garlic, sliced
- ½ cup cilantro, chopped

## **DIRECTIONS**

1. Add soy sauce, sesame oil, peanut oil, lime juice, ginger, garlic and cilantro in the **Season Serve Container**, add chicken. Marinate chicken in refrigerator for at least ½ hour or up to overnight.
2. In the **Smart Multi Cooker** base, stir together rice, water and salt. Place grains insert on top of Base; place grains seal on top of insert. Microwave on high power 5 minutes, then on 50% power 7 minutes more. Remove from microwave, remove seal and insert; let stand 5 minutes. Fluff with fork. Transfer rice to a bowl and cover. Clean Base.
3. Fill the base of the **Smart Multi Cooker** with water to max fill line for Steam Icon. Place Shielded Colander inside base.
4. Line the bottom of Large Shielded Colander with a layer of cabbage leaves. Place carrots, mushrooms and broccoli on top of cabbage leaves. Be sure to leave some holes clear for steam to flow through.
5. If desired, in **Chef Series 11" Fry Pan**, brown chicken slightly on both sides in ½ Tbsp. sesame oil.
6. Place the chicken in the Shallow Colander and stack Shallow Colander over the over the Large Shielded Colander.
7. Cover and steam in the microwave on high power 10–15 minutes, or until the chicken is cooked through and juices run clear.

# Asian Spiced MEATBALLS



**Tupperware**

## INGREDIENTS

- 1 cup cooked rice
- ½ cup minced green onions
- ½ lb. ground chicken or turkey
- 1 Tbsp. soy sauce
- ½ cup mushrooms, finely chopped
- 2 tsp. cornstarch
- 1 tsp. minced peeled ginger
- ½ tsp. sesame oil

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam Icon. Place Shielded Colander inside base.
2. Place cooked rice in a small bowl.
3. In a medium **Thatsa Bowl**, mix the remaining ingredients and shape into 12 meatballs.
4. Roll meatball in the rice, Place 6 balls in Large Shielded Colander and 6 balls in Shallow Colander.
5. Stack Shallow Colander on top of the Large Shielded Colander and place Shielded Cover on top.
6. Microwave on high power 10–15 minutes, or until the meatball is cooked through.



# Asian SUMMER ROLLS

## INGREDIENTS

- |   |                              |
|---|------------------------------|
| 24 small fresh shrimp, peeled and tails removed | ¼ tsp. freshly grated ginger |
| ½ tsp. coarse kosher salt, divided              | 8 rice paper wrappers        |
| ¼ cup shredded carrot                           | 1 bunch cilantro leaves      |
| ¼ cup shredded kale                             |                              |
| ¼ cup shredded red cabbage                      |                              |
| ¼ cup red onion, minced                         |                              |
| 1 Tbsp. sesame oil                              |                              |
| 2 tsp. rice wine or apple cider vinegar         |                              |

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1½ cups water to max fill line for Steam. Place Shielded Colander inside base. Place shrimp in Large Shielded Colander and sprinkle with ¼ tsp. salt.
2. Cover with Shielded Cover and microwave on high power 3-5 minutes. Remove from microwave; set aside.
3. Meanwhile, toss together carrot, kale, cabbage, onion, sesame oil, vinegar, ginger and remaining salt in a medium bowl. Set aside.
4. Add warm water to a second medium bowl. Dip 1 rice paper wrapper in water to moisten and transfer to clean cutting board.
5. When pliable, place three shrimp in a single row in the center of the rice paper. Place about 1–2 Tbsp. cabbage mixture on top of shrimp. Top with 3–4 cilantro leaves.
6. Fold the right and left sides of the wrapper inward. Starting from the end closest to you, roll into a tight cigar shape; set aside. Repeat with remaining wrappers.
7. Serve cold or at room temperature.



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# ASIAN WHITE FISH

## with Chili Sauce

### INGREDIENTS

- 8 oz. whitefish filets (sea bass, cod, halibut, red snapper, or tilapia)
- 1 tsp. red pepper flakes
- 1 Tbsp. granulated sugar
- ½ cup water
- Salt and black pepper
- 3 Tbsp. soy sauce
- 2 Tbsp. sesame oil
- 2 Tbsp. thinly sliced ginger
- 4 oz. bok choy, chopped
- 1 tsp. chopped cilantro leaves
- 3 minced garlic cloves
- ½ tsp. chili powder

### DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base. Place fish in the Large Shielded Colander, arrange bok choy around fish, season with salt and pepper to taste.
2. Cover and microwave on high power for 8-12 minutes or until fish is flaky or opaque.
3. Transfer the fish to a nice serving plate.
4. In a **Chef Series II Saucepan** bring the water, chili powder, cilantro, soy sauce, sesame oil, ginger, garlic, red pepper flakes, and sugar to a boil, for two minutes.
5. Check the seasoning and adjust if necessary.
6. Arrange the fish and bok choy on serving plates and pour the chili sauce over the top.



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# ASPARAGUS & AVOCADO

## Salad



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### INGREDIENTS

- ¾ lb. green asparagus
- 1 avocado
- 1 tsp. lemon juice
- 1 hard-boiled egg, chopped
- Parmesan cheese, for serving

### *Dressing*

- 2 Tbsp. white vinegar
- 2 Tbsp. rapeseed or olive oil
- ¼ cup vegetable broth
- 2 tsp. grainy mustard
- Salt, freshly ground pepper and a pinch of sugar

### DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base.
2. Peel the asparagus in the lower third, cut off the ends and cut into 2" long pieces.
3. Put asparagus pieces in the Shielded Colander, cover with Shielded Cover.
4. Cook in the microwave at 800 watts for 7 minutes. Then let it stand for rest for 5 minutes.
5. Halve the avocado, remove the core and remove the pulp, cut into slices and sprinkle with lemon juice.
6. Put the ingredients for the dressing in the shake-it and shake vigorously once.
7. Mix the asparagus with the dressing and loosely fold in the remaining ingredients.
8. Sprinkle with parmesan cheese.



# ASPARAGUS & MANGO

## Salad

### INGREDIENTS

- 1 lb. green asparagus
- 1 mango

### *Dressing*

- 1 red onion
- 1 red chili pepper
- 1 lime, Juiced and zested
- 2 tsp. maple syrup or honey
- 2 Tbsp. extra virgin olive oil
- ¼ cup vegetable broth
- Salt and freshly ground

### DIRECTIONS

1. Peel the asparagus in the lower third, cut off the ends and cut into 2" pieces.
2. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Large Shielded Colander inside base. Place asparagus in the Large Shielded Colander.
3. Cover and microwave on high power for 6-7 minutes.
4. Core the mango and cut the pulp into cubes.
5. Peel the onion and core the chili. Put both in in the **SuperSonic Chopper Compact**, cover and chop them finely.
6. Add lime juice and peel, maple syrup, oil and vegetable broth one after the other and season with the spices.
7. Mix the asparagus and mango pieces with the dressing and serve.



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# Baba GHANOUSH

## INGREDIENTS

- 1 medium eggplant, cut into quarters
- ¼ cup tahini (sesame paste)
- 1 tsp. kosher salt
- 1 lemon, zested and juiced
- 2 garlic cloves, peeled and minced
- 4 Tbsp. extra virgin olive oil, divided
- 1 Tbsp. minced fresh flat leaf (Italian) parsley
- 1 Tbsp. minced fresh mint
- 1 Tbsp. sesame seeds, toasted

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1¼ cups water to max fill line for Steam. Place Shielded Colander inside base and add eggplant. Cover with Shielded Cover and microwave 15 minutes or until tender. Remove from microwave. Transfer eggplant to a plate until cool enough to handle.
2. Scoop center flesh from eggplant, transfer to the Base of the **SuperSonic Chopper Extra** with the blade attachment. Add tahini, salt, lemon zest and juice, garlic and 2 Tbsp. of the olive oil. Pull cord until well blended and smooth. Add salt and pepper to taste.
3. Transfer mixture to a serving bowl. Drizzle with remaining olive oil and garnish with parsley, mint and sesame seeds. Serve with pita wedges.



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# Baked APPLES

## INGREDIENTS

- 5-6 apples
- 1 cup oatmeal
- 4 Tbsp. brown sugar
- 2 Tbsp. flour
- 1 tsp. ground cinnamon
- 6 Tbsp. cold butter

*You can add dried raisins or cranberries or other dried mixed fruits if desired or nuts.*

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base.
2. Core each apple making a large well in the center and arrange in the Large Shielded Colander.
3. In a small **Thatsa Bowl**, mix oats, brown sugar, flour and cinnamon together in a bowl; cut in butter until evenly combined. Spoon approximately ¼ cup of the oat mixture into each apple.
4. Cover with Shielded Cover and steam in the microwave on high power 10–15 minutes.



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# Bahn Mi BOWL



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## INGREDIENTS

¼” piece ginger, grated  
1 Tbsp. lemongrass paste  
2 Tbsp. tamari or soy sauce, plus  
extra to drizzle  
2 Tbsp. sesame oil  
1 clove garlic, crushed  
2 small chicken breasts

1 cup white rice  
2 cups water

## Sauce

¼ cup mayonnaise  
1-2 tsp. Sriracha sauce

## To Serve

2 carrots, spiralized  
1 zucchini, spiralized  
1 jalapeño, finely sliced  
¼ bunch coriander  
2 Tbsp. sesame seeds  
1 handful edamame

## DIRECTIONS

1. Combine all ingredients for the chicken in a bowl, stir to coat, cover and place in the fridge to marinate for 30 minutes to 1 hour.
2. Rinse rice until water runs clear. Place rice in the base of **Smart Multi Cooker** and fill with 2 cups of water. Cover with Rice Insert and Rice Cover. Place into microwave and cook at 900 watts for 15 minutes.
3. Remove from microwave. Transfer rice into a bowl and cover to keep warm. Set aside.
4. In the clean **Smart Multi Cooker**, fill with 1¾ cup water. Place the Large Shielded Colander in the Base and add chicken. Cover with Shielded Cover. Place into microwave and cook at 900 watts for 15 minutes.
5. Place spiralized carrot in the Shallow Colander, place over chicken in the **Smart Multi Cooker** in microwave for 2 minutes. Add the zucchini and the edamame to carrots and microwave for a further 1 minute.
6. Mix together the mayonnaise and sriracha in a small bowl.
7. To serve, place rice in 4 bowls, top with chicken, along with carrot, zucchini, jalapeño and fresh coriander. Drizzle with soy sauce, sesame oil and Sriracha mayonnaise. Top with a sprinkle of sesame seed and edamame.



BBQ

# CHICKEN SLIDERS

with Smokey Coleslaw

## INGREDIENTS

1 whole chicken, about 3 lbs.,

giblets removed

1 cup low-sodium barbeque sauce

1 tsp. southwest chipotle

seasoning

1 package slider buns

*Coleslaw*

½ cup mayonnaise

1 Tbsp. vinegar

1 Tbsp. granulated sugar

¼ tsp. celery seed

¼ tsp. onion powder

¼ tsp. kosher salt

¼ tsp. black pepper

¼ tsp. liquid smoke

8 oz. bagged coleslaw mix

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base.
2. Place chicken in the Large Shielded Colander breast side down to achieve even cooking. Place inside base, cover and microwave on high power for 28-30 minutes or until the internal temperature of the breast reaches 165° F/75° C. Allow chicken to cool, covered in the **Smart Multi Cooker** base.
3. Mix mayonnaise, vinegar, sugar, celery seed, onion powder, salt, pepper and liquid smoke in a large bowl. Add coleslaw mix and stir to combine.
4. Once chicken is cool enough to handle, remove chicken from Steamer Base, remove and discard skin and remove meat from the bone, discarding bones. Shred meat using fingers or two forks and place in saucepan over medium heat. Add barbecue sauce and seasoning blend. Bring to a simmer and stir to combine.
5. Spoon chicken onto slider buns. Top with coleslaw if desired.



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# Beef STROGANOFF



## INGREDIENTS

2 small New York strip steaks,  
sliced thin, 2" lengths

¾ tsp. kosher salt, divided

1 Tbsp. extra virgin olive oil

1½ cups sliced mushrooms

1 medium yellow onion, peeled  
and sliced thin

2 garlic cloves, peeled and minced

½ cup heavy cream

¼ tsp. freshly cracked black  
pepper

½ lb. egg noodles

6 cups water

2 Tbsp. chopped parsley

## DIRECTIONS

1. In a small bowl, toss together steak, ¼ tsp. of the salt and olive oil. In the **MicroPro Grill**, add steak. Place cover on steak in the grilling position. Microwave on high power 3-4 minutes. Remove from microwave. Transfer steak to a large bowl; set aside.
2. In the Base of the **MicroPro Grill**, combine mushrooms, onion and garlic. Place cover on top of vegetables in the GRILL position. Microwave on high power 5 minutes or until lightly charred. Remove from microwave, add cream, ¼ tsp. of the salt and pepper. Place cover on **MicroPro Grill** in the CASSEROLE position; microwave on high power 1 minute. Remove from microwave, transfer onion mixture to bowl with steak.
3. In the Base of the **Smart Multi Cooker** combine noodles, remaining salt and water. Microwave on high power 7 minutes or until desired doneness. Drain pasta, toss with steak and sauce. Add salt and pepper to taste, top with parsley. Serve warm.



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# Beef TACOS

## INGREDIENTS

1 lb. raw ground beef (80%)  
1 pkg. (1 oz.) taco seasoning mix  
1 box (4.6 oz.) taco shells (12 shells)

### *Toppings optional*

Shredded lettuce  
Shredded Cheddar cheese  
Sour Cream

Taco sauce  
Shredded Monterey Jack Cheese  
Salsa verde  
Chopped tomatoes  
Chopped cilantro  
Lime wedges  
crumbled cotija  
Sliced avocado  
Pickled jalapeños

## DIRECTIONS

1. In a medium **Thatsa Bowl**, mix the raw ground beef and taco seasoning.
2. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base.
3. Add meat mixture, slightly crumbled when adding.
4. Place Shielded Cover on and microwave on high power 10 minutes or until meat is cooked through. Let stand for 5 minutes, stir and serve.
5. Heat taco shells according to package.
6. Prepare tacos to your preference.

*If using soft shell, uncover meat after cooking and add tortillas and re-cover to soften them.*



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# Bombay Mango CHICKEN SALAD



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## INGREDIENTS

- 3 chicken breasts, cut into chunks
- 8 oz. can water chestnuts, drained
- $\frac{1}{3}$  cup non-fat plain Greek yogurt
- $\frac{1}{2}$  cup salted, roasted cashews
- $\frac{1}{3}$  cup low-fat mayonnaise
- salt and pepper, to taste
- 1 Tbsp. curry powder
- 3 Tbsp. lime juice
- 1 Tbsp. honey
- 1 ripe mango, peeled, pitted and chopped
- 1 cup red seedless grapes, halved

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with  $1\frac{1}{4}$  cups water to max fill line for Steam. Place **Shielded Colander** inside base.
2. Sprinkle  $\frac{1}{4}$  tsp. salt over chicken breast
3. Place chicken in the **Large Shielded Colander**.
4. Microwave on high power 8-10 minutes or until juices run clear and internal temperature reaches  $165^{\circ}\text{F}/75^{\circ}\text{C}$ . Drain water and place chicken in the Base of the **Smart Multi Cooker**.
5. Place the yogurt, mayonnaise, curry powder, lime juice and honey in the **SuperSonic Chopper Extra** fitted with the Whip Accessory and turn handle until well mixed pour over chicken.
6. Add the remaining ingredients to chicken mixture and gently combine with the dressing.
7. Serve immediately or refrigerate for up to three days.

# Broccoli & Chicken

## FARFALLE ALFREDO

### INGREDIENTS

1 lb. chicken tenders  
Salt and pepper, to taste  
½ lb. farfalle pasta  
½ tsp. salt  
2 cups fresh broccoli florets

2 cups heavy cream  
1 cup Parmesan cheese, shredded  
1 oz. cream cheese

Suggestion: Add some red chili pepper flakes. Lemon zest and fresh parsley.

### Sauce

2 Tbsp. butter  
1-2 cloves garlic, minced

### DIRECTIONS

1. Add farfalle pasta and ½ tsp. of the salt to the Base of the **Smart Multi Cooker**.
2. Add 3-4 cups water to reach the indent in the Base of the **Smart Multi Cooker** base.
3. Place chicken in the Shielded Colander and season with salt and pepper and place inside base, (without removing pasta).
4. Place broccoli in the Shallow Colander, place on top of Large Shielded Colander, place Shielded Cover on and microwave on high power for 15 minutes, or until pasta is al dente or cooked to desired doneness.
5. Meanwhile, in a **Chef Series II Saucepan**, melt butter and add garlic, slowly add heavy cream while stirring continuously, whisk in cream cheese, until melted, then add parmesan cheese.
6. Drain pasta, add the sauce to the pasta, add the chicken and broccoli, stir. Serve warm.



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# Broccoli Pesto

## PASTA



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### INGREDIENTS

½ head broccoli, cut into florets  
1¼ casarecce or farfalle pasta  
½ tsp. salt for pasta  
1½ bunches fresh basil  
1 Tbsp. pine nuts  
⅔ cup grated parmesan  
¼ cup grated pecorino  
⅔ cup extra virgin olive oil  
1 garlic clove  
Salt and pepper

1 lemon, zest only

*To serve*  
Parmesan  
Fresh basil  
Toasted pine nuts

### DIRECTIONS

1. Fill the **Smart Multi Cooker** with 1¾ cups water. Place the Large Shielded Colander on the Base and place broccoli inside. Cover with Shielded Cover. Microwave at 900 watts for 5 minutes. Drain and rinse under cold water. Set aside.
2. Place pasta and salt in **Smart Multi Cooker** and fill with water to pasta icon max line. Microwave at 900 watts for 15 minutes or until al dente.
3. While pasta is cooking, place remaining ingredients including broccoli in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until a smooth or desired consistency is reached.
4. Remove pasta from microwave and drain in the Large Shielded Colander. Transfer to a bowl and mix through half of the pesto.
5. Top with parmesan, fresh basil and toasted pine nuts.



# Broccoli **SALAD**

## **INGREDIENTS**

- 1 tsp. salt
- 1 lb. fresh broccoli florets
- ½ cup toasted slivered almonds
- ½ cup cooked, crumbled bacon
- ¼ cup of red onion, chopped
- 1 cup fresh or frozen peas, thawed
- 1 cup mayonnaise
- 2 Tbsp. apple cider vinegar
- ¼ cup honey

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the max fill line for steam. Place Large Shielded Colander in Base.
2. Place broccoli in Large Shielded Colander.
3. Cover with the Shielded Cover and microwave on high power 10–12 minutes.
4. Drain the broccoli and immediately put into a bowl of ice water to stop the cooking. After the broccoli cools, drain it well before dressing it in the next step.
5. Combine broccoli florets, almonds, crumbled bacon, chopped onion, and peas in a large serving bowl.
6. In a separate bowl, whisk together mayonnaise, cider vinegar and honey. Add dressing to the salad and toss to mix well.
7. Chill thoroughly before serving.



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# Brown Butter **PARMESAN ASPARAGUS** with Walnuts



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## **INGREDIENTS**

- 1 bunch asparagus ( $\frac{3}{4}$  pound), ends trimmed
- 3 Tbsp. unsalted butter
- $\frac{1}{4}$  cup chopped walnuts
- 1 garlic clove, minced
- $\frac{1}{2}$  tsp. chopped fresh thyme leaves
- $\frac{1}{4}$  cup Parmesan cheese, finely grated
- Kosher salt, as needed
- $\frac{1}{4}$  tsp. fresh ground black pepper
- Lemon juice, optional

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with  $1\frac{3}{4}$ -cup water to the max fill line for steam. Place Large Shielded Colander in Base.
2. Place asparagus in Large Shielded Colander.
3. Cover with the Shielded Cover and microwave on high power 12–14 minutes.
4. Meanwhile, melt the butter in a **Chef Series II Fry Pan** over medium heat. Cook until the foam has subsided and the butter turns a deep golden brown, about 4 minutes. (Take care that it doesn't burn.)
5. Stir in the nuts and cook until fragrant, about 2 minutes.
6. Stir in the garlic and thyme and cook until fragrant, about 30 seconds. Remove from heat and whisk in the cheese. Season with salt and pepper.
7. Spoon nut mixture over warm asparagus and serve at once.

*Sprinkle with fresh squeezed lemon juice if desired.*

# Bruschetta CHICKEN

## INGREDIENTS

- 4 chicken cutlets
- ½ tsp. coarse kosher salt
- ¼ tsp. Italian Herb Seasoning
- 1 garlic clove, peeled
- 2–3 basil leaves
- ½ cup grape tomatoes
- ¼ cup shredded mozzarella cheese

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1¼ cups water to max fill line for Steam. Place Shielded Colander inside base.
2. Flatten chicken cutlets using a mallet or pan and season one side with salt and Italian herb seasoning.
3. Place garlic, basil and tomatoes in the **SuperSonic Chopper Compact**, cover and pull cord until finely chopped.
4. Spread tomato mixture over unseasoned side of chicken cutlets, roll each cutlet and secure with toothpicks.
5. Place chicken in the Large Shielded Colander, place Shielded Cover on and Microwave on high power for 10-12 minutes, or until chicken is cooked through and reaches an internal temperature of 165° F/75° C.
6. Top cutlets with mozzarella and replace Shielded Cover of **Smart Multi Cooker** 1–2 minutes to melt the cheese. Serve warm.



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# Buffalo **CHICKEN FLATBREAD**

## **INGREDIENTS**

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

## **DIRECTIONS**

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base.
2. Place chicken in the Large Shielded Colander, place Shielded Cover on and Microwave on high power for 12-14 minutes, or until chicken is cooked through and reaches an internal temperature of 165° F/75° C.
3. Preheat oven to 425° F/218° C.
4. Place celery in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord to chop. Remove to a small bowl and set aside.
5. When chicken finishes cooking, allow to rest, covered, 5 minutes. Remove and cut into cubes.
6. Place chicken and buffalo sauce in **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until finely chopped.
7. Spread chicken over flatbreads, place in Cover of the **UltraPro Lasagna Pan** and bake 6–10 minutes, depending on thickness of chosen flatbread, monitoring to avoid burning.
8. Before serving, sprinkle celery over chicken and drizzle with bleu cheese dressing.



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# BURRITO BOWLS



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## INGREDIENTS

- |  |                                  |
|--|----------------------------------|
| 1 cup white rice, rinsed                       | 2 Tbsp. finely chopped coriander |
| 1 lb. smoked tofu or chicken fillets, cubed    | 1 lime, juiced                   |
| ½ red pepper, diced                            | Salt and pepper                  |
| 2 Tbsp. taco seasoning                         | <i>Serving suggestions</i>       |
| 1 ½ cups frozen corn kernels                   | corn chips                       |
| 1 (15 oz.) can black beans, drained and rinsed | grated cheese                    |
| 1 cup cherry tomatoes, diced                   | sour cream                       |
| 4 green onions, finely chopped                 | avocado/guacamole                |
| ¼ red onion, finely chopped                    | salad leaves                     |
| 1 jalapeño, finely sliced (optional)           | lime wedges                      |
|  | refried beans                    |
|  | hot sauce                        |

## DIRECTIONS

1. Place rice in the **Smart Multi Cooker base**. Pour in 2 cups of water and cover with Rice Separator Insert and Rice Cover. Place into microwave for 15 minutes. Remove rice and divide into bowls.
2. Rinse **Smart Multi Cooker** and Fill the base of the Smart Multi Cooker with 1¾ cups water to max fill line for Steam. Place Large Shielded Colander inside base.
3. Toss tofu or chicken and red pepper in taco seasoning. Place in Large Shielded Colander. Stack the Shallow Colander on top and add in corn kernels. Cover and microwave for 10 minutes (if using chicken, this will require 12 minutes).
4. In a mixing bowl, combine all remaining ingredients and mix to create a salsa.
5. Add corn to salsa and divide into bowls with the rice. Divide tofu/chicken mix into bowls.
6. Fill with remaining serving suggestions of your choice.

