Breville

BGR250 Healthsmart® Grill & Press

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Congratulations

on the purchase of your new Breville Healthsmart® Grill & Press

Breville recommends safety first

At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS FOR YOUR BREVILLE HEALTHSMART® GRILL & PRESS

- Carefully read all instructions before operating the Breville Healthsmart® Grill & Press for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the grill for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the grill near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not use the grill on a sink drain board.
- Do not place the grill on or near a hot gas or electric burner, or where it could touch a heated oven.
- Position the grill at a minimum distance of 20cm away from walls, curtains, cloths and other heat sensitive materials.
- Always operate the grill on a stable and heat resistant surface. Do not use on a cloth-covered surface, near curtains or other flammable materials.
- Always ensure the grill is properly assembled before use. Follow the instructions provided in this book.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- The lid and the outer surface will be hot when the appliance is operating.
- The temperature of accessible surfaces will be high when the appliance is operating and for some time after use.
- Do not place anything on top of the grill when the lid is closed, when in use and when stored.
- Always switch the variable temperature control dial to the 'Sandwich' position, switch the grill off at the power outlet, then unplug the power cord and cool completely if appliance is not in use, before cleaning, before attempting to move the appliance and when storing the appliance.
- Keep the grill clean. Follow the cleaning instructions provided in this book.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

Know Your Breville Healthsmart® Grill & Press

BGR200 BREVILLE HEALTHSMART® GRILL & PRESS

1. **2200 watt element**
   for fast heat up and quick searing and toasting
2. **Heavy duty die cast arms**
   for durability, strength and style
3. **Floating hinged top plate**
   automatically adjusts to thick or thin meats, seafood, vegetables and sandwiches
4. **Durable non-stick cooking plates**
   for oil free cooking and easy clean up
5. **Angle adjust non-slip feet**
6. **Cord storage**
   conveniently wraps in base
7. **Integrated 'POWER' and 'READY' lights**
   indicate when the Healthsmart® Grill & Press is heating or ready to use
8. **Adjustable grilling height control with 7 settings**
   to suit open sandwich melts and your grilling preference
9. **Locking storage clip lock the plates**
   closed for convenient upright storage
10. **Brushed stainless steel housing**
11. **Variable temperature control dial**
    designed to sear steaks in minutes or toast gourmet café-style sandwiches
12. **Unique fat reducing angled ribbed grill plates**
13. **Removable drip tray**
    dishwasher safe
14. **Cleaning spatula**

Before first use

Remove and safely discard any packaging material or promotional labels before using your Healthsmart® Grill & Press for the first time. Check that the cooking plates are clean and free of dust. If necessary, wipe over with a soft damp cloth. Dry thoroughly.

NOTE

When using the grill for the first time you may notice a fine smoke haze. This is caused by the heating of some of the components. There is no need for concern.

The Healthsmart® Grill & Press can be used as a grill for searing meats and vegetables or as a sandwich press for toasting breads and foccacia's. It also features an adjustable Height Control feature which allows you to fix the top plate to a range of positions above the bottom plate.

To use as a Grill

1. Insert the power plug into a 230/240V power outlet and turn the power 'On'. The red 'POWER' light will illuminate.
2. Turn the variable temperature control to 'SEAR' for fast heat up. Allow the grill to pre-heat with the top cooking plate in the closed position until the green 'READY' light illuminates.
3. During this time, prepare the foods to be cooked. Refer to Grilling recipes or guide for cooking times and recipes (page R3). When the grill has preheated, place the foods to be cooked onto the bottom cooking plate. Always place foods towards the rear of the bottom cooking plate.

NOTE

The Healthsmart® Grill & Press can be used to cook foods in the open or closed position.

4. Close the top cooking plate. The top cooking plate has a floating hinge that is designed to evenly press down on food. The top plate must be fully lowered to achieve grill marks on the selected foods (see fig 1).

Fig 1

5. Grilling times will depend on the food being cooked. Refer to Grilling Guide (page 10) or Grill Recipes (page R3).
6. When the food is grilled, use the handle to open the grill and raise the top cooking plate. Remove food with the help of a plastic or wooden spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating.

NOTE

Always allow the grill to pre-heat until the green 'READY' light illuminates.

FULLY UNWIND THE POWER CORD FROM THE CORD STORAGE FACILITY BEFORE USE.

