



Turbo Cuisine & Fry

ONLINE RECEPIEBOOK

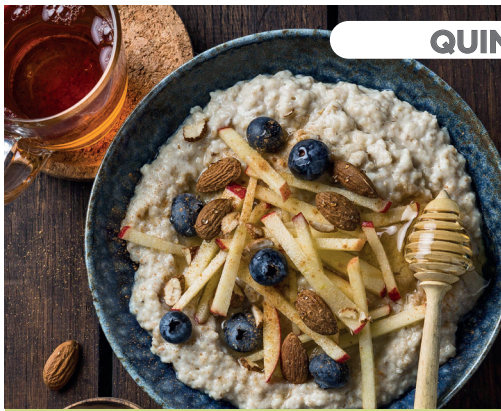
TABLE OF COOKING MODES AND TIMES*

PROGRAM		COOKING TIME		TEMPERATURE		PRESSURE	LID POSITION			DELAYED START	KEEP WARM
ICON	NAME	DEFAULT	ADJUSTABLE RANGE	DEFAULT	ADJUSTABLE RANGE		LOCKED	CLOSED	OPEN		
	STEW	30 min	1 min - 2 h	-	NO	70Kpa	●			YES	YES
	SOUP	12 min	1 min - 2 h	-	NO	70Kpa	●			YES	YES
	STIR FRY/ BROWN	20 min	1 min - 1 h	160 °C	100 °C to 160 °C	NO			●	NO	NO
	STEAM	10 min	1 min - 2 h	-	NO	70Kpa	●			YES	YES
	BAKE	40 min	1 min - 2 h	160 °C	100 °C to 160 °C	NO		●		YES	YES
	SOUS-VIDE/ SLOW COOK	4 h	30 min - 12 h	85 °C	55 °C to 95 °C	NO	●	●		YES	NO
	RICE	12 min	1 min - 2 h	-	NO	70Kpa	●			YES	YES
	YOGHURT /FERMENT	8 h	30 min - 12 h	30 °C	22 °C to 40 °C	NO	●	●		NO	NO
	OATMEAL/ PORRIDGE	15 min	1 min - 2 h	100 °C	NO	NO		●		YES	YES
	MANUAL MODE	30 min	1 min - 4 h	80 °C	70 °C to 160 °C	NO	●	●	●	NO	YES

PROGRAM		COOKING TIME		COOKING TEMPERATURE	
MENUS	NAME	DEFAULT	ADJUSTABLE RANGE	DEFAULT	ADJUSTABLE RANGE
1	ROAST	45 min	15 min - 50 min	200°C	NO
2	GRILL	15 min	10 min - 35 min	200°C	NO
3	AIR FRY	33 min	20 min - 45 min	200°C	NO
4	BAKE	20 min	5 min - 60 min	160°C	NO

*Cooking times may be affected by altitude, the temperature of food and other factors beyond the manufacturer’s control. If necessary, you may increase the cooking time for your food. If you increase or reduce the quantity of ingredients, cooking time should be adjusted accordingly.





QUINOA BREAKFAST PORRIDGE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl and stir to combine.
3. Close but don't lock the lid and select the program 'Oatmeal/Porridge'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, carefully open the lid.
5. Add a drizzle of honey, golden syrup or brown sugar to sweeten, if you like.



4



10 min.



INGREDIENTS

• 200 g rolled oats • 2 apples, peeled, cored and roughly chopped • 1 tsp ground cinnamon • 570 ml semi-skimmed milk or almond milk • Honey or brown sugar to serve



SPICED PORRIDGE

1. Prepare the ingredients.
2. Add the porridge oats, milk, ginger, nutmeg and cinnamon to the cooking bowl.
3. Close but don't lock the lid and select the program 'Oatmeal/Porridge'. Press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
4. When the time is up, carefully open the lid.
5. Add the dried apricots, grated apples and pecans and stir to combine.
6. Divide between bowls and top with sliced apples and a drizzle of honey.



4



8 min.



INGREDIENTS

• 175 g rolled oats • 900 ml skimmed milk • ½ tsp freshly ground nutmeg • ½ tsp ground ginger • ½ tsp ground cinnamon • 100 g dried apricots • 100 g red apples, cored, 50 g coarsely grated and 50 g thinly sliced • 50 g pecans, roughly chopped • 2 tbsp runny honey



SPICED CARROT PORRIDGE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl and stir to combine.
3. Close but don't lock the lid and select the program 'Oatmeal/Porridge'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, carefully open the lid.
5. Serve warm with your toppings of choice (berries, cinnamon, etc.). Enjoy!



10 min.