# Butternut Squash MAC & CHEESE



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## INGREDIENTS

- 1 butternut squash, peeled and seeded
- 16 oz. elbow pasta
- 1 tsp. coarse kosher salt
- 8 oz. shredded cheddar cheese
- ½ cup 2% milk
- 4 Tbsp. unsalted butter
- ½ cup breadcrumbs

## DIRECTIONS

1. Preheat oven to 350° F/175° C.
2. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base.
3. Cut butternut squash into large 2" pieces and place inside Large Shielded Colander. Cover with Shielded Cover and Microwave on high power for 20 minutes. Transfer squash to a medium bowl. Rinse Base.
4. Place pasta into Base of **Smart Multi Cooker** and fill to Pasta Fill Line with water and salt, if desired. Microwave on high for 10–12 minutes or until pasta is al dente, drain pasta.
5. In two batches, add steamed butternut squash to **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until processed. Return to medium bowl.
6. Stir cheese, milk and butter into warm squash. Stir in pasta once it is cooked. Spread in to **UltraPro Casserole Pan** and top with breadcrumbs.
7. Bake at 350° F/175° C for 15 minutes to brown breadcrumbs. 35



# Cantonese Steamed **FLOUNDER**



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## **INGREDIENTS**

- 1 medium flounder, cut into 3 or 4 pieces
- 3 scallions, julienned
- 3 Tbsp. fresh ginger, julienned
- 1 small bunch of cilantro, chopped
- 4 Tbsp. soy sauce
- ½ tsp. salt
- ½ tsp. sugar
- 4 Tbsp. water
- 2 Tbsp. oil

## **DIRECTIONS**

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base.
2. Season both sides of the flounder with salt and pepper. Place flounder in the Large Shielded Colander of the **Smart Multi Cooker**. Place Shielded Cover on and Microwave on high power for 20 minutes. Until fish is flaky or opaque.
3. Transfer the fish to a nice serving plate. Spread the cilantro and about one third of the scallion (use the green portions), directly onto the steamed fish.
4. Combine the soy sauce, salt, sugar and water into a small bowl and mix well.
5. Heat **Chef Series II Saucepan** to medium heat, add 2 Tbsp. of canola oil, add the ginger and lightly brown, add remaining scallions.
6. Next, add your soy mixture to the saucepan and keep the heat on high to keep everything sizzling. Cook until the scallions are wilted – about 30 seconds. Take it off the heat and spoon the entire mixture over the fish.



# Cantonese Steamed **SNAPPER**



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## **INGREDIENTS**

- |  |                            |
|--|----------------------------|
| 2 green onions, sliced thin            | 2 Tbsp. minced shallot     |
| 1 Tbsp. minced fresh ginger            | 1 tsp. minced fresh ginger |
| ½ tsp. kosher salt                     | ½ tsp. minced fresh garlic |
| ¼ tsp freshly ground black pepper      | ¾ cup orange juice         |
| 2 fresh snapper fillets, skin removed* | 3 Tbsp. maple syrup        |
|  | ¼ tsp. kosher salt         |
|  | ½ tsp. white vinegar       |
|  | 1 Tbsp. cornstarch         |

## *Sauce*

## **DIRECTIONS**

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base.
2. In a small bowl, stir together green onion, ginger, salt and pepper.
3. Season both sides of the Snapper with salt and pepper and place in the Large Shielded Colander of the **Smart Multi Cooker**. Divide green onion mixture evenly between the two fillets, spread across top of each fillet.
4. Cover with Shielded Cover and microwave on high power 9-12 minutes. Remove from microwave, remove cover and transfer fish to a serving dish.
5. Make the sauce. In the **2 Cup Micro Pitcher**, stir together shallot, ginger, garlic, orange juice, maple syrup, salt, vinegar, and cornstarch. Microwave on high power 1 minute 30 seconds. Remove from microwave, stir sauce and pour over fish. Serve warm.

# CAPPELLINI

with Easy  
Tomato Sauce



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## INGREDIENTS

- ½ lb. capellini pasta, broken in half
- 1 tsp. kosher salt, divided
- 2 garlic cloves, peeled
- ¼ cup loosely packed flat leaf (Italian) parsley
- 1 Tbsp. fresh oregano leaves
- ¼ cup extra virgin olive oil
- ⅛ tsp. freshly cracked black pepper
- 1 lb. cherry tomatoes
- 8 fresh basil leaves, torn

## DIRECTIONS

1. Fill **Smart Multi Cooker base** to the max fill line for pasta. Add capellini and ½ tsp. of the salt. Microwave, uncovered, on high power 7 minutes, 30 seconds, or until pasta is al dente or cooked to desired doneness.
2. In the **SuperSonic Chopper Extra** with the blade attachment, combine garlic, parsley, oregano, olive oil, remaining salt and pepper. Cover and pull cord until well minced. Add tomatoes, cover and pull cord until tomatoes are chopped into about ¼" pieces, about 6 pulls.
3. Drain pasta and return to Base.
4. Add tomato mixture, toss to coat; garnish with fresh basil leaves. Serve warm or at room temperature.

# CARROT DOGS

## INGREDIENTS

### *Marinade*

- ¼ cup liquid smoke
- ¼ cup soy sauce
- 2 Tbsp. maple syrup
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 8 hot dog buns
- 8 carrots, peeled and trimmed

### *Classic Toppings*

- relish
- yellow mustard
- ketchup
- red onion, chopped

### *Chili*

- vegetarian chili
- shredded cheddar cheese
- fresh cilantro, chopped

### *Onions & Peppers*

- ¼ cup caramelized onions
- green pepper
- fresh parsley, chopped

### *Southwestern*

- black bean
- corn
- salsa
- fresh cilantro, chopped

## DIRECTIONS

1. In the **Season Serve Container** add marinade ingredients, add carrots, refrigerated for 4-6 hours.
2. Pour 1¾-cup water in base of **Smart Multi Cooker**. Stack the Large Shielded Colander on the base, place 4 carrots. Insert the Shallow Colander and place remaining carrots (discard remaining marinade).
3. Cover and microwave on high power for 12-14 minutes or until carrots are soft.
4. Grill in the **MicroPro Grill** or **Chef Series II Fry Pan** for 4-6 minutes and serve on hotdog bun with desired toppings.



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# Cashew CHICKEN WRAP



## INGREDIENTS

- 3 chicken breasts
- 1 tsp. sesame oil
- ½ yellow onion, chopped
- 1-inch piece fresh ginger
- 6 garlic cloves
- ¾ cup hoisin sauce
- 5 Tbsp. soy or tamari sauce
- 1 tsp. sweet chili sauce
- 1 head iceberg or Bibb lettuce
- 1 cup cashews, chopped

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside base.
2. Place chicken in Large Shielded Colander. Cover with Shielded Cover and microwave on high power 10 minutes or until no longer pink.
3. Chop the chicken breasts into small chunks. Set aside.
4. In frying pan, heat the sesame oil over medium heat.
5. Chop the onion, ginger and garlic in a **SuperSonic Chopper Extra** with blade attachment, add the mixture to the pan and cook 5 minutes, until vegetables are tender.
6. Add the chicken, cashews, hoisin sauce, soy sauce and chili sauce.
7. Stir and cook until heated through.
8. Serve immediately with lettuce, allowing everyone to assemble the lettuce wraps themselves.

# Cauliflower **LIME RICE**

## **INGREDIENTS**

- 1 head cauliflower
- ½ tsp. coarse kosher salt
- Zest of 1 lime
- 1 Tbsp. lime juice
- ½ cup cilantro, chopped
- 1 ripe avocado, cut into bite size pieces

## **DIRECTIONS**

1. Grate cauliflower.
2. Fill the **Smart Multi Cooker base** to the max fill line for Steam with 1¾ cup water. Place Large Shielded Colander in Base.
3. Place 4 cup bowl or **Vent N Serve Container** inside Large Shielded Colander and add grated cauliflower into bowl, cover with Shielded Cover, and microwave on high for 8 minutes.
4. Toss steamed cauliflower with remaining ingredients. Serve warm.



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# Cauliflower **SALAD**



## **INGREDIENTS**

- |                                  |                   |
|----------------------------------|-------------------|
| 16 oz. frozen cauliflower        | ½ tsp. salt       |
| 4 each hard boiled eggs, chopped | ⅓ tsp. dried dill |
| 2 celery stalks, chopped         |                   |
| 3 green onions, diced            |                   |
| 3 Tbsp. yellow mustard           |                   |
| ½ cup mayonnaise                 |                   |
| 2 Tbsp. dill pickle relish       |                   |
| ⅓ tsp. celery seed               |                   |
| ¼ tsp. pepper                    |                   |

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¼-cup water to the max fill line for steam. Place Large Shielded Colander in Base.
2. Place half bag of cauliflower in Large Shielded Colander Tray and remaining half bag in Shallow Colander. Place Large Shielded Colander in the Base and top with the Shallow Colander.
3. Cover with the Shielded Cover and microwave on high power 10–12 minutes, or until cauliflower is al dente.
4. Meanwhile, combine remaining ingredients in medium bowl and stir until combined. Set aside.
5. Combine all cauliflower in the Large Shielded Colander, and run under cold water until it has cooled, about 30–60 seconds.
6. Add cauliflower to **SuperSonic Chopper Extra** with blade attachment, cover and pull cord just a few times to very roughly chop.
7. Transfer cauliflower to empty bowl and replace blade with basket attachment. Place half cauliflower into basket, cover and turn handle to remove excess water from cauliflower, about 15 seconds. Repeat with remaining cauliflower.
8. Add cauliflower to a medium bowl, add remaining ingredients and mix well.



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# Cauliflower SALAD II



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## INGREDIENTS

- 1-lb. bag frozen cauliflower florets
- ½ cup mayonnaise
- 1 Tbsp. yellow mustard
- 2 green onions, trimmed and chopped
- ¼ tsp. table salt
- ¼ tsp. black pepper

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¼-cup water to the max fill line for steam. Place Large Shielded Colander in Base.
2. Place half bag of cauliflower in Large Shielded Colander Tray and remaining half bag in Shallow Colander. Place Large Shielded Colander in the Base and top with the Shallow Colander.
3. Cover with the Shielded Cover and microwave on high power 10–12 minutes, or until cauliflower is al dente.
4. Meanwhile, combine remaining ingredients in medium bowl and stir until combined. Set aside.
5. Combine all cauliflower in the Large Shielded Colander, and run under cold water until it has cooled, about 30–60 seconds.
6. Add cauliflower to **SuperSonic Chopper Extra** with blade attachment, cover and pull cord just a few times to very roughly chop.
7. Transfer cauliflower to empty bowl and replace blade with basket attachment. Place half cauliflower into basket, cover and turn handle to remove excess water from cauliflower, about 15 seconds. Repeat with remaining cauliflower.
8. Add cauliflower to ingredients in medium bowl and mix well.



# Ceviche **VERACRUZ**



## **INGREDIENTS**

- |   |                   |
|---|-------------------|
| 1 lb. shrimp, peeled and deveined (tails removed) | 1 avocado, pitted |
| juice of 2 lemons                                 | ¼ cup cilantro    |
| juice of 2 limes                                  | salt and pepper   |
| juice of 2 oranges                                |                   |
| 1 cucumber, seeded and peeled                     |                   |
| ½ cup red onion                                   |                   |
| 2 jalapeño peppers, seeded                        |                   |
| 1 tomato, seeded                                  |                   |

## **DIRECTIONS**

1. Fill base of Smart Multi Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander in Base.
2. Toss shrimp with half citrus juices and place in in Shallow Colander. Place on top of Large Shielded Colander and cover with Shielded Cover and microwave on high power 7 minutes.
4. Remove from microwave, place shrimp in the **SuperSonic Chopper Extra** with blade attachment, and chop coarsely. Transfer to a large bowl. Add remaining citrus juices to the bowl. Set aside.
5. Place cucumber, onion and pepper in **SuperSonic Chopper Extra** and chop coarsely. Transfer to the bowl with shrimp.
6. Place the tomato, avocado and cilantro in Base of the **SuperSonic Chopper Extra** to chop coarsely. Add to the bowl. Stir to combine ingredients, season to taste. Serve with tortilla chips if desired.



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# Cherry **DUMP CAKE**



## **INGREDIENTS**

- 1 box yellow cake mix
- 2 (21 oz.) cans cherry pie filling
- 1 tsp. almond extract
- ½ cup salted butter (1 stick), melted

## **DIRECTIONS**

1. Add cherry pie filling to the base of the **Smart Multi Cooker**, stir extract into pie filling.
2. Sprinkle yellow cake mix over pie filling.
3. Drizzle melted butter over cake mix.
4. Cover with the Blue Grains Seal.
5. Microwave on high for 10 minutes.
6. Remove from microwave and allow to cool for 10 minutes before serving.



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# CHICKEN BACON Slider

## INGREDIENTS

- 2 boneless skinless chicken breasts
- Salt and pepper to taste
- 8 oz. cream cheese, softened
- 1 tsp. garlic powder
- 4 bacon strips, cooked & crumbled
- 1 tsp. fresh herbs (dill, rosemary or thyme)
- Slider Buns

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¼-cup water to the Steam Fill Line. Place Large Shielded Colander in Base.
2. Season chicken breasts with salt and pepper and place in the **Smart Multi Cooker** and place Shielded Cover on top.
3. Microwave on high power for 15 minutes or until internal cooking temperature for chicken is 165° F/74° C.
4. Remove chicken breast and allow to cool, shred with two forks.
5. In medium bowl, mix chicken with remaining ingredients and serve on slider buns.



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# Chicken Bahn Mi

## RICE BOWL



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### INGREDIENTS

#### *Marinade*

- 1" piece of ginger
- 2 Tbsp. lemongrass paste
- 3 Tbsp. tamari or soy sauce
- 2 Tbsp sesame oil
- 1 clove garlic, minced
- 2 Tbsp. honey
- 1 lb. chicken cut into chunks

#### *Vegetables*

- ½ cup daikon radish, sliced
- 2 carrots, julienned or ribbons

- 1 cucumber, julienned or sliced
- ⅓ cup chopped cilantro plus extra for garnish
- 1 small red chili sliced thinly plus extra for garnish
- 1½ tablespoons rice wine vinegar
- 1 tablespoons sugar
- Pinch of salt

#### *Sauce*

- ¼ cup mayonnaise
- 1 tsp. sriracha sauce

### DIRECTIONS

1. Add chicken and marinade together in the **Season Serve Container**. Place in fridge to marinate for 30 mins - 1 hour.
2. In a bowl combine the radish, carrot, cucumber, cilantro, red chili, vinegar, sugar, and salt. Mix well and let sit for 30 minutes.
3. Rinse rice until water runs clear. Place rice into **Smart Multi Cooker** base. Pour in 2 cups of water and cover with Rice Insert and Rice Cover. Place into microwave for 15 minutes.
4. Remove from microwave and transfer into bowl. Cover; set aside.
5. Fill clean **Smart Multi Cooker** with 1¾ cup water. Place the Large Shielded Colander on the Smart Multi Cooker base and add chicken pieces. Cover with Shielded Cover and cook for 18 minutes.
6. Mix together the mayonnaise and Sriracha.
7. Place chicken on top of rice, and serve with vegetables. Drizzle with Sriracha mayo and top with sesame seeds, if desired.

# CHICKEN Cacciatore



## INGREDIENTS

- 8-10 oz. Fettuccini pasta
- 1 tsp. salt
- 4 boneless, skinless chicken thighs, chopped into cubes
- 1 large green bell pepper, chopped
- 1 small yellow onion, chopped
- 3 garlic cloves, peeled, minced
- ¼ cup tomato paste
- ¼ cup crushed tomato
- ¼ cup chicken stock
- 1 tsp. corn starch
- 1 tsp. dried oregano
- ½ tsp. coarse kosher salt

## DIRECTIONS

1. In the Base of the **Smart Multi Cooker**, stir together 1 tsp. salt and pasta; add water to the ring indentation in the Base. Place Large Shielded Colander inside base (*without removing pasta*) add chicken into Large Shielded Colander. Cover with Shielded Cover and microwave on high power 8 minutes. Remove from microwave.
2. Place Shallow Colander with vegetables on top of Large Shielded Colander. Cover with Shielded Cover and microwave on high power 3 minutes more. Remove from microwave, let stand, covered, 4 minutes.
3. In the **2 Cup Micro Pitcher**, stir together tomato paste, crushed tomato, chicken stock, corn starch, oregano, and salt. Cover with the **1 Cup Micro Pitcher** and microwave on high 2 minutes.
4. Place pasta on a serving dish and top with chicken and vegetables, pour sauce over chicken.



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# CHICKEN COBB SALAD

with Red Wine Vinaigrette

## INGREDIENTS

- 2 chicken breast, skinless boneless
- 6 cups romaine lettuce, roughly chopped
- 2 cups watercress, tough stems removed
- 2 hard-boiled eggs, roughly chopped
- 2 tomatoes, diced
- 1 avocado, pitted, peeled and diced
- 6 slices bacon, cooked crumbled
- ½ cup crumbled Roquefort cheese
- Red Wine Vinaigrette*
- ¼ cup red wine vinegar
- 1 clove garlic, minced
- ½ tsp. Dijon mustard
- ¼ tsp. kosher salt
- ½ tsp. ground black pepper
- ⅓ cup extra virgin olive oil

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the **Smart Multi Cooker** base.
3. Season chicken breasts with salt and pepper and place in the Large Shielded Colander, place Shielded Cover on top and microwave 12-15 minutes or until they are no longer pink.
4. Remove from microwave, chop chicken into chunks.
5. In the **Quick Shake Container**, mix all ingredients for the red wine vinaigrette, shake to mix.
6. Combine the romaine and watercress and place onto a large serving platter.
7. Arrange the eggs, tomatoes, chicken, avocados, bacon and blue cheese in strips on top of the greens.
8. Drizzle with some of the vinaigrette dressing. Serve immediately. Place remaining dressing at the table.



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# CHICKEN LETTUCE WRAP

with Peanut  
Vinaigrette

## INGREDIENTS

¾ pound chicken breast  
½ cup baby carrots  
1 yellow bell pepper, cored & quartered  
1 green onion, trimmed & halved  
¼ cup cilantro (optional)  
1 cup frozen shelled edamame, defrosted  
8 whole romaine leaves

*Peanut Vinaigrette*  
3 Tbsp. sesame oil  
2 Tbsp. seasoned rice vinegar  
1 Tbsp. soy sauce  
2 Tbsp. water  
½ tsp. Dijon mustard  
½ Tbsp. peanut butter

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the Smart Multi Cooker base.
3. Season chicken breasts with salt and pepper and place in the Large Shielded Colander, place Shielded Cover on top and microwave 8-10 minutes or until they are no longer pink. Remove from microwave and shred chicken with two forks.
4. Place carrots, pepper, onion and cilantro in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until roughly chopped.
5. Mix edamame into vegetables.
6. Place a ¼ cup shredded chicken into each lettuce leaf. Add ¼ cup vegetable mixture on top of the chicken.
7. To make vinaigrette, combine ingredients in the **Quick Shake Container**. Seal and shake until ingredients are combined.
8. Drizzle Peanut Vinaigrette over the top and serve



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# Chicken Parmesan **MEATBALL SUBS**

## **INGREDIENTS**

- 1 lb. ground chicken
- 2 garlic cloves, minced
- ½ medium onion, finely diced
- ¾ cup breadcrumbs
- 1 Tbsp. Italian herb seasoning
- 1 egg, beaten
- 3 cups marinara sauce
- 1 cup Parmesan cheese
- 4 sub rolls

## **DIRECTIONS**

1. Fill base of Smart Multi Cooker with 1¾-cup water, to the Steam Fill Line.
2. Place Large Shielded Colander inside the **Smart Multi Cooker** base.
3. In a medium **Thatsa Bowl**, mix chicken, garlic, onion, bread crumbs, herb seasoning and egg, shape into 12 meatballs
4. Place 6 meatballs in the Large Shielded Colander, place 6 meatballs in the Shallow Colander, place Shallow Colander over the Large Shielded Colander, place Shielded Cover on top and microwave 10-15 minutes or until they are no longer pink.
5. In a **Chef Series II Saucepan**, simmer marinara sauce. Add meatballs.
6. Serve warm, on sub rolls, topped with Parmesan cheese.



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# CHICKEN

## Pho

### INGREDIENTS

- 6-8 oz. Flat rice noodles
- 1¼ cup chicken stock
- 2 cloves garlic, minced
- ½" piece ginger, roughly chopped
- 1 green chili, roughly chopped
- 8 oz. boneless, skinless chicken breast or thighs
- 2 Tbsp. fish sauce
- 1 Tbsp. soy sauce
- Extra chicken stock if needed
- Red chili, finely sliced
- 1 cup bean sprouts
- Fresh coriander
- Fresh Thai basil
- Chili oil or Sriracha sauce

### DIRECTIONS

1. Place rice noodles in the base and fill **Smart Multi Cooker** water to the max fill line for pasta. Microwave, uncovered, on high power 8 minutes, or until pasta is al dente or cooked to desired doneness.
2. Remove from microwave, drain using the Large Shielded Colander. Transfer noodles into a bowl, cover and set aside.
3. Rinse **Smart Multi Cooker** base, then add chicken stock. Add garlic shallots, ginger and green chili to stock. Place the Large Shielded Colander in the Base, and place chicken inside. Drizzle chicken with fish and soy sauces. Cover with Shielded Cover and microwave on high for 18-20 minutes or until chicken is no longer pink and cooked through.
4. Remove from microwave and shred chicken using two forks.
5. Divide noodles into bowls, add chicken and broth. If more liquid is desired top with more stock or hot water.
6. Serve with red chili, bean sprouts, fresh herbs and Chili oil or Sriracha sauce.



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# Chicken Piccata

## PASTA



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### INGREDIENTS

- 8 oz. spaghetti
- 1 cup fresh flat-leaf parsley, divided
- 1 lemon, zest and juiced
- 1 lb. boneless, skinless chicken breasts, cut into strips
- kosher salt
- Pepper
- 2 Tbsp. olive oil
- 4 clove garlic
- 1 Tbsp. capers
- ½ tsp. crushed red pepper flakes
- ½ cup dry white wine

### DIRECTIONS

1. Place spaghetti into **Smart Multi Cooker** base. Add 3 cups water to reach the indent in the Base. Place into microwave and microwave on high for 5 minutes.
2. Place Large Shielded Colander in the Base, (*without removing pasta*). Add Chicken to Large Shielded Colander
3. Cover with Shielded Cover and microwave on high power 12-14 minutes. Remove from microwave. Set chicken aside.
4. Drain the pasta and return it to the **Smart Multi Cooker** base; then toss with ½ cup parsley and the lemon zest and juice. Place chicken on top of pasta.
5. In a small sauce pan add remaining ingredients and cook for 1-2 minutes, pour over chicken and pasta.
6. Top with remaining parsley.

# CHICKEN Poblano Casserole



## INGREDIENTS

1 cup elbow macaroni  
1½ lb. chicken breast, cut into ½-inch pieces  
1¼ kosher salt, divided  
2 poblano peppers, seeded, diced  
1 small red bell pepper, seeded, finely diced

*Sauce*  
1 cup crushed tomatoes  
1 (7 oz.) can chipotle peppers in adobo sauce  
6 garlic cloves, peeled  
3 Tbsp. unsweetened cocoa powder  
2 tsp. ground cumin  
1 tsp. ground cinnamon  
¼ tsp. ground cloves  
1 tsp. kosher salt

## DIRECTIONS

1. In the Base of the **Smart Multi Cooker**, add elbow macaroni and ¼ tsp. of the salt. Add water to the max fill line for Steam and stir.
2. Place Shielded Colander into base. Add chicken and sprinkle with remaining salt, stir to distribute. Place Shallow Colander on top of Shielded Colander. Add peppers in an even layer. Cover with Shielded Cover and microwave on high power 10 minutes or until chicken is cooked through.
3. Remove cover and set aside. Transfer peppers into Large Shielded Colander with chicken. Using the Shallow Colander, drain pasta. Add pasta to chicken and peppers.
4. In the **SuperSonic Chopper Extra** with blade attachment, add tomato, chipotle peppers, garlic, cocoa powder, cumin, cinnamon, cloves and salt. Cover and pull cord until well blended and smooth. Transfer sauce to the large Micro Pitcher and microwave 45 seconds on high power. Stir and microwave 45 seconds more. Add sauce to chicken mixture and stir to combine.
5. Serve warm with your favorite fresh garnishes.