To use as a Sandwich Press

1. Insert the power plug into a 230/240V power outlet and turn the power 'On'. The red 'POWER' light will illuminate.
2. Turn the variable temperature control to 'SANDWICH' setting. Allow the grill to preheat with the top cooking plate in the closed position until the green 'READY' light illuminates.
3. During this time prepare the sandwich. When the sandwich press has pre-heated, place the sandwich onto the bottom cooking plate. Always place sandwiches towards the rear of the bottom cooking plate.

NOTE

The Healthsmart® Grill & Press can be used to cook foods in the open or closed position.

4. Close the top cooking plate. The top cooking plate has a floating hinge that is designed to evenly press down on the sandwich. The top plate must be fully lowered to cook sandwiches.
5. Toasting should take approximately 5-8 minutes. Exact toasting time will be a matter of taste. It will also depend on the type of bread and type of filling used.
6. When the sandwich is cooked, use the handle to open the grill and raise the top cooking plate. Remove sandwich with the help of a plastic or wooden spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating.

Using the Adjustable Grilling Height Control Feature

Adjustable Height Control feature allows you to fix the top plate to a range of positions above the bottom plate. This allows your grill to be used to grill delicate ingredients such as fish and hamburger buns without squashing. It can also be used for toasting open sandwich melts and snacks where you don't need to apply the weight of the top plate.

1. Turn the variable temperature control to 'SEAR' or 'SANDWICH' setting and allow the grill to pre-heat until the green 'READY' light illuminates.
2. Place food to be grilled or your sandwich to be melted on the bottom plate.
3. Move the Adjustable Height Control clip on the right hand side of the grill to the desired height (see fig 2).

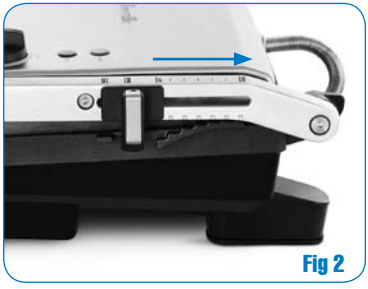

Fig 2

4. Slowly lower the top plate until it rests on the Adjustable Height Control clip.
5. The top plate will radiate the desired heat to lightly grill foods or melt ingredients such as cheese. Grilling and toasting times will be a matter of taste. It will depend on the height of the top plate. Also refer to Grilling Guide (page 10) and Grilling Recipes (page R3).

NOTE

The Adjustable Height Control can be moved to accommodate thick or thin foods by sliding the clip forwards or backwards along the arm.

Using the Angle Adjust Non-Slip Feet

Your Healthsmart® Grill & Press features unique extendable feet which are designed to level the bottom plate when cooking foods such as sausages. This ensures the sausages do not roll off the hotplate but still drain the maximum amount of fat while cooking.

Variable Temperature Control Dial

The Healthsmart® Grill & Press features a Variable Temperature Control dial which allows a variety of foods to be cooked. With the dial set on 'SEAR' (see fig 3) the temperature is correctly suited to grill meats or other foods.

Fig 3

With the dial set on 'SANDWICH' (see fig 4) the temperature is correctly suited to toasting sandwiches.

The Variable Temperature Control dial allows you to select a setting suited to the foods which are being cooked (see fig 2).

Fig 4

Hints for Best Results for Grilling Meat

For best Grilling results use meat cuts which are thick enough to touch the top and base plate when the Healthsmart® Grill & Press is closed.

Recommended Cuts	
Beef	Sirloin (New York), Rump, Rib Eye (Scotch Fillet), Fillet.
Lamb	Trim Lamb Leg Steaks, Fillet, Eye of Loin, Cutlets and Diced Lamb.
Pork	Butterfly loin Steaks, Spare Ribs, Leg Steaks, Fillets, Diced Pork..

- Tougher cuts such as beef blade, topside steak or lamb forequarter or neck chops can be used. To tenderise these cuts marinate them for a few hours or overnight in a marinade with wine or vinegar to help break down the connective tissue.
- If using a marinade recipe or pre-marinated meats from your meat retailer, drain excess marinade off and dab with kitchen paper before placing on the Healthsmart® Grill & Press. Some marinades contain high sugar levels which can scorch on the Grill plate when cooked.
- Do not over cook meat, even pork is better served pink and juicy.
- Do not pierce meat with a fork or cut meat while cooking. This will let the juices escape, resulting in a tougher dry steak.
- When removing fish pieces, use a flat heat resistant plastic spatula to support the food.
- Parboiling sausages can alleviate the need to pierce sausages before cooking.

Grilling Guide

Contact Grilling is a healthy and efficient way to cook. The cooking times are approximate due to variances in ingredient thickness.

