



Air Fries with Peppercorn Aioli



the Combi Wave™3 in.



Prep: 20 minutes / Cook: 30 minutes / Standing: 15 minutes

Serves: 4

500g Sebago potatoes, peeled, cut into 1cm-thick fries 1 tsp olive oil Sea salt. to season

Peppercorn Aioli

1 egg yolk
2 tbsp lemon juice
1 tbsp wholegrain mustard
2 cloves garlic, crushed
1 cup (250ml) grapeseed oil
3 tsp peppercorn medley, crushed
Sea salt, to season

- 1. Arrange half the potatoes in a single layer on a microwave-safe plate and place the plate on the turntable. Press MICROWAVE, set 100% power for 5 minutes and press START. Transfer to a tray. Repeat with the remaining potatoes. Cool the potatoes in the refrigerator for 15 minutes.
- 2. Make the Peppercorn Aioli. Place the egg yolk, lemon juice, mustard and garlic in a blender jug and blend until combined. With the motor running, gradually add the grapeseed oil in a slow, steady stream until combined and thickened. Add the peppercorns, stir to combine and season with salt.

- 3. Toss the cooled potatoes with the olive oil in a bowl to coat.
- 4. Press AIRFRY and set 230°C for 25 minutes. Place the Combi Crisp pan on the turntable in high position and press START to preheat the pan. Place the potatoes in the preheated pan and press START to begin cooking. Turn the fries over when prompted halfway through cooking.
- 5. Season the fries with salt and serve immediately with the Peppercorn Aioli.





Air Fried Chicken Quesadilla



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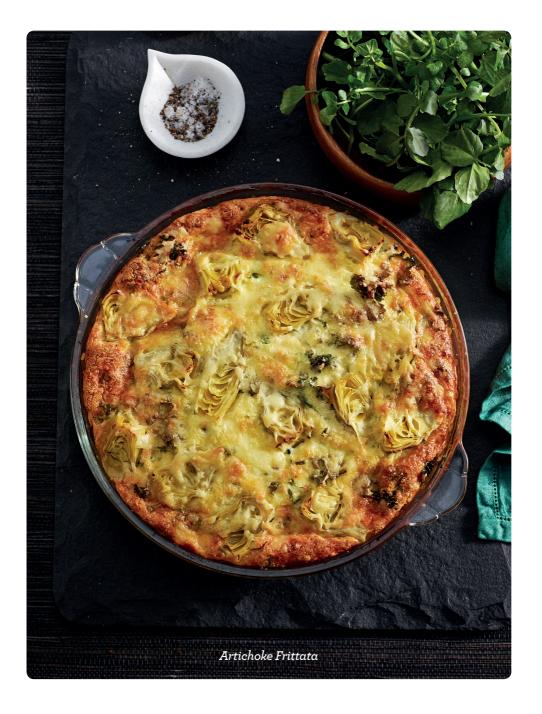


Prep: 10 minutes / Cook: 6 minutes

Serves: 2

2 x 20cm flour tortillas ½ cup (60g) grated tasty cheese 1/3 cup (50g) shredded cooked chicken Sour cream, pickled jalapenos, salsa and coriander, to serve

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





Artichoke Frittata



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Prep: 15 minutes / Cook: 30 minutes

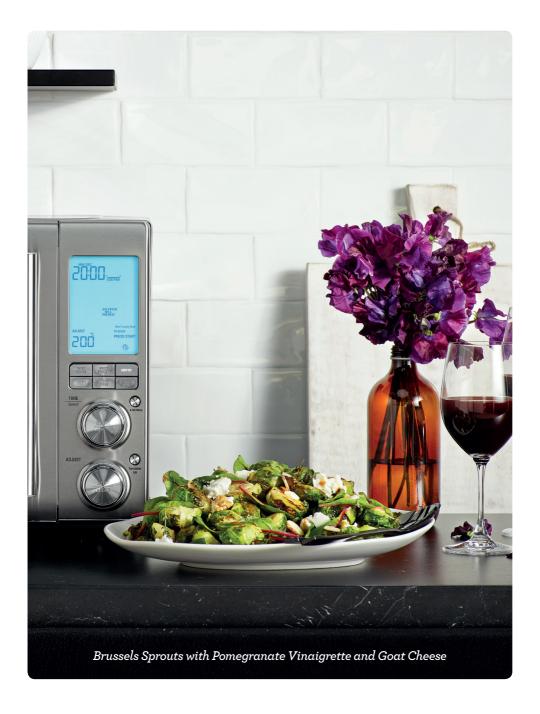
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Serves: 4