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# CHICKEN Quinoa Bowl

## INGREDIENTS

- |   |   |
|---|---|
| 2 cups tricolor quinoa, rinsed          | 1 cup cherry tomatoes, halved                     |
| 1 lb. chicken breast, boneless skinless | $\frac{1}{3}$ cup crumbled feta cheese            |
| 1 tsp. cumin                            | $\frac{1}{2}$ avocado, sliced                     |
| 1 tsp. paprika                          | 1 cup corn  |
| $\frac{1}{4}$ tsp. cayenne pepper       | $1\frac{1}{2}$ cups fresh spinach, lightly packed |
| $\frac{1}{4}$ tsp. chili powder         | 1 lime, optional                                  |
| $\frac{1}{2}$ tsp. salt                 | Cilantro, optional                                |
| $\frac{1}{4}$ tsp. ground black pepper  |   |

## DIRECTIONS

1. Add quinoa, water and 1 tsp. of salt to base of **Smart Multi Cooker**, then place Grain Insert and Grain Seal on top and push down until it snaps into place. Cook on high power for 15-18 minutes. At the end of cooking time, leave covered for 5 minutes. Transfer to bowl and set aside.
2. Fill Base of clean **Smart Multi Cooker** with  $1\frac{1}{4}$ -cup water, to the Steam Fill Line.
3. Season chicken breasts with seasonings. Transfer to Large Shielded Colander and cover with Shielded Cover and cook in microwave for 10-12 minutes or until chicken internal temperature reaches 165°F. Let cool slightly, then slice in thin strips.
4. Assemble bowls by placing 1 cup cooked quinoa in the bowl, then add strips of chicken, your choice of toppings. Serve warm or cold.



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# CHICKEN SALAD

## with Grapes

### INGREDIENTS

- 2 - 8oz. boneless, skinless chicken breasts
- ½ cup mayonnaise
- ¼ cup sour cream
- 2 tsp. steak & chop seasoning
- ¼ cup chopped pecans
- 1 cup halved red or green grapes
- ¼ cup celery, chopped, optional
- ½ red apples, chopped, optional

### DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¼-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the **Smart Multi Cooker** base.
3. Season chicken breasts with salt and pepper and place in the Large Shielded Colander, place Shielded Cover on top and microwave 15-18 minutes or until they are no longer pink.
4. Remove chicken and cut into cubes.
5. Place chicken breast, mayonnaise, sour cream and seasoning blend in the **SuperSonic Chopper Extra**, with the blade attachment, cover and Pull cord until finely chopped or until desired consistency is achieved.
6. Do not over process, remove blade, place in medium bowl and fold in remaining ingredients.



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# Chinese **CHICKEN SALAD**



## **INGREDIENTS**

- 2 small chicken breast, cut into strips
- 1 cups fresh cilantro, chopped
- 2 limes, juiced
- 2 Tbsp. vegetable oil
- ½ head romaine lettuce, chopped
- ½ head of red cabbage, cored & quartered
- ½ red bell pepper, sliced
- 2 green onions, chopped
- ⅓ cup cashews

## **DIRECTIONS**

1. Season chicken breast with salt and pepper. Fill **Smart Multi Cooker** with 1¾ cups water. Place Shielded Colander over water and add chicken and cover with Shielded Cover. Microwave on high power 8–10 minutes, or until chicken reaches 165° F/ 75° C.
2. In the base of the **Quick Shake Container**, add cilantro, lime and oil, cover and shake until well combined. Refrigerate up to three days.
3. Layer lettuce and cabbage in the **Salad on the Go Bowl**, top with vegetables, nuts and chicken, cover.
4. Pour dressing over salad when ready to eat or add vinaigrette to the **Tupper Mini 2 oz. Container**, place in the **Salad on the Go Set** compartment, for on the go.



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# CHINESE PRAWNS

## with Sugar Snap Peas



### INGREDIENTS

1 lb. large prawns, tails intact

#### *Marinade*

2 Tbsp. light soy sauce

1 lime, juiced and zested

1 small red chili, seeds removed,  
sliced thinly

2 garlic cloves, sliced thinly

1 (1") piece ginger, cut into  
matchsticks

2 cups sugar snap peas

2 spring onions, sliced thinly

¼ cup coriander leaves, chopped

1 Tbsp. peanut or sunflower oil

2 tsp. sesame oil

Sesame seeds, to serve

1 cup basmati rice, cooked

according to packet instructions

### DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Combine prawns, soy, lime zest and juice, chili, garlic, ginger and 2 tablespoons water in a bowl. Allow to marinate for 10 minutes.
3. Place Large Shielded Colander inside the **Smart Multi Cooker** base, add sugar snap peas to Large Shielded Colander.
4. Place Shallow Colander on top of Large Shielded Colander and add prawns.
5. Place Shielded Cover on and microwave on high for 6-8 minutes. Allow to rest, covered for 5 minutes.
6. Toss prawns in a bowl with sugar snaps, spring onion and coriander. Divide among plates.
7. Heat the oils in a small pan over medium heat for 1-2 minutes until smoking. Drizzle over prawns, scatter with sesame seeds and serve with rice.



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# Chipotle Mashed **SWEET POTATOES**



## **INGREDIENTS**

- 2 large sweet potatoes, peeled and cubed
- 2 Tbsp. unsalted butter
- ½- 1 whole canned chipotle pepper in adobo sauce, chopped
- 1 tsp. adobo sauce from can of peppers
- ½ tsp. salt

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the Smart Multi Cooker base, add cubed sweet potatoes to Large Shielded Colander.
3. Place Shielded Cover on and microwave on high for 14 minutes. Allow to rest, covered for 5 minutes.
4. Put potatoes in a medium **Thatsa Bowl**, add butter, chipotle peppers and sauce, and mash.



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# Chipotle SHRIMP TACOS

## INGREDIENTS

- |  |   |
|--|---|
| 1 lb. large white shrimp, shelled and deveined   | 1 Tbsp. extra virgin olive oil            |
| ¼ tsp. adobo seasoning                           | 2 Tbsp. fresh lime juice                  |
| 4 oz. jicama, peeled                             | ¼ cup green onions, sliced                |
| 6 oz. bagged broccoli slaw                       | 1 tsp. sugar                              |
| 4 Tbsp. reduced fat sour cream                   | ¼ tsp. kosher salt                        |
| 2 tsp. canned chipotle peppers in adobo, chopped | 2 tsp. southwest chipotle seasoning blend |
| 8 corn tortillas                                 |   |

## DIRECTIONS

1. Cut shrimp into bite-sized pieces and sprinkle with adobo seasoning. Set aside.
2. In a medium bowl, combine olive oil, lime juice, garlic, cilantro, green onions, sugar, salt, and seasoning blend and stir. Set Cilantro Vinaigrette aside.
3. Slice jicama thinly and place in the base of the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord to process.
4. Add broccoli slaw, replace cover and process again.
5. Combine slaw and Cilantro Vinaigrette and stir.
6. In a small bowl, mix sour cream and chipotle pepper until well combined.
7. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
8. Place Large Shielded Colander inside the **Smart Multi Cooker** base, add shrimp to Large Shielded Colander.
9. Place Shielded Cover on and microwave on high for 4 minutes. Allow to rest, covered for 5 minutes.
10. Serve shrimp, slaw and chipotle sour cream on warmed corn 60 tortillas.



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# Chocolate Caramel CAKE

## INGREDIENTS

- One (15.25 oz.) box of chocolate cake mix, make as directed on box
- Caramel syrup or sauce
- Nuts, optional
- Vanilla ice cream, optional

## DIRECTIONS

1. Mix cake mix according to directions on package.
2. Pour cake mix into the base of the **Smart Multi Cooker**. Cover with Grains/Rice Seal and cover.
3. Microwave on high for 10 minutes.
4. Remove the **Smart Multi Cooker** from microwave and let cool for 10 minutes.
5. Slide spatula gently around inside base, pushing inward in to loosen cake to remove.
6. Drizzle with caramel sauce and top with ice cream if desired.



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# Cilantro Lime **AVOCADO RICE**

## **INGREDIENTS**

- 1 cup rice
- 2 cups water
- 1 avocado, diced
- ½ cup cilantro, chopped
- 1 lime, juiced and zested
- ½ tsp. salt

## **DIRECTIONS**

1. Rinse rice until water runs clear.
2. Place rice in the **Smart Multi Cooker** and fill with 2 cups of water.
3. Cover with Rice Separator Insert and Rice Cover.
4. Place into microwave and cook at 900 watts for 15 minutes.
5. Remove from the microwave and add the avocado, cilantro, lime juice, lime zest and salt, stir to combine.



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# Cilantro Mojo **MAHI MAHI** with Orange Salsa

## INGREDIENTS

- ½ cup diced navel orange
- ½ cup diced grapefruit
- ¼ cup red pepper, diced
- 1 scallion, diced
- ¼ cup red onion, diced
- ½ jalapeno pepper, diced
- ¼ cup cilantro, chopped
- 2 Tbsp. lemon juice
- salt and freshly ground pepper, to taste
- 2 six oz. mahi-mahi fillets
- 3 cups broccoli florets
- 1 lime, juiced

## DIRECTIONS

1. In a **Thatsa Bowl** combine orange segments, red pepper, scallion, red onion, jalapeno, and cilantro Add 1 tablespoon of lemon juice salt and pepper to taste, mix well and set aside.
2. Season fish with lime juice, seasoned salt and freshly ground pepper.
3. Fill base of Smart Multi Cooker with 1¾-cup water to the Steam Fill Line.
4. Place Large Shielded Colander inside the **Smart Multi Cooker** base, add Fish to Large Shielded Colander.
5. Place Shallow Colander on top of Large Shielded Colander, add broccoli.
6. Place Shielded Cover on and microwave on high for 10 to 12 minutes or until fish flakes easily and is opaque.
7. Place fish and broccoli on a serving plate and top with Orange Salsa.



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# Cinnamon Apple **BREAKFAST CRUMBLE**



## **INGREDIENTS**

- 1 cinnamon stick
- 4 granny smith apples, peeled and cut into chunks or wedges
- 4 tsp. dried cranberries
- 1 tsp. ground cinnamon
- 5 Tbsp. honey
- 1 orange, zested & juiced
- 2 cups granola (muesli) reserve 4 Tbsp. for topping at the end)
- 2 cups Greek yogurt

## **DIRECTIONS**

1. Fill the base of the **Smart Multi Cooker** with water to max fill line for steam, add one cinnamon stick.
2. Place Large Shielded Colander inside base and add apples.
3. Sprinkle cranberries, ground cinnamon, 2 Tbsp. honey and orange zest on apple slices.
4. Cover with Shielded Cover and microwave 15 minutes or until tender. Remove from microwave.
5. While the apples are steaming, evenly layer granola, and yogurt in 4 glass cup.
6. Divide the steamed apples between the glasses, sprinkle reserved granola on top and drizzle with remaining honey and orange juice.



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# Cinnamon **APPLESAUCE**



## **INGREDIENTS**

- 4 cups tart apples, peeled and chopped
- ¼ cup brown sugar
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside base, add apples.
3. Cover with Shielded Cover and microwave on high power for 20 minutes.
4. Remove apples from **Smart Multi Cooker** and place into the **SuperSonic Chopper Extra** with blade attachment, and add brown sugar, cinnamon and vanilla, pull cord until desired consistency is reached.



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# Cinnamon Maple **BUTTERNUT SQUASH**

## **INGREDIENTS**

1 butternut squash, cut into 1" pieces

### *Cinnamon Maple Sauce*

¼ cup pure maple syrup

2 Tbsp. coconut oil, melted

1 tsp. ground cinnamon

½ tsp. ground nutmeg

¾ tsp. salt

Freshly ground black pepper, to taste

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside base, add squash.
3. Cover with Shielded Cover and microwave on high power for 20 minutes.
4. Meanwhile, mix remaining ingredients in a small bowl, set aside.
5. Remove squash from **Smart Multi Cooker** and place squash on a serving plate and pour sauce over squash.



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# Cinnamon RICE PUDDING



## INGREDIENTS

- ½ cup long grain rice
- 1¼ cups water
- ¼ tsp. kosher salt
- ¼ cup heavy cream
- 2 eggs, beaten
- ¼ cup + 2 Tbsp. granulated sugar
- 1 tsp. ground cinnamon
- 1 Tbsp. melted salted butter

## DIRECTIONS

1. In the Base of the **Smart Multi Cooker**, stir together rice, water and salt. Place grains insert on top of Base; place grains seal on top of insert.
2. Microwave on high power 5 minutes, then on 50% power 10 minutes more. Remove from microwave, let stand 10 minutes.
3. In a medium bowl, whisk together cream, eggs, sugar, cinnamon and melted butter. Stir in rice until well mixed. Divide mixture evenly between 5 dessert dishes.
4. Fill the Base of the clean **Smart Multi Cooker** with water to the max fill line for steaming. Place Shielded Colander inside base. Place Snack Cups inside Shielded Colander. Cover and microwave on high power 12 minutes.
5. Remove from microwave, uncover and let stand 3 minutes. Transfer Snack Cups to cooling rack. Let stand 15 minutes. Serve warm or refrigerate, covered, up to 5 days.

# Citrus CHICKEN

## INGREDIENTS

### *Marinade*

- 2 lemon, juiced
- 2 Tbsp. rice wine
- 2 Tbsp. light soy sauce
- 3 Tbsp. oyster sauce
- 1 Tbsp. sesame oil
- 2 Tbsp. peanut nut oil
- 3 tsp. sea salt
- 2 Tbsp. sugar

- 4 boneless, skinless chicken breasts, cut in half
- a pinch of freshly ground white pepper
- 2 spring onions (scallions), cut into julienne
- 1 tsp. salt
- ½ tsp. pepper
- 1 lemon, half zested, half cut into slices or quarters

## DIRECTIONS

1. Place chicken breast in **Season Serve Container**.
2. In the **Quick Shake Container** add all marinade ingredients, cover and shake. Pour ½ of the marinade over the chicken, reserve the other half for later.
3. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
4. Place the Large Shielded Colander inside base, add chicken; sprinkle with white pepper, salt and top with lemons and green onions.
5. Cover with Shielded Cover and microwave on high power for 15 minutes or until chicken is no longer pink.
6. Place chicken on serving dish, pour remaining marinade over chicken.



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# Citrus SHRIMP SALAD

## INGREDIENTS

- 1 lb. raw small shrimp, peeled & deveined
- 1 lemon, halved
- 1 lime, halved
- 1 orange, halved
- 1 small cucumber, diced
- 1 tomato, diced
- ¼ cup red onion, chopped
- 1 avocado, cubed
- ¼ cup cilantro
- ½ tsp. salt

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Toss shrimp with juice of half lemon, lime and orange and transfer to Large Shielded Colander.
3. Place Large Shielded Cover on top and microwave on high power for 7 minutes. At the end of cooking time, leave covered for 5 minutes.
4. In a medium bowl mix cucumber, tomato, red onion and cilantro. Add remaining juice of lemon, lime and orange.
5. Add shrimp, avocado and salt to the bowl, mix lightly, and place in refrigerator until ready to serve.



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# Coconut ANGEL FOOD CAKE

## INGREDIENTS

- ½ cup cake flour, sifted
- ½ tsp. baking powder
- ⅛ tsp. salt
- 3 egg whites
- ½ cup granulated sugar
- ½ tsp. almond extract
- ¼ cup light coconut milk
- ¼ cup coconut flakes, toasted
- ⅓ cup sliced almonds
- 8 strawberries or fresh berries

## Coconut icing

- 1 Tbsp. no-pulp orange juice
- ½ Tbsp. cornstarch
- ½ cup light coconut milk
- ¼ cup granulated sugar

## DIRECTIONS

1. Whisk flour, baking powder and salt together in a bowl and set aside.
2. Place egg whites in the **SuperSonic Chopper Extra** with whip attachment. Turn handle until egg whites are stiff; add sugar and almond extract, to whip until glossy. Add coconut milk and flour mixture. Mix until blended.
3. Fill base of **Smart Multi Cooker** with 1¼-cup water to the Steam Fill Line.
4. Place the Large Shielded Colander inside base.
5. Divide batter between 8 Ramekins or 4 snack cups and place in **Smart Multi Cooker** Large Shielded Colander. Cover with Shielded Cover and microwave on high power for 8 minutes or until a toothpick inserted into center of cake comes out clean.
6. In a small bowl, combine orange juice and cornstarch and set aside.
7. In a **Chef Series II Saucepan**, bring coconut milk and sugar to a boil, stirring constantly, add orange juice mixture and reduce heat to medium low, stirring constantly until thickened.
8. Once cool, remove cakes from ramekins onto a serving plate.
9. Spoon ½ Tbsp. icing over cakes and top with toasted coconut and almonds. Garnish with fresh berries.



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# Coconut Creme **CARAMEL**

## INGREDIENTS

- ⅔ cup caster sugar
- ¼ cup cold water
- ¾ cup coconut milk
- ¼ cup palm sugar
- ¾ cup milk
- 3 eggs

## DIRECTIONS

1. Lightly oil ramekins or snack cups, Set aside.
2. Combine sugar and water in a **Chef Series II Saucepan** over low heat. Stir until sugar is completely dissolved. Increased heat to high and bring to a boil, cook for 4-5 minutes without stirring or until golden. Remove from heat and pour into six ramekins or snack cups, dividing evenly.
3. In another **Chef Series II Saucepan** combine coconut milk and palm sugar over low heat, stir until sugar dissolves. Whisk in the milk and eggs, remove from heat and finely strain. Evenly pour into the 6 ramekins or snack cups.
4. Fill base of **Smart Multi Cooker** with 1¼-cup water to the Steam Fill Line.
5. Place the Large Shielded Colander inside base. Place ramekins or snack cups in the base.
6. Cover with Shielded Cover and microwave on high power for 10-12. Allow to cool for 5 minutes.
7. To remove from ramekins invert onto a serving plate.



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# Coconut Creme **CARAMEL II**

## INGREDIENTS

- 1 bottle Dulce de Leche or Cajeta caramel sauce
- 3 eggs
- $\frac{3}{4}$  cup whole milk
- 1 tsp. coconut extract, *optional*
- $\frac{3}{4}$  cup coconut milk
- $\frac{1}{4}$  cup palm sugar (or dark brown sugar)

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with  $1\frac{1}{2}$  cups water to Steam Fill Line; Set aside.
2. Squeeze  $\frac{1}{2}$  tsp. caramel sauce into each of seven Ramekins and place into **Smart Multi Cooker** Shallow Colander. Microwave for 10 seconds. Transfer Ramekins to Large Shielded Colander; Set aside.
3. In a medium bowl, whisk eggs, milk and coconut extract together until well-blended. Set aside.
4. Combine coconut milk and palm sugar in **1 Qt. Micro Pitcher** and microwave on high for 1 minute, stir to combine, then microwave on HIGH for 20 seconds. Stir to blend then whisk with egg mixture. Pour mixture through a fine sieve back into **1 Qt. Micro Pitcher**. Divide mixture evenly between prepared Ramekins.
5. Place Large Shielded Colander with Ramekins inside **Smart Multi Cooker** base. Cover with Shielded Cover and microwave on HIGH for 11 minutes. Remove cover and allow to cool for 5 minutes.
6. If serving warm, invert Ramekins onto serving plates. Garnish with additional caramel sauce and toasted coconut chips and/or raspberries.
5. If serving chilled, allow Ramekins to cool to room temperature then seal and refrigerate for 3-4 hours. To serve, remove seals and invert onto serving plates. Garnish with additional caramel sauce and toasted coconut chips and/or raspberries.



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# Coconut Green Curry

## MUSSELS



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### INGREDIENTS

- 1 lb. mussels, fresh
- 2 garlic cloves
- 1 Tbsp. ginger, fresh
- 1 green onion
- 1 jalapeño pepper
- 1 lime, zest and juiced
- 1 (13½ oz.) can Coconut milk, light
- 1 Tbsp. Green curry paste

### DIRECTIONS

1. Place garlic, ginger and jalapeño in the **SuperSonic Chopper Compact**. Cover and pull cord 4–5 times to process until finely chopped.
2. Add mixture to the **Smart Multi Cooker** base, along with the curry paste, lime zest and juice and coconut milk. Place the mussels in the **Smart Multi Cooker** Large Shielded Colander.
3. Place Large Shielded Cover on top and microwave on high power for 6 minutes.
4. Divide the mussels, placing into individual bowls, stir the steaming liquid and pour ¼ cup over the mussels in each bowl. Garnish with sliced green onions.





# CORN ON THE COB

with Chipotle  
Lime Butter

## INGREDIENTS

- 3 ears of corn
- 4 Tbsp. unsalted butter at room temperature
- ½ lime, zested and juiced
- ½ tsp. minced chipotle pepper in adobo plus ¼ tsp. sauce
- ¼ tsp. kosher salt
- ¼ tsp. chipotle pepper

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the **Smart Multi Cooker** base, add corn on the cob to Large Shielded Colander.
3. Place Shielded Cover on and microwave on high for 6-8 minutes. Allow to rest, covered for 5 minutes.
4. Place butter, lime juice, chipotle with sauce, salt and seasoning blend in the **SuperSonic Chopper Extra** with whip attachment. Mix until smooth.
5. Serve corn on the cob with chipotle lime butter.



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# CORN Salsa



## INGREDIENTS

- 2 ears of corn, husked
- ¼ cup roasted red bell peppers, chopped
- 1 poblano pepper, roasted & chopped
- Juice of 1 lime
- ½ tsp. salt
- ¼ tsp. pepper
- 1 clove garlic, chopped
- 1 tsp. Dijon mustard
- 1 Tbsp. olive oil

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¼-cup water to the Steam Fill Line, Place Shallow Colander inside base, place both ears of corn in Colander. Cover with Shielded Cover and cook in microwave at full power for 8 minutes. At the end of cooking time, let corn cool slightly before uncovering.
2. Cut kernels off cob and place in small bowl. Set aside.
3. In the **Quick Shake Container** add Dijon mustard, lime juice, olive oil, garlic clove, salt and pepper. Seal and shake until well combined.
4. Mix corn, chopped poblano pepper, chopped roasted peppers and freshly made dressing into bowl, mix and serve.



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# Creamy **CAJUN PASTA**

## **INGREDIENTS**

- 6 oz. linguine
- 2 boneless skinless chicken breast halves, cut into thin strips
- 2 tsp. Cajun seasoning
- 1 thinly sliced green onion
- ½ cup heavy whipping cream
- 2 Tbsp. chopped sun-dried tomatoes
- ¼ tsp. salt
- ¼ tsp. dried basil
- ⅓ tsp. ground black pepper
- ⅓ tsp. garlic powder

## **DIRECTIONS**

1. In the Base of the **Smart Multi Cooker**, stir together 1 tsp. salt and pasta; add water to the ring indentation in the Base. Place Large Shielded Colander inside base (*without removing pasta*);
2. Add chicken into Large Shielded Colander, season with the Cajun seasoning, stirring to make sure all chicken is coated. Cover with Shielded Cover and microwave on high power 11 minutes. Remove from microwave.
3. To make the sauce, in the **2 Cup Micro Pitcher**, stir together green onion, cream, tomatoes, salt, basil, pepper and garlic. Cover with the **1 Cup Micro Pitcher** and microwave on high 2 minutes.
4. Drain Pasta and place a on a serving dish and top with chicken, pour sauce over chicken.