It is not recommended to cook items with thick bones such as T-bone steaks.

Ingredient and Type	Cooking Time
Beef sirloin steak	3 minutes for medium rare, 5-6 minutes for well done
Beef minute steak	1-2 minutes
Beef hamburger patties	4-6 minutes
Pork scotch fillet	4-6 minutes
Pork loin steaks	4-6 minutes
Pork fillet	4-6 minutes
Lamb loin	3 minutes
Lamb cutlets	4 minutes
Lamb leg steaks	4 minutes
Chicken breast fillets	6 minutes or until cooked through
Chicken thigh fillets	4-5 minutes or until cooked through
Sausages thin	3-4 minutes
Sausages thick	6-7 minutes
Sandwich or Foccacia	3-5 minutes or until golden brown
Vegetables sliced 1 cm thick – eggplant	3-5 minutes
Vegetables sliced 1 cm thick – zucchini	3-5 minutes
Vegetables sliced 1 cm thick – sweet potato	3-5 minutes
Seafood – fish fillets	2-4 minutes
Seafood – fish cutlets	3-5 minutes
Seafood – octopus (cleaned)	3 minutes
Seafood – prawns	2 minutes
Seafood – scallops	1 minute

How to Judge a Steaks Doneness

This doneness information below has been kindly donated by the Meat & Livestock Association of Australia

There is an art to determining when your steak, lamb chop or cutlet is cooked to the correct degree of doneness: –

- rare, medium rare, medium, medium well or well done but it is easily mastered with these handy hints and tips.

Rare

Cook for a few minutes per side, depending on thickness. Turn once only. Cook until steak feels very soft with back of tongs. A meat thermometer will show the internal temperature of a rare steak as 55-60°C.

Medium Rare

Cook one side until moisture is just visible on top surface. Turn once only. Cook on the other side until surface moisture is visible. Steak will be cooked to medium rare when it feels soft with back of tongs. A meat thermometer will show the internal temperature of a medium rare steak as 60-65°C.

Medium

Cook one side until moisture is pooling on top surface. Turn once only. Cook second side until moisture is visible. Steak will be cooked to medium when it feels springy with back of tongs. A meat thermometer will show the internal temperature of a medium steak as 65-70°C.

Medium Well

Cook one side until moisture is pooling on top surface. Turn and cook second side until moisture is pooling on top. Reduce heat slightly and continue to cook until steak feels firm with back of tongs. A meat thermometer will show the internal temperature of a medium well steak as 70-75°C.

Well Done

Cook one side until moisture is pooling on top surface. Turn and cook second side until moisture is pooling on top. Reduce heat slightly and continue to cook until steak feels very firm with back of tongs. A meat thermometer will show the internal temperature of a well done steak as 75°C – 85°C.

Hints for Best Results for Toasting Sandwiches

Bread

Most types of bread can be used, white, wholemeal, kibbled wheat, wholegrain, raisin loaf and so on. The sandwich press is ideal for toasting foccacia, Turkish bread, bagettes as well as bread rolls. Raisin bread, brioche or other sweet breads which contain a high sugar content will tend to brown quicker.

Fillings

Try to use canned or pre-cooked fruit as fresh fruit may give off excessive juices when heated. Be careful when biting into sandwiches containing fillings such as cheese and tomato or jam as they retain heat and can burn if eaten too quickly.

Toasting Bread

The unique flat design makes the sandwich press ideal for toasting plain breads and Turkish bread, without any fillings or spreads. Try toasting Turkish bread with jams for a great alternative to standard breads at breakfast.

Fat Free Snacks

Due to the non-stick flat plate design, it is not necessary to use any butter or margarine on the outside of your toasted snacks.

Care, Cleaning and Storage

Before cleaning, switch the power off at the power outlet and then remove the power plug. Allow your Healthsmart® Grill & Press to cool before cleaning. The grill is easier to clean when slightly warm.

Always clean your Healthsmart® Grill & Press after each use to prevent a build up of baked-on foods.

Wipe cooking plates with a soft cloth to remove food residue. For baked on food residue squeeze some warm water mixed with detergent over the food residue then clean with a non abrasive plastic scouring pad.

Cleaning the Drip Tray

Remove and empty the drip tray after each use and wash the tray in warm, soapy water. Avoid the use of scouring pads or harsh detergents as they may damage the surface. Rinse and dry thoroughly with a clean, soft cloth and replace.

Alternatively the drip tray can be cleaned in the dishwasher.