6 large eggs
% cup (180ml) thickened cream
1 cup (120g) grated tasty cheese
1 green onion, thinly sliced
1 clove garlic, crushed
Sea salt and freshly ground black pepper,
to season

3 stalks kale, leaves removed, thickly sliced (approx. 350g leaves) 170g jar marinated artichokes, drained, halved

- Whisk the eggs and cream together in a large bowl. Add half the cheese, onion and garlic and season with salt and pepper.
- Lightly grease a 24cm round microwave-safe dish. Arrange the kale over the base of the dish and pour over the egg mixture. Scatter with the artichokes and remaining cheese.
- 3. Press FAST COMBI and set 180°C for 30 minutes. Place the Combi Crisp pan on the turntable in high position and press START to preheat the pan. Place the dish in the Combi Crisp pan. Press START to begin cooking.
- 4. Allow to stand for 5 minutes before serving.





Brussels Sprouts with Pomegranate Vinaigrette





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Serves: 4

300g Brussels sprouts, halved

1 tbsp olive oil

Sea salt and freshly ground black pepper, to season.

20g mixed salad leaves

2 tbsp flaked almonds, toasted

40g goat cheese, crumbled

Pomegranate Vinaigrette

1 tbsp red wine vinegar

2 tsp pomegranate molasses

1 tsp maple syrup

½ tsp Dijon mustard

½ tsp fresh thyme leaves

1 tbsp olive oil

Sea salt and freshly ground black pepper, to season

Method

- 1. Place the Brussels sprouts in a medium bowl with the oil. Season with salt and pepper and toss to coat.
- 2. Press AIRFRY and set 200°C for 20 minutes. Place the Combi Crisp pan on the turntable in high position and press START to preheat the pan. Place the Brussels sprouts, cut side down, in a single layer in the pan and press START to begin cooking. Turn Brussels sprouts over when prompted halfway through cooking.

3. Make the Pomegranate Vinaigrette.

Place the vinegar, molasses, maple syrup, mustard and thyme in a small bowl and whisk to combine. Whisk in the oil and season with salt and pepper.

4. Transfer the Brussels sprouts to a medium bowl and toss with the salad leaves and vinaigrette. Serve topped with the almonds and goat cheese.





Cauliflower Steaks with Red Zhug Sauce



Prep: 20 minutes / Cook: 25 minutes



Serves: 4

1 medium head cauliflower (about 800g) 2 tbsp olive oil

Sea salt and freshly ground black pepper, to season.



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Red Zhug Sauce

1 tbsp lemon juice

4 long red chillies, coarsely chopped 34 cup lightly packed coriander leaves 1 clove garlic, crushed ½ tsp ground coriander ½ tsp ground cumin 1½ tsp sea salt 2 tbsp olive oil

Method

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

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





Chicken Dinner for One



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Prep: 10 minutes / Cook: 9 minutes

Serves: 1

1 x 225g chicken breast fillet, cut into 1cm-thick slices

1 x 170g sweet potato, peeled, cut into 1cm-thick rounds

Sea salt and freshly ground black pepper, to season

1/4 cup (60ml) chicken stock 100g broccolini, trimmed

Lemon wedges, to serve

Mustard and Maple Marinade

2 tbsp olive oil

1 tbsp wholegrain mustard

2 tbsp maple syrup

1 clove garlic, crushed

1 tsp coarsely grated lemon zest

2 tbsp lemon juice

½ tsp sea salt

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





Crispy Panko Prawns with Tartar Sauce



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Prep: 20 minutes / Cook: 7 minutes