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# Creamy CHEESECAKE CUSTARD

## INGREDIENTS

- 1 (14 oz.) can fat free sweetened condensed milk
- 1 (8 oz.) whipped cream cheese, at room temperature
- 1 (12 oz.) can evaporated milk
- 3 eggs
- 1 tsp. vanilla extract
- ¼ tsp. salt

*Optional, fresh berries*

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside base.
3. Place all ingredients in the **SuperSonic Chopper Extra** with the whip attachment. Replace cover, turn handle and mix until well combined.
4. Pour evenly into **Snack Cups** and place in the Large Shielded Colander of the **Smart Multi Cooker**.
5. Microwave at 50% power for 20 minutes or until the custard is set and a knife inserted into the center comes out clean.
6. Chill in the refrigerator at least an hour or until thoroughly chilled.
7. Run a knife around edge and unmold to a serving plate.
8. Serve with fresh berries.



# Creamy CHICKEN ALFREDO

## INGREDIENTS

- 1 lb. boneless, skinless chicken breast, cut into strips, marinated in Italian dressing or other desired marinade
- ½ tsp. salt
- 2-3 cups Penne pasta
- ¼ tsp. ground black or white pepper
- 1 (15 oz.) jar Bertolli Alfredo Sauce
- ¼ onion, strips
- ½ bell pepper, strips, mixed colors if desired, optional
- ¼ cup parmesan cheese, grated fresh

## DIRECTIONS

1. Place chicken in the **Smart Multi Cooker** Shielded Colander, season with ½ tsp. of the salt and pepper and set aside. In the Shallow Colander, combine vegetables, season with ¼ tsp. of the salt and set aside.
2. In the Base of the **Smart Multi Cooker**, stir together 1 tsp. salt and pasta; add water to max fill line for Steam. Place Shielded Colander with chicken inside base (*without removing pasta*). Cover with Shielded Cover and microwave on high power 8 minutes. Remove from microwave.
3. Place Shallow Colander with onions and peppers on top of Shielded Colander. Cover with Shielded Cover and microwave on high power 3 minutes more. Remove from microwave, let stand, covered, 4 minutes.
4. Drain pasta and return to Base; stir in alfredo sauce immediately. Add chicken and vegetables, stir; garnish with grated parmesan cheese.



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# Creamy **CHICKEN ALFREDO II**

## **INGREDIENTS**

- 1 pound boneless, skinless chicken breast, cut into strips
- ¼ cup pesto
- ¼ cup mayonnaise
- 3 Tbsp. finely chopped red onion
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. red-wine vinegar
- ¼ tsp. salt
- ¼ tsp. ground pepper
- 6 cups mixed salad greens
- 1 pint grape or cherry tomatoes, halved

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside base.
3. Sprinkle ¼ tsp. salt over chicken breast and place inside Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 8–10 minutes or until juices run clear and internal temperature reaches 165°F/75°C. Lightly shred with fork.
5. Combine pesto, mayonnaise and onion in a medium bowl. Add the chicken and toss to coat.
6. In the **Quick Shake Container** add oil, vinegar, salt and pepper, shake to mix.
7. Add greens and tomatoes to a medium bowl, add vinaigrette and toss to coat.
8. Divide the green salad among 4 plates and top with the chicken salad.



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# Creamy Dijon CHICKEN AND PASTA

## INGREDIENTS

- 4 chicken thighs, boneless, skinless, chopped into 1" pieces
- 1 ¼ tsp. kosher salt, divided
- ½ tsp. black pepper
- 1 ½ cups cavatappi or fusilli pasta
- 2 cups broccoli florets
- 1 Tbsp. minced parsley
- ¼ cup chicken stock
- ½ cup heavy cream
- 3 Tbsp. Dijon mustard
- 1 tsp. dried tarragon
- ½ tsp. kosher salt

## DIRECTIONS

1. Place chicken in the Shielded Colander of the **Smart Multi Cooker**, season with ½ tsp. of the salt and pepper and set aside. In the Shallow Colander, combine vegetables, season with ¼ tsp. of the salt and set aside.
2. In the Base of the **Smart Multi Cooker**, stir together remaining salt and pasta; add water to max fill line for steaming. Place Shielded Colander with chicken inside base (*without removing pasta*). Cover with Shielded Cover and microwave on high power 8 minutes. Remove from microwave.
3. Place Shallow Colander with vegetables on top of Shielded Colander. Cover with Shielded Cover and microwave on high power 3 minutes more. Remove from microwave, let stand, covered, 4 minutes.
4. To make the sauce, in the **2 Cup Micro Pitcher**, stir together chicken stock, cream, mustard, tarragon and salt. Microwave on high power 45 seconds. Remove from microwave and stir; microwave on high power an additional 45 seconds.
5. Drain pasta and return to Base; stir in ¼ cup of the sauce. Serve chicken and vegetables over pasta with additional sauce; garnish with parsley.



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# CUPCAKES



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## INGREDIENTS

One 15.25 oz. box of any cake mix, make as directed on box  
Frosting or powdered sugar

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with  $1\frac{1}{4}$  cup water to max fill line for Steam. Place Large Shielded Colander inside base.
2. Mix cake mix according to directions on package.
3. Fill **Snack Cups** halfway. Place inside Large Shielded Colander, cover with Shielded Cover. (4 snack cups at a time).
4. Microwave on high for 10 minutes.
5. Remove from **Smart Multi Cooker**, let cool for 5 minutes.
6. Slide knife gently around inside of snack cup, pushing knife tip in to loosen cupcake to remove.
7. Frost or dust with powdered sugar, as desired.

# Curried **CHICKEN & COUSCOUS**



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## **INGREDIENTS**

- ½ tsp. kosher salt, divided
- 2 (6-oz.) chicken breasts, cut into bite-sized pieces
- 1 cup fresh or frozen cauliflower florets
- 1 small russet potato, peeled and cut into bite-sized pieces
- ½ cup fresh or frozen peas, thawed
- Fresh parsley and mint for garnish

## *Curry Sauce*

- 4 tsp. Curry Seasoning Blend\*
- 2 tsp. tomato paste
- 2 tsp. extra virgin olive oil
- ½ cup full-fat, plain yogurt

## **DIRECTIONS**

1. In the base of **Smart Multi Cooker**, add couscous and ¼ tsp. of the salt. Fill base with water to the max fill line for steam. (1¼ cup).
2. Place Large Shielded Colander into base and add chicken, sprinkle with ½ tsp. of the salt. Place Shallow Colander into Large Shielded Colander, add cauliflower, potatoes and sprinkle with remaining salt.
3. Place Shielded Cover on and microwave on high power 12 minutes or until chicken is cooked through, and potatoes are tender. Remove from microwave, let stand 3 minutes.
4. Stir together curry seasoning, tomato paste and olive oil in the **2 Cup Micro Pitcher**. Microwave on high power 20 seconds or until mixture is warm. Remove from microwave and stir in yogurt until well blended.
5. Transfer cauliflower and potatoes to shielded colander with chicken. Using the shallow colander, drain couscous, if needed. Stir in chicken and vegetables, peas and sauce. Garnish with fresh

# Easy LOBSTER ROLL



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## INGREDIENTS

- 2 small lobster tail
- 2 Tbsp. mayo
- 2 Tbsp. celery, chopped
- ½ tsp. garlic paste
- 1 Tbsp. lemon juice
- ½ tsp. lemon zest
- ¼ tsp. dill
- ¼ tsp. old bay seasoning
- Top sliced hot dog bun, toasted
- Chopped chives, optional

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base. Add lobster tails.
2. Microwave at full power for 5 minutes, let rest two minutes then allow to completely cool.
3. To remove lobster meat from tail, tightly squeeze tail until it cracks, then use **Kitchen Shears** to cut membrane between legs all the way down. Remove all the meat and cut in large chunks.
4. In **Thatsa Medium Bowl** mix mayo with celery and add garlic paste, lemon juice, lemon zest, dill and old bay. Fold in lobster meat.
5. Add lobster meat to bun, top with chopped chives if desired.



# Easy RAMEN

## INGREDIENTS

- |  |  |
|--|--|
| 2 packets of instant ramen noodles                 | 1 bunch Bok choy, cut in quarters                |
| 1¾ cup chicken or vegetable stock                  | 1 Tbsp. butter                                   |
| 2 Tbsp. miso paste                                 | 2 soft-boiled eggs, cut in halves                |
| 1 tsp. ginger paste                                | 2 tsp. chili paste or 1 red chili, finely sliced |
| 1 Tbsp. mirin                                      | 2 spring onions, finely sliced                   |
| 1-2 Tbsp. tamari or soy sauce                      | Chili oil  |
| 1 tsp. dried garlic granules                       | 1 nori sheet, sliced                             |
| 1 chicken breast or firm Tofu                      |  |
| 2 oz. shiitake mushrooms, thinly sliced (optional) |  |

## DIRECTIONS

1. Place noodles into **Smart Multi Cooker** base. Add 3-4 cups water to the indentation on the Base. Place into microwave uncovered and cook 5 minutes.
2. Remove from microwave and drain using the Large Shielded Colander. Transfer into a bowl, cover and set aside.
3. Rinse and quickly clean **Smart Multi Cooker** base, before filling with chicken or vegetable stock. Place in the miso, ginger, mirin, tamari and garlic. Place the Large Shielded Colander on the **Smart Multi Cooker** base and place in the chicken breast or Tofu. Sprinkle with shiitake mushrooms, cover with Shielded Cover and cook for 8 minutes.
4. Remove from microwave add the Shallow Colander, add the Bok choy to Shallow Colander, cover and cook for a further 5 minutes.
5. Remove chicken and shred with two forks.
6. Divide noodles into two bowls and top with shredded chicken and broth. Place butter into bowls and top with extra hot stock or water, as needed. Serve with mushrooms, Bok choy, boiled eggs, chili, spring onions, chili oil and nori.



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A vibrant bowl of edamame succotash, featuring green edamame, yellow corn, red bell pepper, and zucchini, served in a yellow bowl. The background shows more of the same dish in similar bowls.

# Edamame SUCCOTASH

## INGREDIENTS

- 1½ cups frozen, shelled edamame
- 1 cup frozen sweet corn
- 1 small zucchini, diced
- 1 red bell pepper, diced
- 1 garlic clove, peeled and minced
- 1 lime, juiced
- 2 tsp. Southwest chipotle seasoning
- 1 tsp. Dijon mustard
- 1 Tbsp. extra virgin olive oil
- ½ tsp. coarse kosher salt
- ⅓ tsp. black pepper

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾ cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside base.
3. Place edamame and corn in Large Shielded Colander.
4. Place zucchini in Shallow Colander. Place Shallow Colander on top of the Large Shielded Colander.
5. Cover with Shielded Cover and microwave on high power for 8 minutes.
6. Meanwhile, fill a large bowl with ice and water. When cook time is complete, remove Shallow Colander and lower it into the ice water, submerging the zucchini for 1 minute. Repeat with Shielded Colander containing corn and edamame.
7. Drain well, and combine the vegetables in a medium bowl.
8. Add garlic, lime juice, seasoning blend, mustard, olive oil, salt and pepper to the **SuperSonic Chopper Compact**, cover and pull cord to process until combined. Add dressing to the vegetables in the bowl and mix well.



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# Eggplant DIP

## INGREDIENTS

- 2 eggplants, peeled and diced in 2" cubes
- 2 Tbsp. olive oil
- 3 garlic cloves, minced
- 1 pinch of salt & white pepper
- 3 Tbsp. lemon juice
- 2 Tbsp. finely chopped fresh flat leaf parsley

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾ cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside base.
3. Place half the eggplant in Large Shielded Colander.
4. Place remainder of eggplant in Shallow Colander. Place Shallow Colander on top of the Large Shielded Colander.
5. Cover with Shielded Cover and microwave on high power for 20-25 minutes. Allow to cool.
6. Place eggplant in the **SuperSonic Chopper Extra** with blade attachment, pull cord until smooth.
7. Add the remaining ingredients, pull cord a few more times to mix well.



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# Eggplant ROLLS

## INGREDIENTS

- 1 eggplant
- ½ cup tomato paste
- 2 Tbsp. capers in vinegar, drained
- 1 cup mozzarella cheese, shredded
- 16 basil leaves
- 16 wooden toothpicks
- Salt and pepper

## DIRECTIONS

1. Using the **Mandoline** with the circular knob set on 2 and the triangular knob set in the lock position; place the food guard on the eggplant and slice it lengthwise.
2. To each eggplant slice, add ½ Tbsp. tomato paste, 1 Tbsp. mozzarella, ½ tsp. capers, and one basil leaf. Roll and hold together with a toothpick.
3. Add water to the **Smart Multi-Cooker** base to the maximum fill line for steaming. Place four eggplant rolls into the Shielded Colander and add Shielded Cover then place inside the base.
4. Microwave on high power for 5 minutes. At the end of cooking time, carefully remove from the **Smart Multi-Cooker** and repeat the process with the remaining eggplant rolls.
5. Remove the toothpicks and season with salt and pepper. Serve immediately.



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# Firecracker SHRIMP & GRITS



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## INGREDIENTS

- 1 Tbsp. brown sugar
- 1 lime, juiced
- 2 Tbsp. sriracha hot sauce
- 1 Tbsp. extra virgin olive oil
- ¼ cup onion, diced
- 2 garlic cloves, peeled and minced
- 3 Tbsp. quick grits
- ¾ cup hot water
- ½ tsp. kosher salt
- ½ cup shredded sharp cheddar cheese
- ½ lb. peeled, deveined jumbo shrimp

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. In a small bowl, combine brown sugar, lime juice, Sriracha sauce and olive oil. Mix until sugar dissolves. Add shrimp and stir to coat. Cover and marinate in the refrigerator at least 30 minutes.
3. Place onions and garlic in the **SuperSonic Chopper Compact**, cover and pull cord 4-5 times to process until finely chopped.
4. Place onion garlic mixture in a small bowl set inside the Large Shielded Colander (or use **SmartSteamer** Sauce Insert), cover with Shielded Cover and microwave on high power for 5 minutes.
5. Add the water, grits and salt to Bowl/Sauce Insert and stir to combine. Microwave an additional 10 minutes, stopping the microwave to stir halfway through the cook time. Remove steamer from microwave and stir cheese into grits.
6. Remove shrimp from marinade. Place shrimp in Shallow Colander. Place Shallow Colander on top of Large Shielded Colander and replace Shielded Cover. Microwave an additional 2½ minutes or until shrimp are pink and opaque.



# FLAN

## INGREDIENTS

- 4 eggs
- 1½ cups 2% milk
- ¾ cup granulated sugar
- 1 tsp. vanilla extract
- ¼ tsp. salt
- bottled caramel sauce

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place first five ingredients in the **SuperSonic Chopper Extra** with the Whip Accessory and pull cord 4–5 times to blend to a smooth.
3. Pour mixture evenly into four snack cups and place snack cups and place inside the Large Shielded Colander and cover with Shielded Cover.
4. Microwave at 50% power for 16 minutes or until custard is set and a knife inserted into the center comes out clean.
5. Chill in refrigerator for several hours. To serve, run a knife around the edges to loosen and invert onto plates.
6. Top with a prepared caramel sauce if desired.



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# Fresh Nutty **GREEN BEANS**

## **INGREDIENTS**

- 1 pound fresh green beans, trimmed and washed
- ¼ cup walnuts, toasted and chopped
- 2 Tbsp. finely chopped parsley
- ¼ cup finely chopped red onion
- ¼ cup olive oil
- 2 tsp. balsamic vinegar
- 1 tsp. Dijon mustard
- 1½ - 2 tsp. honey
- salt and pepper to taste

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place green beans inside the Large Shielded Colander and cover with Shielded Cover.
3. Microwave on high power 10 minutes.
4. Add remaining ingredients in **Quick Shake Container**, shake to mix.
5. Put green beans in a medium **Thatsa Bowl**, pour sauce over green beans, sprinkle with walnuts and stir to mix.



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# Ginger Sesame GARLIC SHRIMP

## INGREDIENTS

- ½ cup soy sauce
- 3 Tbsp. seasoned rice vinegar
- 3 tsp. brown sugar
- 3 Tbsp. olive oil
- 2 tsp. dark sesame oil
- 4 cloves garlic, minced (1½ Tbsp.)
- 1½ Tbsp. grated ginger
- 1 lb. 16-20 count shrimp, peeled and deveined
- 3 green onions, sliced on the diagonal
- 1 Tbsp. sesame seeds, toasted

## DIRECTIONS

1. Place marinade sauce ingredients in the **Quick Shake Container**, place lid on and shake contents, pour ⅔ over shrimp and marinate for 20 minutes, reserving the rest for a dipping sauce.
2. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
3. Remove shrimp from marinade, place shrimp in the Large Shielded Colander and top with half the green onions.
4. Cover with Shielded Cover and microwave on high power for 4 minutes or until shrimp are pink and opaque.
5. Let rest, covered, 2 minutes.
6. Sprinkle remaining green onions over shrimp and pour a dash of sauce over if desired, and sprinkle with toasted sesame seeds.



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# Green Chili CHICKEN SLIDERS

## INGREDIENTS

- 1 lb. ground chicken
- 1 (4.5 oz.) can green chilies, drained
- ¼ cup loosely packed cilantro, chopped
- 1 small garlic clove, crushed
- ¼ tsp. salt
- ¼ cup sour cream
- 3 Tbsp. minced chive or green onion
- ½ tsp. fresh lime juice

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line.
2. In a large bowl, mix together chicken, chilies, cilantro, garlic, and salt until well combined. Divide mixture evenly into 6 mini patties.
3. Arrange 3 patties in a single layer in the Large Shielded Colander. Place inside the **Smart Multi Cooker** base. Arrange 3 remaining patties in a single layer in the Shallow Colander; place on top of Large Shielded Colander, cover with Shielded Cover.
4. Microwave 10 minutes or until the patties register 165° F/75° C on an instant read thermometer inserted into the center of a patty. Remove from microwave.
5. Meanwhile, in a small bowl, stir together sour cream, chive, and lime juice. Season with salt and pepper to taste.
6. Serve with sour cream mixture and slider buns.



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# Hard Boiled EGGS

## INGREDIENTS

12 eggs

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with  $1\frac{1}{4}$ -cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place eggs in the Large Shielded Colander, cover with Shielded Cover.
3. Microwave for 10 minutes.

12 eggs—12 minutes



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# Harvest GREEN BEANS

## INGREDIENTS

- 1 lb. green beans, trimmed
- ½ fennel bulb, sliced thinly
- 1 lemon, juiced
- 1 cup pecans
- ½ cup dried cranberries

## *Dressing*

- 1 Tbsp. Dijon mustard
- ½ cup + 1 Tbsp. extra virgin olive oil
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place green beans in Large Shielded Colander. Place Shallow Colander on top fill with Fennel and cover with Shielded Cover. Microwave on high power 10 minutes.
3. Mix lemon juice, mustard, ½ cup olive oil, salt and pepper in **Quick Shake Container**.
4. Add green beans, fennel, pecan and cranberries into large bowl with top with dressing and stir to combine.
5. Serve immediately.



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# Healthy Red POTATO SALAD



## INGREDIENTS

- 10–12 petite red baby potatoes
- 3 eggs
- 2 green onions, chopped
- 2 Tbsp. fresh dill, chopped
- ¾ cup low-fat Greek yogurt
- 1 Tbsp. Dijon mustard
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water. To the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place potatoes in Large Shielded Colander. Cover with Shielded Cover. Microwave on high power 17-18 minutes.
3. While potatoes cook, in **Chef Series 3 Qt. Saucepan** over high heat, bring water to a boil, add eggs and cook about 7–9 minutes.
4. Once eggs are cooked, remove from water and allow to cool. Peel eggs. Cut eggs into wedges, place in a medium bowl.
5. After **Smart Multi Cooker** base has cooled, lift from water try and run cold water over potatoes to cool. Cut potatoes into wedges and add to bowl.
6. Add green onions, dill, Greek yogurt, Dijon mustard, salt and pepper to bowl and stir well to combine.



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# Herbed Butter

## SHRIMP & ORZO



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### INGREDIENTS

20 jumbo fresh or frozen (thawed) shrimp, peeled and deveined, with tails on  
3 cups fresh baby spinach  
 $\frac{3}{4}$  tsp. kosher salt, divided  
 $\frac{3}{4}$  cup orzo  
4 Tbsp. salted butter  
4 garlic cloves, peeled and minced  
 $\frac{1}{4}$  tsp. kosher salt

$\frac{1}{4}$  tsp. cracked black pepper  
1 Tbsp. minced fresh parsley

### DIRECTIONS

1. Place shrimp in the Shielded Colander of the **Smart Multi Cooker**, season with  $\frac{1}{4}$  tsp. of the salt and set aside. Place spinach in the Shallow Colander and set aside.
2. In the base of the **Smart Multi Cooker**, stir together remaining salt and orzo; add water to max fill line for Steam. Microwave, uncovered, on high power 8 minutes.
3. Remove from microwave. Place Large Shielded Colander with shrimp inside base (*without removing orzo*). Cover with Shielded Cover and microwave on high power 2 minutes. Remove from microwave, add Shallow Colander with spinach. Cover with Shielded Cover and let stand 5 minutes.
4. To make the sauce, in the **2 Cup Micro Pitcher**, combine butter, garlic, salt and pepper. Microwave on high power 45 seconds or until butter is melted. Remove from microwave, stir in parsley, set aside.
5. Transfer shrimp to Shallow Colander with spinach. Drain orzo using Shielded Colander; return orzo to Base, stir in shrimp and spinach. Add sauce and stir to coat. Serve warm.

# Herbed CHICKEN & VEGETABLES

## INGREDIENTS

- ½ cup fresh basil leaves
- 1 green onion
- 2 Tbsp. Italian parsley
- 2 Tbsp. capers, drained
- 1 Tbsp. fresh lemon juice
- 1 clove garlic, peeled
- 3 Tbsp. extra virgin olive oil
- 1 tsp. Dijon mustard
- 1½ cups fat-free chicken broth
- 2 boneless chicken breasts
- ½ lb. green beans, trimmed
- 1 red pepper, cored and cut into thick strips

## DIRECTIONS

1. Place mustard sauce ingredients in the **SuperSonic Chopper Compact**. Replace cover, twist to seal and pull cord 4–5 times to chop and combine ingredients. Remove blade and transfer sauce to a small bowl.
2. Place chicken broth in the base of the **Smart Multi Cooker**. Place Large Shielded Colander inside the base, add chicken; season with salt and pepper and brush with ½ of the mustard sauce.
3. Place green beans and red pepper strips in the Shallow Colander. Place on top of the Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 14 minutes or until chicken reaches an internal temperature of 165° F/75°5.
5. Transfer chicken to a serving platter and brush with sauce.
6. Toss vegetables with remaining mustard sauce and serve.



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# HOISIN SALMON and Clear Noodles

## INGREDIENTS

- 2 coils of cellophane rice noodles
- ½ head Napa cabbage
- ½ cup matchstick carrots
- 1 lb. salmon, cut into 4 oz. pieces
- ¼ c. hoisin sauce or teriyaki sauce
- 2 Tbsp. toasted sesame or black sesame seeds, optional

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Using **Chef Series Chef's Knife** cut cabbage into shreds.
3. Layer shredded cabbage and carrots in Large Shielded Colander leaving some holes open for steam to go through.
4. Add salmon to Shallow Colander, season with salt and pepper and place on top of Large Shielded Colander. Cover with Shielded Cover and microwave on high power for 20 minutes, or until salmon is cooked through.
5. Remove from microwave and carefully remove both Colanders and add rice noodles to hot water in The Base and allow noodles to hydrate and soften. Let stand for 5 minutes. Drain noodles in Double Colander.
6. Place noodles, vegetables and salmon on a plate and drizzle with hoisin or teriyaki sauce.
7. Sprinkle with sesame seeds.