Durable Non-stick Coating

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

Any discolouration that may occur will only detract from the appearance of the grill and will not affect the cooking performance.

When cleaning the non-stick coating, do not use metal (or other abrasive) scourers. Wash with warm soapy water. Remove stubborn residue with a non abrasive plastic scouring pad or nylon washing brush.

NOTE

The cooking plates are coated with a non-stick surface, do not use abrasives.

NOTE

Do not use spray-on nonstick coatings as this will affect the performance of the non-stick surface on the cooking plates.

Storage

To store your Healthsmart® Grill & Press:

1. Switch off the grill and unplug power cord from the power outlet.
2. Allow the Grill to fully cool.
3. Slide the Height control clip towards the front handle to the LOCK position so that the top and bottom cooking plates are locked together.
4. Click the removable drip tray into place.
5. Wrap the power cord in the cord storage area below the grill.
6. Store on a flat, dry level surface.

NOTE

The storage clip should not be used to clamp down the top plate when food is in the Healthsmart® Grill & Press.

DO NOT IMMERSE ANY PART OF THE BREVILLE HEALTHSMART® GRILL & PRESS IN WATER OR ANY OTHER LIQUID.

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Recipes

Delicious Healthsmart® Grill & Press recipes from Breville

Grill Recipes

AUSSIE BURGER

Serves 4

500g minced beef
1 cup fresh bread crumbs
1 small onion, peeled and finely chopped
1 teaspoon crushed garlic
1 tablespoon dried parsley flakes
1 egg, lightly beaten
To cook and serve;
6 bacon rashers
6 hamburger buns or full grain rolls
1 x 250g can beetroot slices, drained
2 vine ripened tomatoes, thinly sliced
tomato sauce
6 cheddar cheese slices
¼ iceberg lettuce heart, shredded

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. Combine all ingredients in a large mixing bowl and mix thoroughly. Form mince into 4 patties. Set aside.
3. Place patties on bottom plate of preheated grill and allow the top plate to rest on the patties. Adjust the Grilling Height Control to the thickness of the pattie. Cook for 4-5 minutes.
4. Place bacon on grill. Lightly spread buns with butter or margarine.
5. Place a pattie on each bun and top with bacon, beetroot, tomato, tomato sauce and cheese. Add lettuce to burgers and place reserved roll halves on top.

TERIYAKI CHICKEN FILLETS

Serves 4

4 half chicken breast fillets
1 tablespoon mirin
2 tablespoons soy sauce
2 teaspoons caster sugar
2 teaspoons cooking sake
To serve;
lemon wedges
steamed rice
salad of green leaves

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. Combine mirin, soy sauce, sugar and sake. Place chicken in a stainless steel baking dish and pour prepared marinade over. Allow to stand for 30 minutes before cooking.
3. Place chicken on preheated grill and allow top plate to gently rest on chicken.
4. Cook for 4-5 minutes until chicken is cooked through.
5. Remove and allow to rest for 5 minutes before serving on a bed of steamed rice. Garnish with lemon wedges and accompany with a salad of green leaves.

OREGANO LAMB KEBABS

Serves 4

1 tablespoon olive oil
1 tablespoon lemon juice
1 tablespoon dried oregano leaves
1 teaspoon crushed garlic
500g boneless lean lamb, cut into 3cm cubes
freshly ground black pepper
4 kebab skewers

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. Combine oil with lemon juice, oregano and garlic in a large mixing bowl. Add lamb and marinate for 30 minutes before threading onto 4 kebab skewers.
3. Season each kebab generously with pepper and place on preheated grill.
4. Allow the top plate to rest lightly on lamb. Cook for 4-5 minutes.
5. Serve with crusty bread and a Greek salad of salad leaves, black olives and crumbled feta cheese.

BABY OCTOPUS WITH CHILLI AND GARLIC

Serves 4

750g baby octopus, cleaned
2 tablespoons olive oil
1 tablespoon Thai style sweet chilli sauce
juice and zest of 1 lime
1 teaspoon crushed garlic
freshly ground black pepper

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. In a large mixing bowl combine octopus with oil, chilli sauce, lime zest, juice and garlic. Toss well to combine and season with pepper.
3. Place octopus on pre-heated grill and lower press. Allow to cook for 3 minutes.
4. Remove from grill and serve in a bowl on a bed of vermicelli noodles, garnish with lime and coriander.