Serves: 4

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

Tartar Sauce

½ cup (110g) mayonnaise 2 tbsp lemon juice 2 tbsp capers, rinsed, drained, coarsely chopped 2 tbsp finely chopped gherkins 1 green onion, finely chopped 1 tbsp finely chopped flat-leaf parsley

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





Roasted Lemon and Thyme Chicken



the Combi Wave™3 in 3



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

Serves: 4

2 cloves garlic, finely chopped ¼ cup finely chopped flat-leaf parsley 1 tbsp chopped thyme leaves 2 tsp finely grated lemon zest 40g butter, at room temperature 1.6kg whole chicken Sea salt and freshly ground black pepper, to season

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





Cheesy Potato Bake



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Prep: 15 minutes / Cook: 52 minutes / Standing: 10 minutes

Serves: 4-6

1 cup (250ml) thickened cream 1½ cups (180g) finely grated gruyere cheese Sea salt and freshly ground black pepper, to season 1kg white washed potatoes, peeled, thinly sliced

- Combine the cream and three-quarters of the cheese in a large microwave-safe jug and place on the turntable.
- 2. Press MICROWAVE and set 100% for 1 minute 30 seconds. Press START to begin cooking and stir halfway through. Season with salt and pepper.
- 3. Arrange a third of the potatoes, overlapping slightly, in a lightly greased 24cm round microwave-safe dish. Pour a third of the cream mixture over the potatoes. Repeat layering twice more with the remaining potatoes and cream mixture. Sprinkle with the remaining cheese.
- 4. Press FAST COMBI and set 200°C for 50 minutes. Place the Combi Crisp pan on the turntable in low position and press START to preheat the pan. Place the dish in the preheated pan and press START to begin cooking.
- 5. Allow to stand for 10 minutes before serving.





Quinoa Salad with Apple Cider Vinaigrette



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

of Serves: 4

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

Apple Cider Vinaigrette

2 tbsp apple cider vinegar 1 tsp honey 1 tsp Dijon mustard 1/4 cup (60ml) extra virgin olive oil Sea salt and freshly ground black pepper, to season

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





Herbed Salmon



the Combi Wave™3 in 3



Prep: 10 minutes / Cook: 11 minutes

Serves: 2

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

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

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





Spice Crusted Beef with Chimichurri



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Prep: 15 minutes / Cook: 50 minutes / Standing: 15 minutes

Serves: 6-8

1.5kg boneless beef roast, trimmed

2 tbsp olive oil

1 tbsp fine salt

1 tbsp paprika

1 tbsp mustard powder

2 tsp ground cumin

1 tsp freshly ground black pepper

Chimichurri

½ cup (125ml) extra virgin olive oil
½ cup finely chopped flat-leaf parsley
½ cup finely chopped coriander
¼ cup (60ml) sherry vinegar
1 small eschallot, finely chopped
2 cloves garlic, crushed
1 tsp dried chilli flakes
Sea salt, to season

Method

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

Note - Cooking times provided will give you a medium-rare beef roast.





Fish with Herb Butter



the Combi Wave™3 in.



Prep: 15 minutes / Cook: 13 minutes

4

Serves: 1

20g butter, at room temperature 1 small clove garlic, crushed 1 (25g) eschallot, finely chopped 1 tsp coarsely chopped oregano ½ tsp fresh thyme leaves 1 tsp coarsely grated lemon zest 1 x 200g Barramundi fillet, pin boned, skin on Sea salt and freshly ground black pepper, to season 100g baby potatoes 100g asparagus, trimmed Lemon wedges, to serve

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





Apple Cinnamon Butter Cake



the Combi Wave™3 in 1



Prep: 30 minutes / Cook: 50 minutes / Standing: 10 minutes

Serves: 8

1½ cups (225g) plain flour
2 tsp baking powder
125g unsalted butter, at room
temperature, plus 20g extra, melted, for
brushing
½ cup (110g) caster sugar, plus 2 tsp extra
2 tsp vanilla extract
2 large eggs