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# Honey Herbed **BUTTERED CARROTS**

## **INGREDIENTS**

- 16 oz. baby carrots
- 1½ cups broth, chicken or vegetable
- salt and black pepper to taste
- 2 Tbsp. butter
- 1 Tbsp. fresh thyme
- 1 Tbsp. fresh dill
- ⅓ cup honey

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup broth to the max fill line for steam. Place Large Shielded Colander in Base.
2. Place a **Snack Cup** in the center of the Large Shielded Colander, surround snack cup with carrots and season with salt and pepper.
3. In the snack cup add butter, thyme, dill and honey.
4. Cover with the Shielded Cover and microwave on high power 17–19 minutes.
5. Remove carrots to a serving dish and drizzle herbed butter over them.



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# Honey Lime **CHICKEN** with Pineapple Salsa

## **INGREDIENTS**

- Juice of 4 limes, divided
- ¼ cup extra-virgin olive oil
- ¼ cup + 1 Tbsp. fresh cilantro, chopped
- 2 tsp. honey
- kosher salt, to taste
- 1 lb. boneless skinless chicken breasts, cut into 1" strips
- 2 cup pineapple chunks
- ¼ cup red onion
- Freshly ground black pepper
- 1 avocado, diced

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. In a large bowl, whisk together juice of 3 limes, olive oil, ¼ cup cilantro and honey and season with salt. Add chicken the **Season Serve Container**, pour the marinade over the chicken. Let marinate in the refrigerator at least 3 hours, or up to overnight.
3. In the **SuperSonic Chopper Extra** with the blade attachment add pineapple, red onion, remaining lime juice, remaining tablespoon cilantro and pepper, place cover on and pull the cord a few times to chop, add avocado and stir to mix.
4. Place the marinated chicken in the Large Shielded Colander.
5. Cover with Shielded Cover and steam in the microwave on high power 10–15 minutes, or until the chicken is cooked through and juices run clear.
6. Place chicken on a plate and top with salsa.



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# ISLAND SHRIMP TACOS

with Chili Lime  
Coleslaw & Mango  
Papaya Salsa

## INGREDIENTS

*Spice rub for shrimp*

½ tsp. garlic powder  
½ tsp. sweet paprika  
½ tsp. smoked paprika  
½ tsp. dried basil  
½ tsp. dried oregano  
½ tsp. ground cumin  
½ tsp. onion powder  
salt & freshly ground black pepper  
dash cayenne pepper

1 lb. raw shrimp, peeled & deveined  
white flour taco size tortilla's

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. In a medium size mixing bowl, combine the mayonnaise, lime juice, chili powder and salt. Stir to combine. Add in the shredded coleslaw and stir to combine. Refrigerate in an airtight container until needed.
3. In the **SuperSonic Chopper Extra** with blade attachment add salsa ingredients, place cover on and pull the cord a few times to chop.
4. In a small bowl mix rub ingredients together.
5. Pat the shrimp dry. Rub spice mixture over both sides of shrimp. Let sit in the refrigerator for about 15 minutes.
6. Place the shrimp in the Large Shielded Colander.
7. Cover and steam in the microwave on high power 6 minutes, or until the shrimp is cooked through.
8. Assemble the tacos by layering the chili lime coleslaw, shrimp, and topping with mango papaya salsa. Best served warm.

*Salsa*

1 cup papaya chunks  
2 cups mango chunks  
½ medium red onion, quartered  
1 bunch cilantro, stems removed  
juice of 1 lime  
½ tsp. salt, or more to taste  
*Coleslaw*  
½ head of green cabbage, shredded  
½ cup mayonnaise or greek yogurt  
juice from 1 lime, about 2 tablespoons  
1 tsp. chili powder  
pinch of salt, or more to taste  
pinch of pepper, or more to taste



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# Italian **CHICKEN & VEGETABLES**

## **INGREDIENTS**

- 2 Boneless Chicken Breast, cut in ½” slices
- Italian Dressing, bottled
- Red Potatoes, cubed
- 1 cup grape tomatoes, cur in half
- 1 cup green beans, cut into 2-inch pieces
- 1 cup sliced yellow squash
- ½ cup bell pepper strips
- ½ cup sliced onion
- 1 tsp. dry Italian Seasoning

## **DIRECTIONS**

1. Place chicken and Italian dressing in the **Season Serve Container** and refrigerate for 1 hour.
2. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
3. Place the vegetables in Large Shielded Colander and marinated chicken in the Shallow Colander, and place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave for 15 minutes, stir the vegetables and cook an additional 10 minutes.
5. Put chicken and vegetables into a serving dish, sprinkle with the dry Italian seasoning, stir to mix.



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# JAPANESE SHRIMP and Vegetables

## INGREDIENTS

### *Marinade*

- ½ cup soy sauce
- ¼ cup red wine vinegar
- ¼ cup white wine
- 2 Tbsp. honey
- 1 Tbsp. fresh ginger, finely chopped
- 4 cloves garlic, minced
- ½ tsp. crushed red pepper flakes

- 1 lb. shrimp, peeled and deveined
- 1 red pepper, cut into strips
- ½ lb. green beans, trimmed

## DIRECTIONS

1. In a **Quick Shake Container**, add all marinade ingredients, shake to mix well.
2. Place ⅓ of marinade into a bowl and add shrimp, marinade for one hour. Reserve remaining marinade for later.
3. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
4. Place the shrimp in Large Shielded Colander and green beans and red peppers in the Shallow Colander, and place on top of Large Shielded Colander.
5. Cover with Shielded Cover and high power for 12-14 minutes.
6. Place greens beans and red peppers on a platter, top with shrimp and pour remaining marinade sauce over the shrimp.



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# Lemon Ginger **SUSHI RICE**



## **INGREDIENTS**

- ½ cup sushi rice
- 1¼ cups water
- ¼ tsp. kosher salt
- ½ tsp. grated fresh gingerroot
- Zest of 1 lemon
- 2 Tbsp. rice wine vinegar
- 1 Tbsp. sesame seeds

## **DIRECTIONS**

1. In the base of the **Smart Multi Cooker**, stir together rice, water and salt. Place grains insert on top of base; place grains seal on top of insert.
2. Microwave on high power 5 minutes, then on 50% power 7 minutes more. Remove from microwave, remove seal and insert.
3. Stir in ginger, zest, vinegar and sesame seeds; let stand 5 minutes. Fluff with fork. Refrigerate, covered, up to 7 days.



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# Lemon Pepper **CHICKEN** with Asparagus

## INGREDIENTS

- 1½ lbs. boneless chicken breasts
- ½ tsp. lemon pepper seasoning
- ¼ tsp. salt
- ¼ tsp. thyme
- 1 lemons, sliced
- Fresh cracked pepper, to taste
- ½ tsp minced garlic
- 1 lemon, zested and juiced
- 1 pound asparagus, trimmed

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Season chicken with lemon pepper seasoning, salt and thyme. Place chicken in the Large Shielded Colander, top with sliced lemons.
3. Add asparagus to Shallow Colander, sprinkle with fresh cracked black pepper, garlic, lemon zest and juice. (Some juice will go through to the chicken) place Colander on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power for 20 minutes or until chicken is cooked through and no longer pink.



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# Lemongrass & Ginger

## CHICKEN RICE BOWL



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### INGREDIENTS

- 2 small chicken breasts, cut into 1" thick pieces
- 1 cup white rice
- ¼ cup mayonnaise
- 1 tsp – 1 Tbsp. Sriracha sauce
- 2 carrots, julienned
- 1 cucumber, julienned
- 1 jalapeño, finely sliced
- ¼ bunch coriander

### *Marinade*

- ¼" piece ginger, grated
- 1 stalk lemongrass, finely chopped
- 2 Tbsp. tamari or soy sauce
- 2 Tbsp. sesame oil
- 1 clove garlic, crushed

### DIRECTIONS

1. Rub all marinade ingredients over chicken pieces and place into the **Season Serve Container**. Place in fridge to marinate for 30 mins - 1 hour.
2. Rinse rice until water runs clear.
3. Place rice into **Smart Multi Cooker base**. Pour in 2 cups of water and cover with Rice Separator Insert and Rice Cover. Place into microwave for 15 minutes.
5. Remove from microwave and transfer into bowl. Cover and set aside.
6. Fill clean **Smart Multi Cooker base** with 1¾ cup water. Place the Large Shielded Colander on the **Smart Multi Cooker base** and add chicken pieces. Cover with Shielded Cover and cook for 18 minutes.
8. Mix together the mayonnaise and Sriracha.
9. Place chicken on top of rice, and serve with carrot, cucumber, jalapeño and fresh coriander. Drizzle with extra soy and sesame oil as desired, Sriracha mayo and top with sesame seeds.

# LOBSTER Rolls



## INGREDIENTS

- 2 small lobster tail
- 2 Tbsp. mayo
- 2 Tbsp. celery, chopped
- 1 tsp. garlic paste
- 1 Tbsp. lemon juice
- ½ tsp. lemon zest
- ¼ tsp. dill
- ¼ tsp. old bay seasoning
- Top sliced hot dog bun, toasted if desired
- Chopped chives, for garnish, optional

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base. Add lobster tails.
2. Microwave at full power for 5 minutes, let rest two minutes then allow to completely cool.
3. To remove lobster meat from tail, tightly squeeze tail until it cracks, then use **Kitchen Shears** to cut membrane between legs all the way down. Remove all the meat and cut in large chunks.
4. In **Thatsa Medium Bowl** mix mayo with celery and add garlic paste, lemon juice, lemon zest, dill and old bay. Fold in lobster meat.
5. Add lobster meat to bun, top with chopped chives if desired.



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# LOBSTER TAILS with Curry Butter



## INGREDIENTS

### *Curry Butter*

- 2 tablespoons olive oil
- 1 shallot, finely chopped
- 3 cloves garlic, finely chopped
- 3 Tbsp. curry powder
- 1 cup white wine
- 3 sticks unsalted butter, slightly softened
- Salt

- 2 lobster tails
- Salt and Pepper to taste

## DIRECTIONS

1. Heat oil in a small **Chef Series II Saucepan**, add onions and garlic, curry powder and wine and cook until reduced, about 30 minutes. Strain. Place the butter in a bowl, add the curry mixture and mix until well combined, season with salt.
2. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base
3. Season lobster with salt and pepper. Place lobster tails in the Large Shielded Colander.
4. Cover with Shielded Cover and Microwave on high power for 7-8 minutes or until lobster is cooked.
5. Use butter as a dipping sauce or pour over lobster tails



# LOBSTER TAILS

## with Hazelnut Brown Butter Sauce



### INGREDIENTS

2 lobster tails 6-8 ounces each, fresh or frozen

¼ cup unsalted raw hazelnuts

8 Tbsp. unsalted butter

2 Tbsp. minced shallots

1 tsp. chopped fresh parsley

¼ tsp. grated lemon zest

Pinch of salt

### DIRECTIONS

1. Toast hazelnuts in a **Chef Series II Fry Pan** on medium to heat. When lightly browned, remove hazelnuts from pan and place in the center a dry, clean dish towel. Rub the hazelnuts together to remove as much of the papery dark skins as you can. Coarsely chop them and set aside.
2. In a small **Chef Series II Saucepan**, melt the butter on medium heat, it will foam up, and recede. The milk solids will fall to the bottom of the pan and will start to brown giving the melted butter a wonderful nutty aroma. Let most of the milk solids brown and then remove from heat and strain through a fine mesh strainer into a bowl.
3. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base
4. Season lobster with salt and pepper. Place lobster tails in the Large Shielded Colander.
5. Place Shielded Cover on Microwave on high power for 7-8 minutes or until lobster is cooked.
6. Use butter as a dipping sauce or pour over lobster tails

# LOW COUNTRY BOIL

## INGREDIENTS

- 2 red potatoes cut into 1" chunks
- 1 corn cob, cut into 4 pieces
- ½ small onion, sliced
- 1 tsp. steak & chop seasoning or Old Bay seasoning, divided
- 6 oz. smoked sausage (about ½ link), sliced
- ¼ lb. (8 medium) peeled shrimp
- 1 lemon, quartered or sliced, for serving
- 1 Tbsp. chopped fresh parsley

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line, add 1 tsp. of seasoning. Place Large Shielded Colander inside base.
2. Toss potatoes, corn and onion in ¾ tsp. seasoning and place in Large Shielded Colander.
3. Cover with Shielded Cover and microwave on high power 10 minutes.
4. Place sausage and shrimp in Shallow Colander and season with remaining seasoning. Stack Shallow Colander over Large Shielded Colander.
5. Place Shielded Cover on and Microwave on high power 5 minutes or until shrimp are cooked through and potatoes are tender.



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# Maple Mustard Glazed **SALMON**

## INGREDIENTS

- ¼ tsp. kosher salt, divided
- ⅛ tsp. black pepper
- 4 salmon filets, skinned, 4 oz. each
- 1½ cups carrots, sliced
- ¾ cup snow peas, trimmed
- 1 Tbsp. maple syrup
- 1 Tbsp. whole-grain or Dijon mustard
- ¼ tsp. dried thyme
- 1 tsp. extra virgin olive oil

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Sprinkle half the salt and pepper over the salmon filets and place them in the Large Shielded Colander.
3. Place carrots in the Shallow Colander and place the snow peas on top of the carrots. Place on top of Large Shielded Colander and cover with Shielded Cover.
4. Microwave on high power for 8 minutes or until salmon is opaque in the center and reaches a temperature of 145°F/63°C.
5. In a small bowl, combine the maple syrup, mustard and thyme. Set aside. When cooking is complete, drizzle olive oil over vegetables, sprinkle remaining salt and pepper over them and stir to combine. Drizzle salmon with maple-mustard glaze and serve with vegetables.



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# Mediterranean **SALMON**

## **INGREDIENTS**

4 (4 oz.) salmon fillets  
Salt and pepper, to taste  
1 pint cherry tomatoes, halved  
1 cup zucchini, chopped  
½ cup eggplant, chopped  
2 tsp. chopped fresh rosemary  
2 garlic cloves, crushed  
¼ tsp. coarse kosher salt

*Tapenade*  
½ cup mixed olives  
½ cup diced tomato  
⅓ cup feta crumbles  
1 Tbsp. finely chopped Italian  
parsley  
splash of olive oil  
splash of balsamic vinegar  
sea salt and pepper to taste

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Sprinkle salt and pepper over the salmon filets and place them in the Large Shielded Colander.
3. In a small bowl, add vegetables rosemary, garlic and salt, toss to coat. Place vegetables in the Shallow Colander. Place on top of Large Shielded Colander and cover with Shielded Cover.
4. Cover and microwave on high power for 8 minutes or until salmon is opaque in the center and reaches a temperature of 145°F/63°C.
5. Add tapenade ingredients in the **SuperSonic Chopper Extra** with blade attachment, place cover on and pull cord a few times to chop.
6. Place Salmon on serving dish and pour tapenade over salmon add vegetable on the side.



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# MINI ALMOND CAKES

Gluten Free

## INGREDIENTS

- 4 Tbsp. salted butter
- ½ cup granulated sugar
- 2 eggs
- ¼ cup heavy cream
- 2 Tbsp. plain (full fat) yogurt
- 2 tsp. vanilla extract
- 1 tsp. cornstarch
- ¼ tsp. baking soda
- ½ cup coconut flour
- ½ cup almond flour

## DIRECTIONS

1. In the **Smart Multi Cooker** base fill with water to the max fill line for steam and place Large Shielded Colander inside base; set aside.
2. Place butter in the **2 Cup Micro Pitcher** and microwave on high power 45 seconds or until melted.
3. In the **SuperSonic Chopper Extra** with blade attachment, combine melted butter and sugar. Cover and pull cord until pale and fluffy. Add eggs, cream and yogurt. Cover and pull cord until well mixed. Add vanilla, cornstarch, baking soda, coconut flour and almond flour. Cover and pull cord until well mixed, scraping down sides with a spatula as needed.
4. Divide mixture evenly between 4 **Snack Cups**, then place inside Large Shielded Colander. Cover with Shielded Cover and microwave on high power 12 minutes, or until a knife inserted into the center of the cake comes out dry, or with a moist crumb.
5. Remove **Snack Cups**; let stand 5 minutes before serving.



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# MINI CHOCOLATE CAKES

## INGREDIENTS

- 4 Tbsp. unsalted butter, softened
- $\frac{1}{3}$  cup granulated sugar
- 3 large eggs
- 2 Tbsp. cocoa powder
- 8 oz. semisweet chocolate, melted

## DIRECTIONS

1. In the **Smart Multi Cooker** base fill with  $1\frac{3}{4}$  cup water and place the Large Shielded Colander inside base; set aside.
2. In medium-sized bowl, mix butter and sugar until well combined. Add eggs, one at a time, and whisk until incorporated. Mix in cocoa powder and fold in melted chocolate.
3. Divide batter evenly among ramekins and place inside the Large Shielded Colander and cover with Shielded Cover.
4. Microwave on high power for 10 minutes.
5. Let rest for 2 minutes, serve warm.



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# Mini MEATLOAVES

## INGREDIENTS

- 2 lb. ground beef
- 1 medium onion chopped
- 2 cloves garlic, minced
- 2 eggs, beaten
- ¼ cup tomato catsup
- 5 saltine crackers, crushed
- ½ tsp. black pepper
- ½ tsp. salt
- 1½ tsp. Worcestershire sauce
- ¼ cup tomato catsup
- ½ tsp. chili powder

## DIRECTIONS

1. In the **Smart Multi Cooker** base fill with water to the max fill line for steam and place Large Shielded Colander inside base; set aside.
2. In a medium **Thatsa Bowl**, mix the ground beef, onion, garlic, eggs, catsup, crackers, salt, pepper and Worcestershire sauce and shape into mini loaves.
3. Place ½ the loaves in Large Shielded Colander and ½ in Shallow Colander, place Shallow Colander over Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 10–15 minutes, or until the meatloaf is cooked through.
5. In a small bowl, mix catsup and chili powder and spoon over meatloaves.



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# Minted Feta ORZO



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## INGREDIENTS

- 1 cup dry orzo pasta
- 2 cups water
- ½ tsp. + 1/8 tsp. kosher salt, divided
- ¼ cup red onion, roughly chopped
- 1 celery stalk, roughly chopped
- 1 cup feta cheese
- 1 Tbsp. finely chopped fresh mint leaves
- 1 Tbsp. finely chopped fresh basil leaves
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. honey
- ⅞ tsp. black pepper
- 2 Tbsp. extra virgin olive oil

## DIRECTIONS

1. In the **Smart Multi Cooker** base, stir together orzo, water and ½ tsp. of the salt. Microwave, uncovered, on high power 12 minutes. Using the Shielded Colander, drain orzo. Run orzo under cool tap water and return to base of the **Smart Multi Cooker**.
2. In the **SuperSonic Chopper Extra** with the blade attachment, combine red onion and celery; cover and pull cord to mince. Add feta, mint, basil, lemon, honey, pepper and olive oil; cover and pull cord until well combined.
3. Pour feta mixture over orzo in the Base, stir to combine. Refrigerate 20 minutes before serving



## Mixed Potato **MASH**

### **INGREDIENTS**

- 2 russet potatoes, rinsed
- 2 sweet potatoes, rinsed
- 6 Tbsp. unsalted butter, melted
- ½ cup heavy cream, warm
- ½ onion, chopped
- 3 sage leaves
- Salt and black pepper, to taste

### **DIRECTIONS**

1. Use **Universal Series Paring Knife** to score the skin of each potato all the way around. Place them in **Smart Multi Cooker Shielded Colander**; add water to **Smart Multi Cooker Base** to maximum fill line for steaming. Stack **Smart Multi Cooker Shielded Colander** on top of **Smart Multi Cooker Base**; Cover and microwave on high power for 20 minutes.
2. Let cool 5 minutes. Remove potato peel by twisting potatoes and transfer to medium bowl.
3. Mash potatoes with heavy cream and 5 tbsp. of the butter; reserve 1 tbsp.
4. Place remaining butter in small saucepan and add onion to quickly brown. After about 5 minutes add sage to sauté as well. Cook until fragrant and remove from heat.
5. Add onion mixture in center of potatoes and mix until well combined. Season to taste and serve warm.



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# New England CLAM CHOWDER

## INGREDIENTS

- |  |                                 |
|--|---------------------------------|
| 24 clams, cherrystone                                  | 1 tsp. kosher salt              |
| $\frac{3}{8}$ cup onion                                | $\frac{1}{2}$ tsp. white pepper |
| 1 leek, thinly sliced, white and light green part only |                                 |
| 2 medium potatoes, peeled and diced                    |                                 |
| 4 strips bacon   |                                 |
| 4 sprigs thyme   |                                 |
| 2 cups heavy cream                                     |                                 |

## DIRECTIONS

1. Fill **Smart Multi Cooker** base with  $1\frac{1}{4}$ -cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Rinse clams thoroughly in cold water and place in the Large Shielded Colander, place potatoes in the Shallow Colander, place on top of Large Shielded Colander; cover with Shielded Cover and microwave on high power for 10 minutes or until clams open and potatoes are fork tender.
3. Remove clams from microwave and discard any that do not open; shuck clams over Water Tray to catch clam juice.
4. Chop onion in **SuperSonic Chopper Compact**. Pour into a small bowl.
5. Place clams in base of **SuperSonic Chopper Compact** and coarsely chop.
6. Dice bacon and sauté in **Chef Series 3-Qt. Saucepan** along with onions, leeks and thyme for 5 minutes or until onions are translucent. Strain steaming liquid, and add to saucepan, increase heat to medium high and scrape pan to loosen browned bits. Remove thyme, add potatoes, cream and bring to a boil. Reduce heat and simmer 10 minutes. Season with salt and pepper.



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A close-up photograph of several square brownies with a cracked, golden-brown top, resting on a white parchment-lined surface. The word "Nutella" is written in a white, cursive font in the upper left, and "BROWNIES" is written in a bold, white, sans-serif font below it.

# Nutella BROWNIES

## INGREDIENTS

8 oz. Nutella

½ cup unsalted butter cut into pieces

3 Tbsp. Dutch-process cocoa powder

3 large eggs room temperature

1 cup packed light brown sugar

1 Tbsp. vanilla extract

½ tsp. salt

1 cup all-purpose flour

⅓ cup hazelnuts, toasted, roughly chopped, optional

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. In the base of the **2 Cup Micro Pitcher** add nutella and butter, microwave for 1 minute, stirring at 30 seconds, whisk in cocoa powder until smooth.
3. In a **Thatsa Bowl**, whisk together the eggs, sugar, vanilla, and salt until combined. Whisk in the melted chocolate until well combined. Fold in the flour. Stir in nuts.
4. Pour batter in Snack Cups or ramekins to half way, place in the Large Shielded Colander, place Shielded Cover on. (4 snack cups at a time).
5. Microwave on high for 10 minutes.
6. Remove from **Smart Multi Cooker**, let cool for 5 minutes.
7. Slide knife gently around inside of snack cup, pushing knife tip in to loosen brownie to remove.



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# PAELLA

## INGREDIENTS

- 1 lemon, juiced
- 8 oz. mussels or white fish
- ½ red pepper, diced
- ¼ cup frozen peas
- 1 cup paella or Arborio rice
- 1 tsp. paprika
- ½ tsp. cayenne pepper
- ¼ tsp. turmeric
- Fresh parsley, roughly chopped
- Lemon wedges

## DIRECTIONS

1. In the base of the **Smart Multi Cooker**, add 1¾ cup water and lemon juice. Place the Large Shielded Colander in the base and fill with mussels or white fish and red peppers.
2. Cover with Shielded Cover and microwave on high for 6-12 minutes\*. (*\*Mussels for 6 minutes, White fish for 12 minutes*).
3. Remove cover add frozen peas, transfer to a bowl and cover and set aside.
4. Add rice to remaining water in base, place grain insert on the base and cover with Grain Cover, snap closed. Microwave on high for 15 minutes or until done.
5. Remove from microwave, add spices and fluff rice.
6. To serve arrange mussels or white fish on top of rice, along with a sprinkle of parsley and the lemon wedges.