MARINATED NEW YORK CUT STEAK

Serves 4

1 cup/250ml red wine
2 tablespoons olive oil
1 tablespoon Dijon style mustard
1 teaspoon crushed garlic
4 New York cut steaks - cut 3cm thick

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. Combine wine, oil, mustard and garlic in a screw top jar and shake well. Place steaks in a shallow dish, not plastic or aluminium, and pour over marinade.
3. Marinade at room temperature for 30 minutes to 1 hour.
4. Remove steaks from marinade and place on preheated grill. Cook for 3 minutes for medium rare.
5. Serve with creamy mashed potato and a crisp salad.

ATLANTIC SALMON STEAK WITH TARRAGON AND PEPPER CRUST

Serves 4

2 tablespoons olive oil
2 tablespoons dried tarragon leaves
freshly ground black pepper
4 Atlantic salmon steaks - weighing approx. 180g each
To garnish; lime or lemon wedges

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. Combine oil with tarragon and a generous and coarse grinding of black pepper.
3. Brush salmon on both sides with seasoned mixture and place on preheated grill.
4. Adjust the grilling height control to just touch the top of the fish steak.
5. Allow to cook for 2 minutes for fish to be golden on the outside and 'rosy' pink on the inside. Cook a little longer if you prefer your fish more cooked.
6. Remove from grill and serve immediately with steamed baby potatoes and green beans.

HOT GINGERED PRAWNS

Serves 4

1 kg green king prawns, peeled with tails intact
1 teaspoon crushed garlic
¼ cup soy sauce
¼ cup dry white wine
1 tablespoon finely shredded ginger
350ml Thai sweet chilli sauce
Wooden skewers, soaked in water

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. Thread prawns onto soaked wooden skewers approx. 4 per skewer.
3. Combine remaining ingredients and mix well, pour over prawn skewers. Place skewers on preheated grill and lower top plate, cook for 2-3 minutes or until pink and tender. Serve with steamed rice and broccoli.

LEMON AND HONEY CHICKEN SKEWERS

Serves 4

500g chicken breast fillets
2 tablespoons lemon juice
2 tablespoons honey
2 teaspoons sesame seeds
1 teaspoon grated ginger
Wooden skewers, soaked in water

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. Slice chicken into thin strips and thread onto 8 skewers. Place skewers on preheated grill and lower top plate. Allow to cook for 3-4 minutes or until cooked through.
3. While chicken is cooking combine lemon juice, honey, sesame seeds and ginger.
4. Remove cooked skewers from grill and serve on a bed of steamed rice and green vegetables. Pour over the lemon and honey sauce over the hot skewers.

CHILLI BEEF SALAD WITH CASHEWS

Serves 4

500g rump or sirloin steak
3 mild red chillies, chopped
2 tablespoons soy sauce
1 teaspoon finely grated ginger
½ teaspoon crushed garlic
Salad greens

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. Slice steak into thin strips and combine with chilli, soy, ginger and garlic and marinate for 20 minutes.
3. Cook beef on preheated grill and lower top plate and cook 1-2 minutes each side.
4. Place salad greens in individual serving bowls and remove cooked beef strips from grill and place on top of greens. Serve with cashew nuts and a drizzle of soy sauce.

THAI GREEN CURRY LAMB CUTLETS

Serves 4

1 tablespoon Thai green curry paste
3 tablespoons coconut cream
1 tablespoon chopped coriander
12 lamb cutlets, trimmed

1. Pre-heat Healthsmart® Grill & Press using 'SEAR' setting until the green 'READY' light illuminates.
2. Combine curry paste, coconut cream and coriander. Spoon over cutlets and marinade for 20 minutes.
3. Place cutlets on preheated grill and lower top plate and cook for 4 minutes each side or until cooked to your liking. Serve with steamed rice and greens.

CHAR GRILLED CHICKEN LAVOSH WITH MANGO & PINENUT MAYONNAISE

Serves 2-3

¼ cup mayonnaise
½ tablespoon chilli salsa
1 teaspoon grated lime rind
½ tablespoon lime juice
125g canned mango pieces, drained
1½ tablespoon toasted pinenuts
1 char-grilled chicken breast, sliced thinly
2 sheets lavash bread
1 avocado, sliced

1. Pre-heat Healthsmart® Grill & Press using 'SANDWICH' setting until the green 'READY' light illuminates.
2. Combine mayonnaise, salsa, rind, juice, mango, pinenuts and chicken.
3. Spread chicken mixture over each lavash. Top with avocado and roll tightly.
4. Place lavash rolls on bottom plate of preheated grill and lower top plate and cook until bread is golden, crisp and heated through, approximately 8 minutes.
5. Serve sliced on an angle with salad greens.