% cup (180ml) milk

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

½ tsp ground cinnamon
Icing sugar, for dusting
Whipped cream and raspberries, to serve

- 1. Line the base and side of a 20cm round cake pan with baking paper.
- 2. Sift together the flour and baking powder.
- Using a bench mixer, beat the butter, sugar and vanilla until pale and fluffy.
 Add the eggs one at a time, beating well after each addition.
- 4. Using a rubber spatula, gently fold the flour mixture into the batter in 3 batches, alternating with the milk.
- 5. Spread the batter into the prepared pan. Top with the apple slices, overlapping them slightly. Brush with the melted butter. Mix together the cinnamon and the extra 2 teaspoons sugar and sprinkle over the apples.

- 6. Place the trivet on the turntable, press OVEN and set to 160°C for 50 minutes. Press START to begin preheating. When preheat has completed, place the pan on the trivet and press START to begin cooking.
- Stand the cake in the pan for 10 minutes, then turn out onto a wire rack, invert right side up to cool.
- 8. Dust with icing sugar. Serve with whipped cream and raspberries.





Vanilla Blueberry Mug Cake with Cream Cheese Icing



the Combi Wave™3 in 3



Serves: 1

2 tbs vegetable oil

1 tbs milk

1 egg yolk

1 tbs caster sugar

Pinch of salt

1 tsp vanilla extract

4 cup (35g) self-raising flour

4 cup (40g) frozen or fresh blueberries

30g cream cheese, at room temperature

1 tsp icing sugar

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





Easy Mix Banana Bread



the Combi Wave™3 in 3



Prep: 20 minutes / Cook: 55 minutes / Standing: 10 minutes

Serves: 8

½ cup (110g) caster sugar ½ cup (110g) brown sugar ½ cup (140g) plain yoghurt 2 large eggs ½ cup (80ml) vegetable oil 1 cup (240g) mashed banana, plus 1 medium banana, extra, peeled 1½ cups (225g) self-raising flour 1 tbsp maple syrup, for brushing Butter and blueberries, to serve

Method

- 1. Grease and line a 13cm x 23cm loaf pan (base measurements) with baking paper.
- Place the sugars, yoghurt, eggs and oil in a large bowl and whisk to combine. Stir in the mashed banana. Sift the flour over the banana mixture and stir to combine.
- 3. Pour the batter into the prepared pan. Slice the extra banana in half lengthwise and place cut-side up on the batter. Brush the banana with the maple syrup.
- 4. Place the trivet on the turntable. Press OVEN and set 160°C for 55 minutes. Press START to preheat the oven. When preheat has completed, place the pan on the trivet and press START to begin cooking.
- 5. Stand the bread in the pan for 10 minutes, then turn out onto a wire rack, invert right side up to cool.
- 6. Serve with butter and blueberries.

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





Triple Chocolate Brownies with Salted Caramel Sauce



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

Serves: 12

Brownies

60g dark chocolate, chopped 125g butter, chopped 3 large eggs, at room temperature 1½ tsp vanilla extract $1\frac{1}{2}$ cups (330g) caster sugar ⅓ cup (35g) cocoa powder ½ cup (75g) plain flour 1/4 cup (35q) self-raising flour ½ tsp bicarbonate of soda 100g white chocolate, coarsely chopped 100g milk chocolate, coarsely chopped

Salted Caramel Sauce

30g butter, chopped ⅓ cup (75g) brown sugar 2 tbsp thickened cream 1 tsp vanilla extract ½ tsp sea salt flakes

Method

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

6. Make the Salted Caramel Sauce.

Combine the butter, sugar, cream and vanilla in a microwave-safe jug and place the jug on the turntable. Press MICROWAVE and set 80% for 1 minute. Press START to begin cooking. Add the salt and stir until the butter is melted and the sugar is dissolved.

- 7. Press MICROWAVE and set 80% for 1 minute. Press START to begin cooking. Stir the sauce and set aside to cool to room temperature.
- 8. Serve the brownies with the Salted. Caramel Sauce.