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# PASTA

## with Olive Tapenade



### INGREDIENTS

- 1 lb. penne
- 1¼ tsp. kosher salt, divided
- 1½ cups pitted Kalamata olives
- 3 garlic cloves, peeled
- 1 Tbsp. fresh rosemary leaves
- Fresh parsley, chopped tomatoes
- Parmesan for garnish

### DIRECTIONS

1. In the base **Smart Multi Cooker** place pasta and 1 tsp. of salt; add water to the max fill line for pasta and stir. (6-7 cups).
2. Microwave on high power 12–18 minutes or until pasta is al dente.
3. In the **SuperSonic Chopper Extra** with blade attachment, add remaining salt, olives, garlic and rosemary. Cover and pull cord until well minced.
4. Drain pasta and toss with olive mixture. Garnish with parsley, tomatoes and Parmesan. Serve warm or cold.



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# PEARS

with Hot Caramel  
Cinnamon Sauce

## INGREDIENTS

- 4 almost ripe pears, stems on
- 1 tsp. cinnamon
- 1 cup light brown sugar
- 1 Tbsp. flour
- 1 cup boiling water
- 2 Tbsp. butter
- 1 tsp. cinnamon
- 2 tsp. vanilla extract

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Peel and core the pears, leaving the stems in tact, sprinkle pears with 1 tsp. cinnamon.
3. Place pears in base of Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power for 15-20 minutes. Place on serving dish.
5. Mix sugar and flour in a small **Chef Series II Saucepan**, stir in the boiling water. Cook gently, stirring constantly until slightly thickened.
6. Add butter and simmer for another 8 minutes.
7. Remove from heat and whisk in the cinnamon and vanilla.
8. Pour hot caramel sauce over pears.



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# PESTO CHICKEN & PASTA

with Sugar Snap Peas



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## INGREDIENTS

1 cup Cavatappi pasta  
1 cup water  
4 boneless skinless chicken thighs, cubed  
1 small sweet onion, peeled and chopped  
1½ cups sugar snap peas  
1 medium red bell pepper, seeded and cut into thin strips  
1 cup freshly grated parmesan reggiano cheese, divided

Salt & Pepper  
2-3 Tbsp. chopped fresh Italian parsley

### *Pesto*

2-3 cloves garlic, peeled  
Small handful fresh basil leaves  
⅓ cup Extra-Virgin olive oil  
¼ cup pine nuts, optional

## DIRECTIONS

1. In the base of **Smart Multi Cooker**, combine pasta, water and ½ tsp. salt.
2. Place Large Shielded Colander inside base, over the pasta, add chicken and onion, season with salt and pepper, stir. Place Shielded Cover on and microwave on high power for 8 minutes.
3. In the **SuperSonic Chopper Compact** add garlic, cover and pull cord until chopped. Add basil leaves, chop. Add ⅓ cup of the Parmesan and pine nuts. Chop well. Add remaining olive oil and blend well.
4. Remove **Smart Multi Cooker** from the Microwave, add the Shallow Colander, add sugar snap peas and bell pepper strips. Place Large Shielded Cover on and microwave on high for 5 minutes.
5. Add snap peas and peppers to the chicken. Set aside.
6. Using the Shallow Colander drain the pasta and transfer back to the base, add chicken and vegetables to pasta.
7. Pour Pesto over pasta and chicken and stir to coat everything well. Sprinkle with remaining Parmesan and chopped parsley, stir to combine. Serve immediately.

# PESTO CHICKEN

Pasta



## INGREDIENTS

- 2-4 oz. angel hair pasta
- 2 boneless, skinless chicken breasts, cut into strips
- small bunch of asparagus, trimmed
- 1 small jar of artichoke hearts (drained, oil set aside)
- 3 cloves garlic, peeled
- 2 Tbsp. grated parmesan cheese
- 8 fresh basil leaves
- 1 Tbsp. olive oil
- ½ Tbsp. lemon juice
- 1 Tbsp. capers, optional

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 3 cups water, to the indentation line, add angel hair pasta. Place Large Shielded Colander on top.
2. In **SuperSonic Chopper Compact** place artichoke hearts, garlic, parmesan cheese, basil, olive oil and lemon juice. Pull string until well chopped.
3. Toss Chicken in a bowl with half of the pesto, place chicken in the Large Shielded Colander.
4. In the Shallow Colander, add asparagus, with little olive oil and salt & pepper, place on top of Large Shielded Colander.
5. Cover with Shielded Cover and microwave for 12 minutes.
6. Remove chicken and asparagus, set aside.
7. Strain pasta and place on serving dish, top with chicken and asparagus.
8. Drizzle remaining pesto on top and sprinkle capers if using.



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# Pork Dim Sum MEATBALLS

## INGREDIENTS

- 1 lb. ground pork
- 2 green onions, finely sliced
- 2 sliced whole wheat bread, crumbled
- 2 Tbsp. soy saucepr
- 2 Tbsp. sweet chili sauce
- 2 Tbsp. sesame oil
- ½ tsp. lemon pepper
- ½ lemon, juiced and zested
- 1 Tbsp. chopped coriander

## Dipping Sauce

- 1 tablespoon sambal oelek  
(*Indonesian hot sauce, adjust to taste*)
- ¼ cup rice vinegar
- ¼ cup soy sauce
- ½ tsp. sesame oil

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. In a medium **Thatsa Bowl**, mix all the ingredients and shape into 12 meatballs.
3. Place 6 balls in Large Shielded Colander and 6 balls in Shallow Colander, place Shallow Colander on top of Large Shielded Colander.
4. Cover with Shielded Cover and steam in the microwave on high power 10–15 minutes, or until the meatball is cooked through.
5. In a small bowl, combine dipping sauce ingredients.



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# POTATO & CAULIFLOWER *Mash*



## INGREDIENTS

- 2 large russet potatoes, peeled
- ½ head cauliflower
- ¼ cup 2% milk
- 2 Tbsp. unsalted butter
- 1 tsp. coarse kosher salt

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Cut potatoes into large chunks, approximately 2" pieces, place in Large Shielded Colander.
3. Cut ½ head of cauliflower into florets and place in Shallow Colander, place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave for 25 minutes.
5. After microwaving carefully, place half of potato cauliflower mixture into **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until mashed. Remove to medium bowl and repeat with remaining potato cauliflower mixture.
6. Add milk, butter and salt to potato mixture and stir to incorporate.



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# POTATO SOUP



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## INGREDIENTS

- 2 chicken bullion cubes
- 4 potatoes, cut into chunks
- 1 stalk celery, sliced thinly
- 1 small carrot, diced (optional)
- 1 medium onion, diced
- $\frac{3}{4}$  - 1 cup evaporated milk
- 1 tsp. parsley
- Salt and pepper to taste

- Toppings
- Shredded Cheddar Cheese
- Bacon, cooked and crumbled
- Green onions, chopped

## DIRECTIONS

1. In the **Smart Multi Cooker** base add  $1\frac{3}{4}$  cup water and bullion cubes. Place the Large Shielded Colander in the base and fill with potatoes.
2. Place celery, onion and carrot in Shallow Colander place on top of Large Shielded Colander, Cover with Shielded Cover and microwave on high for 20 minutes.
3. Remove from microwave, add potatoes, celery, carrots and onion to water/bullion in the base.
4. Add evaporated milk, parsley, salt and pepper and mash with hand masher to desired consistency.
5. Ladle into a soup bowl and top with shredded cheddar cheese and bacon.

# Prawn & Fennel RISOTTO



## INGREDIENTS

- 1¼ cup fish stock
- ⅓ cup white wine
- 1 lemon, juice and zest
- 1 small fennel, finely sliced
- 1 cup prawns, peeled
- 1 cup Arborio rice
- 1 clove garlic, crushed
- ½ tsp chili flakes
- 1 Tbsp. butter or olive oil
- Salt and pepper

## DIRECTIONS

1. Fill the **Smart Multi Cooker** base with the stock, wine and lemon juice.
2. Place the Large Shielded Colander in the Base and fill with the finely sliced fennel and prawns. Cover with Shielded Cover. Place into microwave and cook at for 6-8 minutes.
3. Remove Colander from base; keep Cover on to keep contents warm. Set aside.
4. Add rice to remaining liquid in base, along with the garlic, chili flakes and lemon zest. Place Rice Separator Insert onto base and cover with the Rice Cover. Place into microwave and cook for 12-15 minutes.
5. Remove Rice Cover and add prawns, fennel and butter or olive oil. Season with salt and pepper.
6. Serve with fresh parsley and grated parmesan.



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# Pumpkin CUSTARD



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## INGREDIENTS

- 3 eggs
- 1 tsp. vanilla extract
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{8}$  tsp. cloves
- 14 oz. can fat free sweetened condensed milk
- 8 oz. whipped cream cheese, at room temperature
- 1 cup pumpkin
- 1 tsp. ground cinnamon
- $\frac{1}{4}$  tsp. nutmeg
- 1 can evaporated milk
- Whipped cream and Ginger Snap cookies, optional

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with  $1\frac{3}{4}$ -cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place all ingredients in the **SuperSonic Chopper Extra** with whip accessory. Replace cover, turn handle and mix until well combined.
3. Pour into snack cups and place inside Large Shielded Colander. (You may have to cook in two batches)
4. Cover with Shielded Cover and microwave at 100% power for 20-25 minutes or until the custard is set and a knife inserted into the center comes out clean.
5. Chill in the refrigerator at least an hour or until thoroughly chilled.
6. Run a knife around edge and unmold to a serving plate.
7. Top with whipped cream and Gingersnap cookie.



# Pumpkin Quinoa SALAD



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## INGREDIENTS

- |   |                                     |
|---|-------------------------------------|
| 2 cups pumpkin, peeled and diced                | 1 cup baby tomatoes, halved         |
| 1 cup quinoa                                    | 1 avocado, sliced                   |
| $\frac{2}{3}$ cup baby spinach                  | 2 Tbsp. olive oil                   |
| $\frac{1}{4}$ cup feta                          | 1 Tbsp. balsamic vinegar (optional) |
| Salt and pepper                                 |                                     |
| $\frac{1}{3}$ cup flaked almonds, toasted       |                                     |
| 1 Tbsp. cumin seeds, toasted and gently crushed |                                     |
| $\frac{1}{2}$ cup pitted dates, roughly chopped |                                     |

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with  $1\frac{3}{4}$ -cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Add pumpkin into the Large Shielded Colander. Cover with Shielded Cover and microwave at 900 watts for 18 minutes.
3. Remove from microwave. Add remaining pumpkin into a bowl to cool.
4. Add quinoa into the water in the base of the Smart Multi Cooker. Cover with Grain Separator Insert and Grain Cover and microwave at 900 watts for 15 minutes. Allow to cool.
5. Add all ingredients into bowl with pumpkin and toss to combine.

# Quick PEPPER POPPERS

## INGREDIENTS

- 9 mini sweet peppers
- 3 pieces string cheese

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with  $1\frac{3}{4}$ -cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Slice  $\frac{1}{4}$  of the pepper lengthwise and remove, making a boat-like opening and leaving the stem intact. Remove seeds if desired.
3. Cut string cheese into thirds and place  $\frac{1}{3}$  into a pepper.
4. Place stuffed peppers into Large Shielded Colander, opened side facing up.
5. Cover with Shielded Cover and microwave on high power 5 minutes or until cheese begins to melt. Serve warm



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# Quinoa BREAKFAST BOWLS

## INGREDIENTS

- ½ cup multi-colored quinoa
- 1¼ cups water
- ¼ tsp. kosher salt
- ½ cup heavy cream
- 1 cup chopped toasted pecans, divided
- ½ cup chia seeds, divided
- 2 bananas, peeled, chopped and divided
- ½ cup dark maple syrup, divided

## DIRECTIONS

1. In the base of the **Smart Multi Cooker**, stir together quinoa, water and salt. Place grains insert on top of base; place grains seal on top of grains insert. Microwave on high power 8 minutes. Remove from microwave, let stand 10 minutes or until tender.
2. Divide quinoa evenly between 4 bowls. Top each with cream, pecans, chia, bananas and maple syrup.



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# Quinoa & Pork Tenderloin **SALAD**



## **INGREDIENTS**

5.6-oz. package plain, uncooked quinoa (1 cup)  
3 cups water  
¼ tsp. kosher salt  
½ cup sliced, marinated artichoke hearts  
¼ cup sliced olives  
½ bunch fresh baby spinach  
1 cup cherry tomatoes, cut in half  
2 Tbsp. flat-leaf parsley, finely chopped

2 lb. pork tenderloin  
¼ cup balsamic vinegar  
1½ Tbsp. extra virgin olive oil  
4 garlic cloves, minced  
salt and pepper

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place pork tenderloin in Large Shielded Colander. Cover with Shielded Cover and microwave on high power 17 minutes, or until the pork tenderloin reaches an internal temperature of 165°F/74°C. Let rest 5 minutes, then slice thinly. Place on serving plate and cover.
3. In the base of the **Smart Multi Cooker**, stir together quinoa, water and salt. Place grains insert on top of Base; place grains seal on top of grains insert. Microwave on high power 8 minutes. Remove from microwave, let stand 10 minutes or until tender. Pour quinoa in a bowl, Allow to cool and fluff with a serving spoon. Add artichoke hearts, olives, spinach, cherry tomatoes and parsley, Stir.
4. In a small bowl, whisk together balsamic vinegar, olive oil and garlic until well blended; season with salt and pepper to taste and pour over salad. Stir to combine.



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# Quinoa **POWERHOUSE SALAD**



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## **INGREDIENTS**

- 1½ cup white quinoa, rinsed
- 3 cups water
- 12 oz. fresh broccoli florets
- 2½ cups sweet potatoes, cut into bite size cubes
- ½ onion, chopped
- 1 (15 oz.) can black beans, drained and rinsed
- 2 sliced avocados
- ¼ cup olive oil
- Salt and pepper to taste

## **DIRECTIONS**

1. In base of **Smart Multi Cooker** add quinoa and water, place in microwave and cook at full power for 15 minutes. Transfer quinoa to bowl.
2. Add broccoli to Shielded Colander Tray, add sweet potatoes to Large Shielded Colander, add 1¾-cup water to the Steam Fill Line, stack, cover and microwave for 10 minutes.
3. Let cool for 5 minutes and transfer to bowl.
4. To assemble, arrange 5 bowls, add ¾-cup quinoa to each bowl, ¾-cup broccoli, ½-cup sweet potatoes, 2 Tbsp. red onion, and ½-cup beans, sliced avocados. Drizzle each with olive oil and sprinkle with salt and pepper to taste.

# Ratatouille & **HALIBUT**



## **INGREDIENTS**

1 zucchini, chopped into 1" pieces  
1 small eggplant, chopped into 1" pieces  
1 medium red bell pepper, cored, cut into strips  
2 tomatoes, cored, chopped into 1" pieces  
1 Tbsp. minced garlic  
1 large onion, chopped  
1 Tbsp. fresh thyme leaves, chopped

½ cup Niçoise or kalamata olives, pitted, optional  
Salt and freshly ground black pepper  
4 fish fillets or steaks (about 1 lb.)  
¼ cup fresh basil leaves, roughly chopped  
1 Tbsp. olive oil

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place all vegetable into the Large Shielded Colander, top with garlic, onion, thyme and olives.
3. Season fish with salt and pepper and place in Shallow Colander; place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 20 minutes or until the fish is opaque throughout .
5. Transfer the fish to a platter, then stir the basil into the vegetables. Spoon the vegetables around the fish, drizzle everything with the olive oil.



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# Roasted Red Pepper **CHICKEN FARFALLE**



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## **INGREDIENTS**

- |   |                              |
|---|------------------------------|
| 4 boneless, skinless chicken thighs, chopped into 1" pieces | 3 Tbsp. feta cheese crumbles |
| 1¼ tsp. kosher salt, divided                                | 1 Tbsp. tomato paste         |
| ½ tsp. black pepper   | 3 garlic cloves, peeled      |
| 1 cup diced yellow squash                                   | ¼ tsp. dried oregano         |
| ½ cup onion, diced  | ½ cup heavy cream            |
| 2 cups farfalle pasta                                       | 1 tsp. white vinegar         |
| ½ Tbsp. minced parsley (garnish)                            | ¾ tsp. kosher salt           |
| 2 roasted red bell peppers, roughly chopped                 | ¼ tsp. cracked black pepper  |

## **DIRECTIONS**

1. Place chicken in the Large Shielded Colander, season with ½ tsp. of the salt and pepper; set aside. In the Shallow Colander, combine squash and onions, season with ¼ tsp. of the salt; set aside.
2. In the base of the **Smart Multi Cooker**, stir together remaining salt, pasta and water (filled to the ring indentation in the Base). Microwave, uncovered, on high power 3 minutes. Remove from microwave.
3. Place Large Shielded Colander with chicken inside base (*without removing pasta*). Cover with Shielded Cover and microwave on high power 8 minutes.
4. In the **SuperSonic Chopper Extra** with the blade attachment, combine bell pepper, feta, tomato paste, garlic, oregano, cream, vinegar, salt and pepper. Cover and pull cord until pureed. Transfer to the **2 Cup Micro Pitcher**, microwave on high power 1 minute 30 seconds. Stir, halfway.
6. Remove **Smart Multi Cooker** from microwave. Place Shallow Colander with vegetables on top of Shielded Colander. Cover with Shielded Cover and microwave on high power 3 minutes more.
7. Transfer chicken and vegetables to a large bowl. Drain pasta using the Shielded Colander and transfer to bowl with chicken and vegetables; set aside.



# Rocky Point CLAM CHOWDER



## INGREDIENTS

- 24 littleneck clams, scrubbed and rinsed
- 4 medium red potatoes, diced
- 1 small yellow onion, quartered
- 2 slices reduced-sodium bacon, finely chopped
- 2 cups water
- 1 (10 oz.) can condensed low-sodium tomato soup
- ½ cup chopped fresh or canned tomatoes
- ¼ tsp. black pepper

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¼-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place clams in Large Shielded Colander and potatoes in Shallow Colander; place on top of Large Shielded Colander.
3. Cover with Shielded Cover and microwave on high power for 12-14 minutes or until clams open and potatoes are tender when tender.
4. Place onion in the **SuperSonic Chopper Compact**, cover and pull cord 4-5 times to process until finely chopped.
5. Place bacon in **Chef Series 3-Qt. Saucepan** over medium heat. Once bacon begins to sizzle, add onions and sauté until onions are translucent.
6. Remove clams from Shielded Colander, remove clams from shells over **Smart Multi Cooker** base to catch any clam juice and coarsely chop clam meat. Discard any unopened clams.
7. Strain steaming liquid from Water Tray through a strainer lined with a coffee filter or cheesecloth and into a medium bowl.
8. Add liquid from Base plus 2 cups water to saucepan and increase heat to medium high. Add tomato soup, potatoes, chopped tomatoes and black pepper. Slowly bring to a boil, reduce heat and simmer 10 minutes.



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# SALMON and Asian Slaw Salad



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## INGREDIENTS

- 1 lb. salmon filet
- 2 lb. head Napa cabbage
- 1 bunch green onions
- 1 pkg. ramen noodles
- 1 pkg. slivered or sliced almonds
- 3 Tbsp. butter
- salt and pepper

## *Sweet & Sour Dressing*

- ½ cup canola oil
- ½ cup sugar
- ¼ cup apple cider vinegar
- salt and pepper

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Add salmon to the Large Shielded Colander, cover with Shielded Cover and microwave for 10 minutes or until opaque.
3. Place all dressing ingredients in **Quick Shake Container**, cover and shake until well combined. Set aside.
4. Thinly chop cabbage and slice green onions and place in a large bowl.
5. Heat butter in a fry pan over medium heat.
6. Crush noodles and add with almonds to melted butter. Cook until golden brown.
7. Drain well and set aside.
8. Just before serving, add noodles and almonds to cabbage and toss with dressing.
9. Top with steamed salmon.

# SALMON

## With Pink Peppercorns & Snow Peas



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### INGREDIENTS

- 1 lb. salmon filet
- ½ tsp. grated fresh ginger
- ½ tsp. minced garlic
- 1 tsp. extra virgin olive oil
- salt and freshly ground pepper
- 1 tsp. pink peppercorns, divided
- 8 oz. snow peas

### Sauce

- 1 ½ tsp. fresh lime juice
- 1 tsp. soy sauce
- 1 scallion, thinly sliced (white plus about 2 inches of green)
- ½ tsp. toasted sesame oil

### DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Add salmon to the Large Shielded Colander, brush salmon with olive oil and season with salt and pepper, top with ginger, garlic and pink peppercorns.
3. Place snow peas in Shallow Colander; place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave for 10 minutes or until opaque or until salmon flakes easily with a fork, is opaque and reaches an internal temperature of 145°F/65° C..
5. Combine sauce ingredients in a small bowl and whisk in sesame oil with a tiny whisk or a fork. Set aside.
6. Remove from microwave and let stank 5 minutes before serving.
7. Lay out a bed of snow peas on dinner plates, top with fish and drizzle sauce over the top.

# SCALLOPS

## With Lemon Vinaigrette

### INGREDIENTS

- 1 lb. medium sea scallops
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- 1 lb. fresh asparagus
- 1 lemon, zested and juiced
- 2 Tbsp. extra virgin olive oil
- 2 tsp. fresh dill, chopped
- 1 Tbsp. fresh chives, chopped

### DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place scallops in the Large Shielded Colander and sprinkle with half of the salt and pepper.
3. Place asparagus in the Shallow Colander and place on top of Large Shielded Colander.
4. Cover with Shielded Cover and Microwave on high power for 8 minutes.
5. Meanwhile, in a small bowl, whisk the remaining ingredients together. Serve scallops and asparagus drizzled with dressing.
6. Serve with white or brown rice.



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# SHEPHERDS PIE

Peppers



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## INGREDIENTS

- 3 potatoes, diced
- 1 carrot, diced
- 1 lb. ground beef
- ¼ cup frozen peas
- ¼ cup frozen corn
- 2 Tbsp. celery diced
- 1 small onion, diced
- 2 garlic gloves, minced
- 1 Tbsp. tomato paste
- 1 Tbsp. Worcestershire sauce
- ½ tsp. cornstarch
- ¼ cup beef broth
- 3 bell peppers, cut in half
- ¼ cup milk
- 2 Tbsp. butter
- ½ cup sharp cheddar cheese, shredded

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place ground beef, corn, peas, celery, onion, garlic tomato paste Worcestershire sauce and cornstarch in the Large Shielded Colander. Stir to mix.
3. Place diced potatoes and carrots in the Shallow Colander, potatoes on one side, carrots on the other. Place Shallow Colander on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power for 18 minutes.
5. In a bowl, spoon carrot into meat mixture, add beef broth, stir well.
6. Pour potatoes into a bowl add milk and butter and mash.
7. Spoon meat mixture into the pepper shells, top with mashed potatoes and place in the base of the **Smart Multi Cooker**. Sprinkle with cheddar cheese. Replace cover and microwave for 5 minutes.

# SHRIMP & BROCCOLI

## *in Garlic Sauce*

### INGREDIENTS

- 1 pound uncooked medium shrimp, peeled and deveined      ¼ cup canned water chestnuts, drained
- 2 cups fresh broccoli florets      2 Tbsp. cornstarch
- 1 Tbsp. water
- 2 Tbsp. peanut oil
- 4 large cloves garlic, minced
- 1 cup low-sodium chicken broth
- 1 Tbsp. soy sauce
- 1 Tbsp. oyster sauce
- 2 tsp. grated fresh ginger root

### DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place the shrimp in Large Shielded Colander and the broccoli in Shallow Colander; place Shallow Colander on top of Large Shielded Colander.
3. Cover and microwave on high power 12 minutes or until shrimp are pink and opaque.
4. Heat peanut oil in a **Chef Series Fry Pan** on medium-high heat. Cook garlic in hot oil until fragrant, about 1 minute. Reduce heat to low; add chicken broth, soy sauce, oyster sauce, and ginger root to the garlic. Bring the mixture to a boil.
5. Toss steamed broccoli and water chestnuts with the sauce mixture, stir to coat with the sauce. Stir cornstarch into the mixture 1 tablespoon at a time until the sauce thickens, about 3 minutes, add shrimp.