ITALIAN VEGETARIAN FOCACCIA ROUND

Serves 2-3

3 small round cheese and olive focaccia
1½ tablespoons pesto
125g Italian Roma Egg tomatoes, sliced
100g bocconcini cheese, drained and sliced
1 medium Spanish onion, thinly sliced
1 tablespoon balsamic vinegar
1½ tablespoons extra virgin oil
Salt and freshly ground pepper, to taste

1. Pre-heat Healthsmart® Grill & Press using 'SANDWICH' setting until the green 'READY' light illuminates.
2. Cut focaccia in half to form a sandwich. Spread with pesto. Fill with tomatoes, cheese, onions, vinegar, oil and seasonings.
3. Place focaccias on bottom plate of preheated grill and lower top plate and cook until golden, crisp and heated through, approximately 8 minutes.

ROAST BEEF PITA ROLL

Serves 2-3

70g cream cheese
3 teaspoons seeded mustard
½ tablespoon lemon juice
2 round Pita bread
½ cup grated canned beetroot, drained
100g shaved rare roast beef
70g marinated roasted eggplant

1. Pre-heat Healthsmart® Grill & Press using 'SANDWICH' setting until the green 'READY' light illuminates.
2. Combine cream cheese, mustard and lemon juice. Spread each Pita bread with cream cheese mixture. Top with beetroot, roast beef and eggplant. Roll tightly.
3. Place Pita bread on bottom plate of preheated grill and lower top plate and cook until golden, crisp and heated through, approximately 10 minutes.
4. Serve sliced.

SMOKED SALMON LAVASH ROLL

Serves 2-3

2 large sheets of lavash bread
100g cream cheese
1 tablespoon lime juice
½ tablespoon drained capers
½ tablespoon freshly chopped dill
Freshly ground black pepper, to taste
2 zucchini, ribboned with vegetable peeler
200g smoked salmon

1. Pre-heat Healthsmart® Grill & Press using 'SANDWICH' setting until the green 'READY' light illuminates.
2. Combine cream cheese, lime juice, capers, dill and pepper. Spread each lavash with cream cheese mixture. Top with zucchini and salmon roll tightly.
3. Place lavash rolls on bottom plate of preheated grill and lower top plate and cook until golden, crisp and heated through, approximately 5 - 8 minutes.
4. Serve lavash rolls sliced.

SPICY LAMB IN PITA

Serves 2-3

1 tablespoons oil
125g ground lamb mince
2 tablespoons finely chopped onion
½ cup diced tomato
1 tablespoons freshly chopped mint
¼ teaspoon ground coriander
Pinch ground ginger
½ teaspoon ground cumin
¼ teaspoon turmeric
Salt and freshly ground black pepper, to taste
3 pita breads
3 slices Swiss cheese
Tatziki dip, for serving

1. Pre-heat Healthsmart® Grill & Press using 'SANDWICH' setting until the green 'READY' light illuminates.
2. Heat oil in a Breville Fry pan or non-stick frypan and sauté lamb mince, onions, tomato, mint, spices and seasonings until browned and cooked. Drain and cool.
3. Split pitas open to form pockets. Fill with lamb mixture and insert a cheese slice into each pocket.
4. Place filled pita breads on bottom plate of preheated grill and lower top plate and cook until golden, crisp and heated through, approximately 10 minutes.
5. Serve with tatziki dip.

GOAT'S CHEESE AND ROASTED PEPPER FOCCACIA

Serves 2

1 large round foccacia
90g softened goat's cheese
½ tablespoon roughly chopped Italian parsley
½ tablespoon roughly chopped basil
1 clove garlic, thinly sliced
1 tablespoons drained capers
1 tablespoons lemon juice
½ tablespoon sweet Thai chilli sauce
60g marinated roasted zucchini
50g semi dried tomatoes

1. Pre-heat Healthsmart® Grill & Press using 'SANDWICH' setting until the green 'READY' light illuminates.
2. Cut focaccia in half to form a sandwich. Combine goat's cheese, parsley, basil, garlic, capers, lemon juice and chilli sauce. Spread focaccia with goat's cheese mixture. Fill with zucchini and tomatoes.
3. Place filled focaccias on the bottom plate of preheated grill and lower top plate and cook until golden, crisp and heated through, approximately 8 minutes.

NOTE

Large focaccia may need to be cut in half to fit on the bottom plate of the Sandwich Press.

Breville

Breville Customer Service Centre

Australian Customers

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