# SHRIMP & VEGETABLES

## in Red Wine Vinaigrette



### INGREDIENTS

3 cups water  
1½ cups chopped red potatoes  
1¼ tsp. kosher salt, divided  
1½ cups fresh green beans, trimmed  
24 fresh medium shrimp, peeled and deveined, with tails on  
1 large heirloom tomato, chopped (about 1 cup)

*Red Wine Vinaigrette*  
1 garlic clove, peeled  
½ cup extra virgin olive oil  
2 Tbsp. red wine vinegar  
¼ tsp. mustard  
1 tsp. dried oregano

### DIRECTIONS

1. In the base of the **Smart Multi Cooker**, combine water, potatoes and ½ tsp. of the salt. Place green beans in Large Shielded Colander and stack on top of base. Cover with Shielded Cover and microwave on high power 4 minutes. Remove from microwave.
2. Add tomatoes to Shielded Colander. Place shrimp in Shallow Colander, season with ¼ tsp. of the salt, and stack on top of Large Shielded Colander. Cover with Shielded Cover and microwave on high power an additional 3 minutes. Remove from microwave, let stand, covered, 5 minutes.
3. In the **SuperSonic Chopper Compact**, combine garlic, olive oil, vinegar, mustard, oregano and remaining salt. Cover and pull cord until well blended.
4. Drain potatoes and return to base of **Smart Multi Cooker**. Add green beans, tomatoes, shrimp and vinaigrette. Gently stir to coat with vinaigrette. Serve warm, or cover and refrigerate 20 minutes to serve chilled.



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# SHRIMP

## Scampi



### INGREDIENTS

*Scampi Sauce*

- 2 Tbsp. unsalted butter
- 2 tsp. minced garlic
- ¼ cup dry white vermouth
- ½ tsp. cornstarch
- ¼ tsp. grated lemon zest plus 1  
tablespoon freshly squeezed  
lemon juice
- 2 tsp. finely chopped flat-leaf  
parsley leaves

1 pound jumbo shrimp, shelled  
and deveined  
Kosher salt and freshly ground  
black pepper

### DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. In a snack cup combine butter, garlic, vermouth, cornstarch, lemon zest and juice, and parsley, place snack cup in Large Shielded Colander.
3. Season shrimp with salt and pepper, place in the Shallow Colander; place on top of Large Shielded Colander.
4. Cover with Shielded Cover and Microwave on high power for 7 minutes.
5. Place shrimp on serving dish and pour scampi sauce over shrimp.



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# SHRIMP with Cilantro Lime Sauce

## INGREDIENTS

- 1 lb. large tail-on shrimp, peeled and deveined, uncooked
- ¼ cup cilantro
- 1 garlic clove, peeled
- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. honey
- ⅛ tsp. coarse kosher salt
- 1 lime, juiced

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place half the shrimp in Large Shielded Colander Tray and remaining half in Shallow Colander; place on top of Large Shielded Colander.
3. Cover with Shielded Cover and microwave on high power 12 minutes or until shrimp are pink and opaque.
4. Place cilantro and garlic in the **SuperSonic Chopper Compact**, cover and pull cord several times to finely chop.
5. Mix together all ingredients in **1 Qt. Micro Pitcher**.
6. Cover and microwave on high power 1 minute. Sauce will thicken slightly as it cools. Use as a dipping sauce.



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# SHRIMP with Spicy Cocktail Sauce



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## INGREDIENTS

- ½ tsp. kosher salt
- 2 garlic cloves, peeled and minced
- ½ cup tomato or vegetable juice
- 6 ripe tomatoes, roughly chopped
- 4 Tbsp. prepared horseradish
- 4 Tbsp. fresh lime juice
- 2 Tbsp. Worcestershire sauce
- 1 tsp. celery salt
- 3 dashes hot sauce

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. In a large bowl, toss together shrimp and salt.
3. Place Shrimp in Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 3 minutes. Remove from microwave, stir to redistribute shrimp. Microwave on high power an additional 3 minutes. Remove from microwave; set aside.
5. In the **SuperSonic Chopper Extra** with the blade attachment, combine garlic, tomato juice, tomatoes, horseradish, lime juice, Worcestershire, celery salt and hot sauce. Cover and pull cord until mixture is the consistency of thick tomato sauce.
6. Serve shrimp warm or cold with cocktail sauce.

# SMOKED SALMON and Quinoa Salad



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## INGREDIENTS

- ½ cup quinoa
- 4 oz. smoked salmon
- 1 small sweet potato, peeled and diced
- ¼ cup mint, finely chopped
- 2 Tbsp. fresh dill, finely chopped
- 2 spring onions, finely sliced
- Salt and pepper
- 2 Tbsp. olive oil
- 1 tsp. apple cider vinegar
- 1 lemon, zest only
- 1 cup rocket, arugula or baby spinach, washed
- 1 small cucumber, diced
- 2 Tbsp. pepitas or pumpkin seeds
- Goats cheese or feta, crumbled
- Lemon wedges, optional

## DIRECTIONS

1. Rinse quinoa until water runs clear.
2. Place quinoa into **Smart Multi Cooker** base. Place in 1¼ cup of water and cover with Rice Separator Insert and Rice Cover. Place into microwave for 10-13 minutes.
3. Remove from microwave and transfer into bowl, cover and set aside.
4. Rinse and quickly clean **Smart Multi Cooker** base before fill with 1¾ cup water. Place the Large Shielded Colander in the **Smart Multi Cooker** base and add sweet potato. Stack on the Shallow Colander and arrange salmon. Cover with Shielded Cover and cook for 10-12 minutes.
5. Break salmon pieces up onto quinoa. Add in remaining ingredients and toss to combine.
6. Serve with a sprinkle of goats cheese or feta and lemon wedges.

# Southwest SALMON SALAD

## INGREDIENTS

- 1 (4 oz.) skinless salmon fillet
- $\frac{1}{8}$  tsp. coarse kosher salt
- $\frac{1}{2}$  tsp. smoked paprika, divided
- $\frac{1}{2}$  cup frozen yellow corn kernels
- $\frac{1}{2}$  cup canned black beans, drained and rinsed well
- 2 cups chopped Romaine
- 4 cherry tomatoes, cut in quarters
- $\frac{1}{4}$  cup sour cream
- 2 Tbsp. extra virgin olive oil
- 1 tsp. red wine vinegar
- $\frac{1}{2}$  small garlic clove, crushed
- $\frac{1}{4}$  cup broken corn chips

## DIRECTIONS

1. Add  $1\frac{1}{4}$  cup of water to **Smart Multi Cooker** base to the Steam Fill Line.
2. Season both sides of the salmon with salt and  $\frac{1}{4}$  tsp. of the smoked paprika. Place salmon in the Large Shielded Colander. Place Shielded Colander inside base.
3. In the Shallow Colander, place corn and beans in a single, even layer; sprinkle with salt to taste. Place on top of Large Shielded Colander. Cover with Shielded Cover.
4. Microwave on high power 8 minutes or until salmon is cooked through. Remove from microwave; set aside.
5. In a medium bowl, toss together romaine and tomatoes; set aside
6. In a small bowl, stir together sour cream, olive oil, vinegar, garlic, and remaining smoked paprika. Add salt and pepper to taste.
7. Transfer corn and beans to salad bowl and toss with romaine and tomatoes. Flake salmon and place on top of salad greens. Top with broken corn chips and drizzle with dressing.



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# SPAGHETTI and Meatballs

## INGREDIENTS

5-6 oz. dry spaghetti  
1 jar spaghetti sauce

### *Meatballs*

1 lb. lean ground beef  
1 tsp. Italian herb seasoning  
1 egg  
½ cup dry breadcrumbs  
⅓ cup fresh parsley, chopped  
1 garlic clove, minced  
½ tsp. salt  
¼ cup parmesan cheese

## DIRECTIONS

1. Place spaghetti into **Smart Multi Cooker** base. Add 3-4 cups water to reach the indent in the Base. Place into microwave and microwave on high for 5 minutes.
2. In a mixing bowl, mix together the meatball ingredients and make in golf ball size meatballs.
3. Place Shielded Colander with inside base (*without removing pasta*) and add meatballs. Cover with Shielded Cover and microwave on high power 8-10 minutes. Remove from microwave. Set meatballs aside. Drain spaghetti.
4. Place spaghetti sauce in the **Vent N Serve** 4 cup container, microwave on high for 2-3 minutes to warm.
5. Place spaghetti on a plate, top with spaghetti sauce and meatballs.



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# Spinach Arugula PESTO ZOODLES



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## INGREDIENTS

- 2 large zucchini, ends trimmed
- 1 garlic clove, peeled
- ¼ cup shelled, toasted sunflower seeds or slivered almonds
- 3 cups loosely packed fresh baby spinach
- 2 cups loosely packed arugula
- Zest and juice of half a lemon
- ½ cup grated Parmesan cheese
- ½ cup extra virgin olive oil
- ⅛ tsp. coarse kosher salt

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line add salt. Place Large Shielded Colander inside base.
2. Using the julienne attachment for the **Mandoline**, run the zucchini across the blade to create long noodlelike strands.
3. Mince garlic and sunflower seeds using the **SuperSonic Chopper Extra** with blade attachment, add spinach, arugula, lemon zest, lemon juice and Parmesan. Chop until finely minced while streaming in olive oil. Add coarse kosher salt and pepper to taste.
4. Place zucchini strands in Large Shielded Colander;
5. Cover with Shielded Cover and microwave on high for 2-3 minutes. Remove from microwave.
6. In a large bowl, toss together pesto and vegetable noodles until well coated.
7. Serve warm or cold.



# Spiralized BROCCOLI SALAD



## INGREDIENTS

- 2 fresh broccoli heads with stems 1.5" in diameter
- 2 tbsp. extra virgin olive oil
- 1 tsp. garlic powder
- ½ tsp. red pepper flakes
- 1 tsp. salt
- 1 tbsp. lemon juice
- 4 tbsp. parmesan

## DIRECTIONS

1. Remove stem from broccoli head by cutting as close to the florets as possible. Cut broccoli florets and place in the **Smart Multi-Cooker** shielded colander. Add water to the base, to max fill line for steaming, place Shielded Colander inside base, cover with Shielded Cover.
2. Microwave on high power 8 minutes.
3. Using the **Handy Spiralizer** with the Thin Cut Cone, spiralize zucchini into noodles and place into a medium bowl.
4. Add spiralized broccoli stem to **Smart Multi-Cooker** Shallow Colander and place in the Shielded Colander. Cover with Shielded Cover and microwave on high power 1 minute and let cool slightly.
5. Toss broccoli with remaining ingredients to combine. Serve warm.



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# Steamed CHICKEN NOODLE SOUP

## INGREDIENTS

- |  |   |
|--|---|
| 1 large boneless, skinless chicken breast, diced | ½ cup dried Fideo noodles or thin pasta like vermicelli, broken in pieces |
| 1 zucchini, chopped                              |   |
| 2 carrots, chopped                               | 1 tsp. kosher salt  |
| 7 cups low-sodium chicken broth, divided         | ½ tsp. black pepper   |
| 1 Tbsp. extra virgin olive oil                   |   |
| 1 large onion, chopped                           |   |
| 4 garlic cloves, peeled and minced               |   |

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line add salt. Place Large Shielded Colander inside base.
2. Place diced chicken in the Large Shielded Colander, taking care not to block all the holes, season with salt and pepper.
3. Place zucchini and carrots in the Shallow Colander; place on top of Large Shielded Colander
4. Cover with Shielded Cover and microwave on high power for 8 minutes.
5. Heat a **Chef Series 6 Qt. Dutch Oven** over medium-high heat.
6. Add olive oil and onions and sauté until translucent.
7. Add garlic and sauté until fragrant.
8. Add the remainder of the broth, noodles, salt, pepper to the pot as well as the vegetables and chicken from the steamer.
9. Add the steaming liquid from the Water Tray and bring to a boil.
10. Lower heat to a simmer and cook 10 minutes or until noodles are tender.



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# Steamed DUMPLINGS



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## INGREDIENTS

1 cup all-purpose flour  
⅓ cup warm water  
¼ tsp. salt  
Water for sealing dumplings

### *Filling*

12 oz. firm tofu, drained  
2 green onions, chopped  
2 tsp. grated ginger  
1 large carrot, shredded  
1 tsp. rice vinegar  
2 Tbsp. soy sauce

## DIRECTIONS

1. In small bowl, mix flour, water and salt until dough forms. When dough is cool enough to handle, knead with hands until smooth. Let rest 2 minutes.
2. Place green onions, carrot and cabbage in **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until finely chopped. Transfer to large bowl and add tofu, rice vinegar, soy sauce and mix well to combine.
3. Divide dough in 12 equal portions and roll each to a thin 4"/10 cm disc. Place 1 heaping tbsp. in middle of each disc, moisten rim with water, fold dumplings and pinch to seal then pinch together ends.
4. Pour 1¾ cups water into base/water reservoir of **Smart Multi-Cooker**, arrange 6 dumplings in simple layer in shielded colander, cover and microwave on high power 8 minutes. Let rest before removing and repeat with remaining dumplings. Serve with soy sauce.



*Steamed*  
**SALMON &  
BROCCOLI**

### **INGREDIENTS**

- 2 (6-oz.) Salmon fillets
- 8 oz. Broccoli, fresh or frozen
- ¼ tsp course Kosher salt
- ¼ tsp ground black pepper
- 2 Lemon wedges

### **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place salmon in the Large Shielded Colander, taking care not to block all the holes, season with salt and pepper.
3. Place broccoli in the Shallow Colander; place on top of Large Shielded Colander
4. Cover with Shielded Cover and microwave on high power for 8-12 minutes. Until salmon is flaky or opaque.
5. Serve with Lemon wedges.



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# Steamed **SALMON & RAINBOW NOODLES**

## **INGREDIENTS**

### *Sauce*

- 3 tsp. sesame oil
- 5 Tbsp. light soy sauce
- 1 lime juiced
- 4 Tbsp. rice vinegar
- 2 tsp. sugar

- ¼ purple cabbage, julienned
- 2 carrots, julienned
- 1 red chili, finely chopped (optional)
- ½ tsp. ginger, finely grated
- 4 (4 oz.) salmon fillets
- 1 Tbsp. sweet chili sauce
- 1 lime, zested and juiced
- 6 oz. soba noodles
- 4 green onions, julienned

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place vegetables in the Large Shielded Colander.
3. Place Salmon in the Shallow Colander; place Shallow Colander on top of Large Shielded Colander.
4. Cover with Shielded Cover and Microwave on high power 20 minutes.
5. In a quick Shake container, add sauce ingredients, shake well and set aside.
6. Place vegetables on a serving plate, place salmon over vegetables, pour sauce over both. Sprinkle with sesame seeds if desired.



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# Steamed SHRIMP, RED PEPPERS & GREEN BEANS



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## INGREDIENTS

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 lb. Shrimp               | ½ lb. green beans                 |
| ¼ tsp. ground ginger       | 1 red bell pepper cut into strips |
| ¼ tsp. cayenne pepper      | 3 Tbsp. teriyaki sauce            |
| 1 clove garlic, minced     | ⅔ cup cornstarch                  |
| 1 Tbsp. sesame seeds       | 1 cup chicken broth               |
| ¼ tsp. ground black pepper | ¼ tsp. salt                       |
|                            | 3 green onions, sliced            |

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Combine shrimp, ginger, cayenne pepper, garlic, sesame seeds, and pepper in a bowl. Cover and refrigerate 30 minutes.
3. In a small bowl, combine cornstarch, chicken broth, teriyaki sauce, and salt.
4. Place Shrimp in Large Shielded Colander. Place green beans and red pepper strips in Shallow Colander, place Shallow Colander on Large Shielded Colander.
5. Cover with Shielded Cover and Microwave on High for 8 minutes or until shrimp are no longer pink. Let stand 15 minutes.
6. In a small **Chef Series II Saucepan** add teriyaki sauce, chicken broth and salt, stir until thickened, add green onions.
7. Place shrimp in a serving dish, top with vegetables, then pour sauce over the vegetables.

# Steamed SLIDERS

## INGREDIENTS

- 1 pkg. sweet Hawaiian rolls
- ¼ cup mayonnaise
- ½ lb. hamburger meat
- ½ tsp. southwest chipotle seasoning, divided
- Salt and Pepper, to taste
- ½ cup onions, chopped

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. In a small bowl, mix together mayonnaise and ¼ tsp. Southwest Chipotle seasoning.
3. Mix hamburger with ¼ tsp. southwest chipotle seasoning, salt and pepper and form into one patty.
4. Place patty into the Large Shielded Colander.
5. Sprinkle onions onto patty.
6. Cover with Shielded Cover and Microwave for 7 - 8 minutes.
7. Slice rolls in half horizontally, place rolls into top tray. Remove burgers from microwave, place rolls into in **Smart Multi Cooker**. Let stand for 3 minutes, to steam.
8. Cut burger into 9 squares tic tac toe style, spread Chipotle seasoning and mayo on rolls. Place burger onto rolls and eat. Add cheese and condiments if desired.



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*Steamed*  
**STUFFED  
ARTICHOKE**

### INGREDIENTS

- ¼ + ⅛ tsp. coarse kosher salt
- 2 globe artichokes, trimmed, cut in half
- ½ fresh lemon
- 2 cups Italian or sour dough bread cubes, crust removed
- 3 Tbsp. extra virgin olive oil
- ¼ cup diced black olives
- 1 garlic clove, crushed

### DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Remove the two bottom rows of leaves from each artichoke half. Scoop choke from the center of artichokes, rub cut edges with lemon. Place artichokes in Large Shielded Colander, cut side up.
3. Cover with Shielded Cover and Microwave on high power 5 minutes. Remove from microwave, set aside.
4. In a medium bowl, mix together bread cubes, olive oil, olives, garlic, and ⅛ tsp. coarse kosher salt. Press bread cubes together until moist; divide into 4 equal portions.
5. Stuff bread into cut side of each artichoke half, gently pressing bread into the cavity and allowing excess to sit on top of artichoke.
6. Place Shielded Cover on and microwave 15 minutes or until artichokes are soft, and bottom leaves are easily removed.



Steamy

# CHICKEN FAJITAS

## INGREDIENTS

- 1 lb. chicken breasts, boneless & skinless
- 1 red bell pepper, cored
- 1 green bell pepper, cored
- 1 yellow bell pepper, cored
- 1 yellow onion, peeled
- 1 Tbsp. southwest chipotle or Taco seasoning
- 8 tortillas

- Optional condiments:*
- sour cream
  - cheese
  - lettuce
  - lime wedges
  - guacamole
  - salsa

## DIRECTIONS

1. Fill the **Smart Multi Cooker** base with 1¾ cups water to max Steam fill line.
2. Slice chicken breasts into strips and place in Large Shielded Colander.
3. Slice peppers and onions into strips and place in Shallow Colander.
4. Season onion-pepper mixture and chicken with southwest chipotle taco or taco seasoning.
5. Place Large Shielded Colander in Base, place Shallow Colander on top and cover with Shielded Cover.
6. Microwave on high power 12 minutes or until chicken is cooked through. Remove from microwave.
7. Serve on tortillas with desired condiments.



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# Strawberry Rhubarb CHIA YOGURT

## INGREDIENTS

- 1 lb. rhubarb
- ¼ cup sugar
- ½ oz. chia seeds
- 1 cup plain yogurt
- 1 cup strawberries

For serving

- 1 Tbsp. grated coconut

## DIRECTIONS

1. Fill **Smart Multi Cooker** base with 1¾ cups water to max Steam fill line. Place the Large Shielded Colander in the base of Smart Multi Cooker.
2. Peel the rhubarb and cut it into pieces, add the rhubarb pieces to the Large Shielded Colander. Place Shielded Cover on and put in the microwave for about 12 minutes at 600 watts. Then allow to rest for 5 minutes, drain well.
3. Add the rhubarb to the **SuperSonic Chopper Extra** with blade attachment, add sugar and chia seeds, cover and pull cord until well blended
4. Wash and hull strawberries, pat dry. Set aside a few strawberries for decoration. Cut the fruit into small chunks.
5. Stir in the strawberries and yogurt in the rhubarb-chai seed mix and divide into 6 small bowls. Place in the refrigerator for at least 5 hours.
6. Before serving, decorate with the remaining strawberries and sprinkle with grated coconut as desired.



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# Stuffed CABBAGE ROLLS

## INGREDIENTS

- 4 cabbage leaves
- 3 $\frac{1}{3}$  cup sliced zucchini
- $\frac{1}{2}$  cup bread crumbs
- $\frac{1}{2}$  cup cashew nuts, chop
- 1 red pepper, chop
- 1 Tbsp. curry
- 1 tsp. salt
- 1 pinch pepper
- 1 egg, beaten
- 3 Tbsp. oil

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1 $\frac{3}{4}$ -cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Cut out “V” shape at the bottom of 4 cabbage leaf stalks. Pour hot water over them until limp. Drain and pat dry.
3. Mix bread crumbs, cashews, red pepper, curry, salt, pepper, egg and oil for stuffing. Divide into 4 portions and wrap each with a cabbage leaf, place in the Colander tray.
4. Place sliced zucchini in the Large Shielded Colander.
5. Cover with Shielded Cover and microwave on high power for 25 minutes.



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# Stuffed **POBLANO PEPPERS**

## **INGREDIENTS**

- 6 poblano peppers
- 2 roma tomatoes, diced
- 1 onion, chopped
- 1 (15 oz.) can black beans, drained
- 1½ cup cooked white rice
- 1 tsp. cumin
- 6 oz. queso de hoja cheese, halved & chopped
- 1 cup sour cream

## **DIRECTIONS**

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Insert knife to remove stem with the seeds. Discard the seeds and save the stem. Repeat with all peppers.
3. In a small bowl mix remaining ingredients except sour cream until well combined.
4. Stuff each pepper with rice mixture and, place 3 at a time, in **Smart Multi Cooker** Large Shielded Colander. Place Shielded colander inside base and cover.
5. Cook in microwave in high power for 10-12 minutes.
6. Repeat with remaining peppers and serve with sour cream and additional cheese if desired.



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# Stuffed TOMATOES

## INGREDIENTS

- 6 medium beefsteak tomatoes
- 1 (6.25 oz.) box pre-packaged stuffing mix
- ¼ cup butter or margarine, sliced into 1-inch cubes
- 1 cup hot water

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Cut off tops of tomatoes; scoop out seeds and pulp with a spoon, making a hollowed-out cup. Discard tomato tops and seeds. Chop pulp in the **SuperSonic Chopper Extra** with blade attachment. Drain and set aside for later use.
3. Invert tomatoes on paper towels to drain.
4. Combine water and butter or margarine in a **Thatsa Bowl**. Add stuffing mix, reserved tomato pulp and stir. Let stand 5 minutes for liquid to absorb.
5. Fill tomatoes evenly with stuffing mix and place in Large Shielded Colander.
6. Cover with Shielded Cover and Microwave on high power 10 minutes, or until tomatoes are tender and stuffing is heated through.



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# Summer CREOLE BOIL



## INGREDIENTS

- 6 potatoes, cut into quarters
- 1½ cups sliced andouille sausage, about ½" thick
- 10 fresh okra, cut into ½" pieces
- 2 lbs. fresh jumbo shrimp, peeled and deveined
- 3 Tbsp. Low Country Seasoning Blend, divided\*
- 1 Tbsp. tomato paste
- 3 cups fresh or frozen corn kernels
- ¼ tsp. kosher salt
- ½ cup heavy cream

## DIRECTIONS

1. Fill the base of the **Smart Multi Cooker** with water to the max fill line for steam. (1¼ cup). Place Large Shielded Colander inside the base.
2. In a large bowl toss together potatoes, sausage, okra, shrimp, low country seasoning and tomato paste; Transfer mixture to the Large Shielded Colander of the Smart Multi Cooker.
3. Place Shallow Colander on top of Large Shielded Colander, add corn. Place Shielded Cover on and microwave 15-18 minutes or until shrimp is fully cooked and potatoes are tender.
4. Remove from microwave. Transfer corn to the **SuperSonic Chopper Extra** with blade attachment; add cream and salt. Cover and pull cord until corn is creamed to desired consistency. Spoon into a large bowl and top with shrimp and vegetable mixture.



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# SUSHI Bites



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## INGREDIENTS

1 ½ cups sushi rice, rinsed  
2 cups water  
4 Tbsp. seasoned rice vinegar  
½ tsp. salt  
½ cup Furikake seasoning, optional  
¼ cup tricolor sesame seeds  
2 small seaweed sheets  
¼ tsp. granulated sugar  
¼ tsp. salt  
Toppings of choice such as seafood, cucumber, avocado

### The Loxy Bagel (pictured):

Lox (showing beet cured salmon)  
Capers  
Red onion, thinly sliced

## DIRECTIONS

1. Place rice and water in the **Smart Multi Cooker**. Add grains insert with tabs side up and place seal on top making sure the handle on both seal and base align. Press down until it snaps closed.
2. Microwave on high power for 5 minutes, then lower to 50% power and cook for an additional 15 minutes.
3. Remove grains insert and add rice vinegar and salt. Set aside covered to fully cool.
4. Make Furikake seasoning by placing sesame seeds on small sauté pan and toast for 5-6 minutes then let completely cool.
5. Add cooled sesame seeds, seaweed sheets, sugar and salt to the **SuperSonic Chopper Tall** with blade attachment. Replace cover and pull cord until chopped and well combined.
6. Add Furikake seasoning to rice and mix to combine.
7. Use Small **Portioning Scoop** to portion out small sushi bites, then top each with toppings of your choice. Serve at room temperature with soy sauce.

### The Bob Marley:

Fresh mango, peeled into strips  
Avocado, cubed  
Sashimi grade ahi tuna, thinly sliced (optional, can be omitted for vegetarian)

### The Stuzzicante:

Pickled asparagus, chopped into 2 inch pieces  
Prosciutto, torn into thin strips

### Vancouver's Sweetheart:

Candied salmon, broken into pieces  
Cucumber, peeled into thin strips  
Maple miso-nnaise\*

\* *Mix together ½ tsp miso paste, 1 tsp maple syrup and 2 Tbsp japanese mayonnaise)*

# Sushi CAKE

## INGREDIENTS

*Ahi Tuna Marinade*

⅓ cup coconut aminos

5 drops fish sauce

1 Tbsp. sesame oil

2 tsp. sesame seeds

¼ cup seaweed salad

2 Tbsp. rice vinegar

1 Tbsp. granulated sugar

1 tsp. salt

1 seaweed sheet, divided

3 Tbsp. toasted sesame seeds

½ cup cream cheese, softened

½ cucumber, thinly sliced

½ avocado, thinly

1-2 sushi nori seaweed sheets

Mango, diced, optional

8 oz. of fresh sushi-grade Ahi Tuna, chopped

2 cups sushi or short grain rice

3 cups water

## DIRECTIONS

1. In a medium bowl, toss together the ahi tuna with coconut aminos, fish sauce, sesame oil, sesame seeds and seaweed salad. Cover and place in refrigerator for 10-15 minutes.
2. Rinse rice until water runs clear. Add rice and water to base of **Smart Multi-Cooker**. Add grains insert, seal and microwave for 5 minutes on high power, then 15 minutes at 50% power. Let cool.
3. In small bowl mix rice vinegar, sugar and salt until well combined. Add to cooked rice and mix well.
4. Divide rice between two **Silicone Small Round Forms** and press down to compact and place in freezer to set.
5. Unmold one rice cake and place in serving dish. Layer with ½ cup ahi tuna, half the sliced cucumber and half the sliced avocado and one seaweed sheet. Place 2nd layer of rice on top and repeat layers, of cucumbers, avocado and seaweed.
6. Top with remaining Ahi tuna, sprinkle with sesame seeds and mango, if desired.



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# Sweet Chili **TOFU & VEGETABLE** Rice Noodles



## INGREDIENTS

7 oz. packet Thai rice noodles  
¾ lb. firm tofu, cut into ¾" cubes  
2 cups stir-fry vegetables or  
1 bunch baby bok choy, thickly  
shredded and carrot sticks  
Finely snipped chives, chopped  
spring onions or coriander, to  
serve

## Sauce

½ cup peanut or almond butter  
⅓ cup light soy sauce  
⅓ cup sweet chili sauce (which  
contains garlic)  
Finely grated rind of 1 lime, juice  
of 2

## DIRECTIONS

1. Fill **Smart Multi Cooker** base with water up to the max line for pasta. Add noodles. Cook in microwave on high @ 900 watts for 11 minutes.
2. Drain using large shielded colander. Place in a bowl and cover to keep warm.
3. Fill the base of the **Smart Multi Cooker** with 1¾ cup. Place Large Shielded Colander inside the base. Add tofu.
4. Place shallow colander on top. Add vegetables. Place shielded cover on top and cook on high @ 900 watts for 9 minutes, until tofu is hot and vegetables have wilted.
5. Pour hot water from the base over noodles to loosen. Drain and return noodles to base.
6. Mix sauce ingredients together. Add sauce, tofu and vegetables, gently toss. Scatter over chives, spring onion or coriander. Serve hot.



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# TAMALES

## INGREDIENTS

- 24 cornhusks
- 4 cups instant corn masa
- 1½ Tbsp. salt
- 1 Tbsp. chicken bouillon powder
- ½ Tbsp. baking powder
- 1 cup pork fat
- ¾ cup salsa roja
- 4 cups chicken stock
- 2 cups filling (shredded chicken or pork, beans, cheese or veggies)

Additional salsa of choice

## DIRECTIONS

1. Place cornhusks in large bowl and add warm water. Soak for 2 hours.
2. In **3.5L Ultimate Mixing Bowl**, whisk together instant corn masa, salt, chicken bouillon powder and baking powder. Add pork fat, salsa roja and mix well.
3. Add chicken stock, one cup at a time, and continue mixing until fully combine. Continue mixing dough until mixture no longer sticks to hand. Test dough readiness by adding a small piece of dough to a snack cup of water. Dough should float.
4. Remove cornhusk from water and add one large scoop of dough. Use spatula to spread thinly, and then add medium scoop of filling of choice and a small scoop of salsa of choice. Close cornhusk and fold down. Repeat process until all dough and cornhusks are used.
5. Add water to the **Smart Multi Cooker**; add 6-8 tamales to shielded colander and place on top. Cover and microwave for 12 minutes then let rest for 5 minutes. Repeat process until all tamales are fully cooked.



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# Tangy Citrus **CHICKEN** with Vegetables

## INGREDIENTS

### *Citrus sauce*

- ½ cup fresh basil leaves
- 1 green onion
- 2 Tbsp. flat-leaf parsley
- 2 Tbsp. capers, drained
- 1 Tbsp. fresh lemon juice
- 1 clove garlic, peeled
- 3 Tbsp. extra-virgin olive oil
- salt and pepper, to taste

- 2 boneless, skinless chicken breasts
- ½ lb. green beans, trimmed
- 1 red bell pepper, cut into thin strips
- salt and pepper, to taste
- 3 Tbsp. Citrus Sauce

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place first seven ingredients in the **SuperSonic Chopper Compact**. Cover and pull cord 4–5 times to blend to a coarse puree. Transfer sauce to a small bowl and season with salt and pepper to taste.
3. Place chicken in Large Shielded Colander; season with salt and pepper and brush with Citrus sauce.
4. Place green beans and red pepper strips in Shallow Colander; place on top of Large Shielded Colander.
5. Cover with Shielded Cover and Microwave on High power 14 minutes or until chicken reaches an internal temperature of 165° F/74° C.
6. Remove chicken to a serving platter and brush with sauce. Toss the vegetables with 1 Tbsp. Citrus Sauce and serve with chicken.



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# Teriyaki **CHICKEN** with Vegetables

## INGREDIENTS

*Teriyaki marinade and sauce*  
2 Tbsp. ginger, minced  
 $\frac{2}{3}$  cup soy sauce  
2 Tbsp. corn starch  
 $\frac{1}{4}$  cup honey  
2 cloves garlic, minced  
2 Tbsp. mirin (Japanese sweet rice wine)  
2 tsp. rice vinegar  
 $\frac{1}{2}$  tsp. sesame oil

1 dash red pepper flakes  
black pepper, to taste  
1 lb. chicken breast, cut into strips or chunks  
8 oz. broccoli florets  
1 red pepper, cut into strips  
1 onion, sliced  
1 small carrot, sliced  
1 small green onion, sliced

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with  $1\frac{1}{4}$ -cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. In the **Quick Shake Container**, add all ingredients for teriyaki sauce, shake to mix.
3. Place chicken breast in **Season Serve Container** and pour  $\frac{2}{3}$  sauce over chicken, marinate for at least 30 minutes, refrigerate.
4. Place chicken in Large Shielded Colander; season with salt and pepper.
5. Place all vegetables except green onions in Shallow Colander; place on top of Large Shielded Colander.
6. Cover with Shielded Cover and Microwave on High power 15 minutes or until chicken reaches an internal temperature of  $165^{\circ}$  F/ $74^{\circ}$  C.
7. Microwave remaining sauce in **1 Cup Micro Pitcher** for 1 minute, to warm.
8. Remove chicken to a serving platter, top with vegetables and pour remaining sauce over to coat.
9. Sprinkle green onions over chicken and vegetables.



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# Teriyaki SALMON

## INGREDIENTS

- 2 fillets salmon
- ½ cup teriyaki sauce, divided
- Salt and pepper, to taste

### *Garnish*

- 2 green onions
- 1 red chili finely sliced, optional
- 2 Tbsp. fresh coriander
- Sesame seeds

## DIRECTIONS

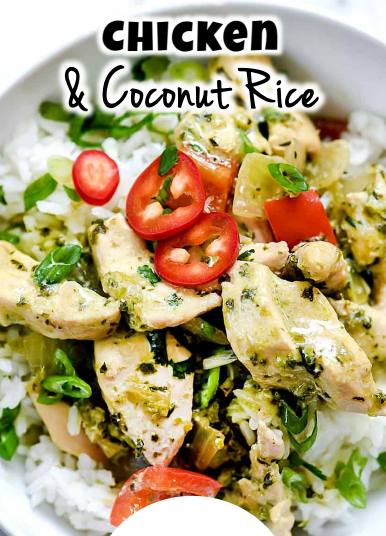
1. Place salmon in **Season Serve Container** and pour ¼ cup teriyaki sauce over salmon, marinate for at least 30 minutes, refrigerate.
2. Fill base of **Smart Multi Cooker** with 1¼-cup water to the Steam Fill Line. Place Shallow Shielded Colander inside base.
3. Place salmon in shallow Shielded Colander; season with salt and pepper.
4. Cover with Shielded Cover and Microwave on High power 15 minutes.
5. Remove salmon to a serving platter, drizzle remaining teriyaki sauce, garnish with green onions, chili pepper, coriander and sesame seeds.



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# Thai **CHICKEN** & Coconut Rice



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## **INGREDIENTS**

### *Marinade*

- 4 spring onions
- ½" piece ginger, grated
- 3 Tbsp. fresh coriander
- 2 limes, juiced
- 2 Tbsp. fish sauce
- 3 tsp. soy sauce
- 2 tsp. brown sugar
- 1 tsp. garlic, minced
- Salt and Pepper

- 1¾ cup chicken broth
- 2 Chicken breast, cut into strips

### *Rice*

- 1 cup white or Jasmine rice
- 1½ cup chicken stock
- 1 lime, juiced and zested
- 3 spring onions, finely sliced
- 4 Tbsp. coconut cream
- 2 Tbsp. fresh coriander, finely chopped

## **DIRECTIONS**

1. Place marinade ingredients, in the **SuperSonic Chopper Extra**, cover and pull cord, until smooth. Put chicken in the medium bowl and pour marinade over chicken and refrigerate for 30 minutes.
2. In the Base of the **Smart Multi Cooker** add 1¾ cup chicken broth. Place Shielded Colander inside base, add chicken. Cover with Shielded Cover and microwave on high power 10-12 minutes or no longer pink. Remove from microwave, transfer chicken to a bowl, cover, set aside. Wipe clean.
3. Place rice into **Smart Multi Cooker** base. Fill with 1½ cup chicken stock to max fill line for grains. Place grains insert on top of Base; place grains seal on top of insert. Place into microwave and microwave on high for 15 minutes. Remove from microwave let stand 10 minutes.
4. Remove from microwave, add lime juice and zest, spring onions, coconut cream, add chicken and stir through, top with chopped coriander.

# Thai CHICKEN SALAD

## INGREDIENTS

- |   |  |
|---|--|
| ½ tsp. coarse kosher salt, divided      | 1 cucumber, sliced                             |
| 2 boneless, skinless chicken breasts    | 6 large radishes, sliced                       |
| 2 Tbsp. extra virgin olive oil          | 6-oz. bag mixed salad greens                   |
| 1 tsp. granulated sugar                 | ¾ cup fresh basil leaves, loosely packed, torn |
| 4 tsp. sweet Thai chili sauce           | 4 large mint leaves, sliced                    |
| 1 tsp. fresh ginger, grated, with juice | ¼ cup red onion, thinly sliced                 |
| ⅓ tsp. sesame oil                       | ½ cup bagged matchstick carrots                |
| 1 lime, juiced                          | 4 tsp. unsalted peanuts, crushed               |

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Sprinkle ¼ tsp. salt over chicken breast. Place chicken in Large Shielded Colander.
3. Cover with Shielded Cover and microwave on high power 8–10 minutes or until juices run clear and internal temperature reaches 165°F/75°C.
4. Remove chicken from steamer base and set aside. Combine ¼ tsp. salt, olive oil, sugar, chili sauce, grated ginger, sesame oil and lime juice in a small bowl and stir to combine. Set aside.
5. Place the cucumber, radishes, salad greens, basil, mint, red onion and carrots in a large bowl. Toss with half the dressing and divide evenly between 4 plates.
6. Slice chicken breast thinly and divide among the salads. Drizzle remaining dressing over the salad and sprinkle each salad with 1 tsp. crushed peanuts.



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# Thai Green **CURRY**



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## **INGREDIENTS**

- |   |                          |
|---|--------------------------|
| 1¾ cup chicken broth                            | 2 green chilis, deseeded |
| 1 small sweet potato, peeled and cut into cubes | ½ bunch fresh coriander  |
| 1 green pepper, julienned                       | 13 oz. coconut milk      |
| 1 zucchini, finely sliced                       | 1 chicken bullion cube   |
| 12 oz. chicken or white fish, cut into chunks   | 2 kaffir lime leaves     |
| 2 garlic cloves, minced                         | 1½ cups baby spinach     |
| 2 spring onions                                 | Fresh coriander          |
| 2 tsp. lemongrass paste                         | Spring onions            |
| 1 tsp. ginger paste                             | Lime juice               |
| 2 Tbsp. fish sauce                              | Cooked rice              |

## **DIRECTIONS**

1. In the Base of the **Smart Multi Cooker** add 1¾ cup chicken broth. Place Shielded Colander into Base, add sweet potato, green pepper, zucchini.
2. Place Shallow Colander on top of Large Shielded Colander and add chicken or white fish. Cover with Shielded Cover and microwave on high power 12-15 minutes or chicken is no longer pink.
3. In the **SuperSonic Chopper Extra** with blade attachment add garlic, spring onions, lemongrass paste, ginger paste, fish sauce chilis and coriander. Place cover on and pull cord until smooth.
4. In a small **Chef Series II Saucepan** add coconut milk, paste, bullion cube and kaffir leaves. Simmer over medium low heat, stirring every few minutes, add spinach and stir until wilted.
5. Once vegetables and meat are cooked, remove from microwave and place into serving bowl, pour over sauce and mix together.
6. Garnish with fresh coriander, spring onions, and lime juice. Serve with cooked rice.

# Tilapia

## STREET TACOS



### INGREDIENTS

2 cups packaged raw broccoli or cabbage slaw  
2 cups water  
1 tsp. kosher salt, divided  
4 tilapia fillets, fresh or frozen (thawed)  
1 Tbsp. southwest chipotle seasoning blend  
1 cup Chipotle Cream Sauce  
16 (6") corn tortillas

fresh cilantro, kale or chard, queso fresco, lime wedges, pumpkin seeds and chopped jalapeno for garnish

### *Chipotle Cream Sauce*

4-oz. can chipotle in adobo  
2 Tbsp. adobo sauce  
1 cup heavy cream  
½ cup chicken stock  
½ tsp. kosher salt  
4 garlic cloves, peeled

### DIRECTIONS

1. Rinse chipotle peppers under cool running water; reserve 2 Tbsp. of the adobo sauce. In the **SuperSonic Chopper Extra** with blade accessory add chipotle peppers, reserved adobo sauce, cream, chicken stock, salt and garlic. Cover and pull cord until smooth.
2. In the base of the **Smart Multi Cooker** stir together slaw, water and ½ tsp. of the salt.
3. Place Large Shielded Colander into base. Add tilapia fillets and sprinkle with remaining salt and southwest chipotle seasoning.
4. Place Shielded Cover on and microwave on high 12 minutes.
5. Layer tortillas in the Shallow Colander; set aside.
6. Remove Smart Multi Cooker from microwave. Place Shallow Colander with tortillas on top of Large Shielded Colander. Cover and let stand 5 minutes to warm tortillas.
7. Remove cover, transfer tilapia to a cutting board and flake into large pieces. Using the shielded colander, drain slaw.
8. To build the tacos, layer two tortillas on top of each other. Add tilapia, slaw, chipotle cream sauce, and garnish with cilantro, queso fresco, lime juice and jalapeno.

# TILAPIA

## with Coconut Rice and Cayenne Sauce

### INGREDIENTS

- 2 tilapia fillets
- Salt and pepper to taste
- ½ (14 oz.) bag frozen broccoli florets
- 1 cup instant white rice
- 1 cup water
- 1 tsp. chicken stock
- 2 tsp. water
- ½ cup low fat plain yogurt
- ¼ tsp. prepared mustard
- ½ tsp. cayenne pepper
- ¼ cup slivered almonds
- ¼ cup toasted coconut

### DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Place water in the **Stack Cooker 3-Qt. Casserole** or a 4 cup **Vent N Serve**, microwave on high for 3-4 minutes, add instant rice and cover, set aside.
3. Place broccoli florets in the Large Shielded Colander.
4. Season fillets with salt and pepper and place fillets in the Shallow Colander; place on top of Large Shielded Colander.
5. Cover with Shielded Cover and Microwave on high for 8-10 minutes.
6. Place chicken stock, water, yogurt, prepared mustard and cayenne pepper in the **1 Cup Micro Pitcher**, cover and microwave on high for 1 minute. Remove and stir mixture.
7. Add coconut and almonds to the rice and fluff with a fork. Place rice, broccoli and tilapia on serving dish and spoon sauce on top.
8. Garnish with a sprinkle of cayenne pepper.



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# TUNA Casserole

## INGREDIENTS

- 8 oz. egg noodles
- ¼-½ tsp salt for pasta water
- 1 (5 oz.) can Tuna
- ¼ onion, chopped
- 1 cup shredded cheddar cheese
- ½ cup frozen peas
- 1 (10.75 oz.) can cream of mushroom soup
- Salt and pepper, to taste
- ½ cup Panko bread crumbs
- 1-2 Tbsp. butter

## DIRECTIONS

1. In the Base of the **Smart Multi Cooker** combine noodles, salt and 3-4 cups water to the indent line in the Base. Microwave on high power 5 minutes.
2. Place Shielded Colander inside base.
3. In a 4 cup **Vent N Serve** container combine tuna, onion, cheese, peas, cream of mushroom soup and salt and pepper. Place inside Shielded Colander, place Shielded Cover on and microwave for 5-7 minutes.
4. Meanwhile, toast panko bread crumbs in a small skillet with butter until golden brown.
5. Remove **Vent N Serve** container. Set aside.
6. Drain the egg noodles and place into Base of Smart Multi Cooker. Add contents of Vent N Serve container to egg noodles, stir to combine.
7. Serve Tuna casserole and top with toasted bread crumbs.



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# TURKEY TENDERLOIN

with Spicy Sweet  
Potatoes

## INGREDIENTS

- ½ tsp. kosher salt
- ½ tsp. onion powder
- ¼ tsp. black pepper
- ¼ tsp. garlic powder
- 12 oz. turkey tenderloin
- 2 large sweet potatoes, peeled and cubed
- 2 green onions, chopped
- 2 Tbsp. cilantro
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. maple syrup
- 1½ tsp. Southwest chipotle seasoning Blend

## DIRECTIONS

1. Fill base of **Smart Multi Cooker** with 1¼-cup water to the Steam Fill Line. Place Large Shielded Colander inside base.
2. Combine salt, onion powder, pepper and garlic powder. Sprinkle mixture over turkey tenderloin on all sides and place in Large Shielded Colander.
3. Place cubed sweet potatoes in the Shallow Colander; place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power for 14 minutes or until turkey juices run clear and turkey reaches an internal temperature of 165°F/75°C and sweet potatoes are tender.
5. While turkey cooks, place the green onions and cilantro in the **SuperSonic Chopper Compact**. Pull cord 4–5 times to process until finely chopped. Remove cover and add olive oil, maple syrup and seasoning blend. Replace cover and pull cord 4–5 times to fully combine.
6. In a medium bowl, combine sweet potatoes and contents of **SuperSonic Chopper Compact** until coated. Slice turkey and serve alongside sweet potatoes.



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## Warm Rosemary **POTATO SALAD**

### **INGREDIENTS**

- 10 red bliss potatoes, scrubbed and diced
- 1¼ tsp. kosher salt, divided
- ½ cup extra virgin olive oil
- 2 lemons, zested
- 2 garlic cloves, minced
- 2 Tbsp. minced fresh rosemary leaves
- 2 tsp. fresh thyme leaves

### **DIRECTIONS**

1. In the **Smart Multi Cooker** base combine 1 tsp. of the salt and fill with water to the max fill line for steam. Place Shielded Colander inside base and add potatoes. Cover with Shielded Cover and microwave on high power 16 minutes or until tender.
2. Remove from microwave; remove Shielded Colander with potatoes from base; set aside. Clean base.
3. In the base, whisk together olive oil, lemon zest, garlic, rosemary, thyme and remaining salt. Add warm potatoes, gently toss. Serve warm.



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# White Chocolate & Raspberry CUPCAKES

## INGREDIENTS

⅓ cup butter, softened  
sugar  
⅓ cup self-raising flour, sifted  
2 Large eggs  
1 tsp. vanilla extract  
2 tbs. white chocolate chips  
2 tbs. frozen raspberries

## *Frosting*

½ cream cheese, softened  
2 Tbsp. butter, softened  
½ cup powdered sugar  
1 tsp. lemon juice

Makes 8 small cupcakes

Fresh raspberries, to garnish  
White chocolate Shavings to garnish

## DIRECTIONS

1. Lightly grease ramekins or snack cups, set aside.
2. In a small bowl cream butter and sugar. Add flour and beat for another minute.
3. Add eggs one at a time, thoroughly beating after each egg. Add vanilla and beat until well combined. Add vanilla chips and raspberries and gently fold into cake batter.
4. Fill snack cup or ramekin with heaping tablespoons of cake batter, place in the Large Shielded Colander.
5. In the **Smart Multi Cooker** base fill with water to the max fill line for steam. Place Shielded Colander inside base.
6. Cover with Shielded Cover and microwave on 70% power for 10-12 minutes. Remove from microwave; Allow cupcakes to cool.
7. In a small bowl whisk together frosting ingredients. Frost cupcakes when cooled and garnish with white chocolate and raspberries.



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