INGREDIENTS

• 180 g gluten-free rolled oats • 4 medium carrots, grated • 8 tsp ground flaxseed • 2 tsp ground cinnamon • 1 tsp ground nutmeg • 4 tsp maple syrup or other preferred sweetener • 4 tsp vanilla extract • 480 ml almond milk (or milk of choice) • 480 ml water



CHOCOLATE PORRIDGE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl and stir to combine.
3. Close and fully lock the lid and select the program 'Oatmeal/Porridge'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
4. Serve with your favorite toppings.



15 min.



INGREDIENTS

• 170 g Irish or Scottish oats • 300 ml almond milk or milk of choice • 360 ml water • 2 tbsp cocoa powder • 2 tbsp pure maple syrup • 1 pinch of salt



4

10 min.

INGREDIENTS

• 120 g alphabet pasta • 1 L chicken stock • 100 g carrot, peeled and finely chopped • 70 g peas (fresh or frozen) • 100 g sweet onion, peeled and finely chopped • 2 tsp ketchup (or tomato purée) • Salt, pepper

ALPHABET SOUP

1. Prepare the ingredients.
2. Add all the ingredients, except the pasta, to the cooking bowl.
3. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Add the pasta and stir well.
6. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid. Season to taste and enjoy!



4

14 min.

INGREDIENTS

• 2 chicken breasts • 900 ml chicken stock • 20 g fresh ginger, peeled and chopped • 1 onion, peeled and thinly sliced • 2 spring onions, thinly sliced and fried (optional) • 2 tbsp fish sauce • 320 g rice stick noodles, pre-cooked • 40 g bean sprouts • 1 tbsp coriander, washed and chopped • 2 red chilli peppers, deseeded and thinly sliced

VIETNAMESE CHICKEN SOUP

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry', press the timer dial and turn the control knob to reach 14 min. Press 'Start'.
3. Pour the stock into the cooking bowl and add the onion, ginger, chilli and fish sauce.
4. Bring to boil, then simmer for 5 min.
5. Add the chicken breast. After 8 min, drain and slice.
6. Add the noodles and cook for 1 min. Stir.
7. Ladle into serving bowls and garnish with bean sprouts and coriander.



CREAMY CAULIFLOWER SOUP



12 min.



1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry'. Press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
3. Add the olive oil to the cooking bowl and brown the onions and garlic for 2 minutes.
4. When the time is up, add the chicken or vegetable stock, cauliflower, and curry powder. Stir well to combine.
5. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Blend the soup. Add butter and season with salt and pepper. Garnish with chives.

INGREDIENTS

• 2 tbsp olive oil • 1 onion, chopped • 2 garlic cloves, chopped • 2 tsp curry powder (optional) • 1 cauliflower, separated into small florets • 600 ml chicken or vegetable stock • 2 tbsp butter • 2 tbsp chives, chopped • Salt, pepper



SMOKEY BEAN AND BACON SOUP



13 min.



1. Prepare the ingredients.
2. Select the 'Brown/Stir Fry' program. Press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
3. Heat the butter and brown the onions and bacon.
4. Add the remaining ingredients except for the single cream and chervil. Season to taste, and stir well to combine.
5. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Add the single cream and stir. Adjust the seasoning if necessary, and garnish with fresh chervil.

INGREDIENTS

• 600 g cooked white beans, canned • 20 g butter • 100 g onions, peeled and finely chopped • 20 g plain flour • 80 g smoked bacon • 600 ml chicken stock • 2 tbsp chervil, washed and chopped • 200 ml single cream • Salt, pepper

CLASSIC LEEK AND POTATO SOUP



4



13 min.



INGREDIENTS

• 1 tbsp olive oil • 150 g leeks, trimmed and sliced • 1 garlic clove, crushed • 2 tsp finely chopped rosemary leaves • 400 g potatoes, peeled and diced (1 cm) • 750 ml chicken or vegetable stock

1. Prepare the ingredients.
2. Add the olive oil to the bowl.
3. Select the program 'Brown/Stir Fry', press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
4. Heat the olive oil and brown the leeks, garlic and rosemary. Stir frequently.
5. When the time is up, add the remaining ingredients, and stir well to combine.
6. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Blend until smooth. Season to taste and serve!
9. Enjoy as a starter or main with crusty bread for dipping.

BROCCOLI AND BLUE CHEESE SOUP



4



10 min.



INGREDIENTS

• 4 tbsp sunflower oil • 200 g onions, sliced • 400 g broccoli florets, cut into 2-cm pieces • 1 L vegetable stock • 2 dried bay leaves • Salt, ground black pepper • 60 g Blue Cheese, rind removed and crumbled into small pieces

1. Prepare the ingredients.
2. Add all the ingredients except the Stilton to the cooking bowl.
3. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Season with freshly ground black pepper. Serve with the crumbled Stilton.



CHICKEN NOODLE SOUP

1. Prepare the ingredients.
2. Season chicken (salt/pepper).
3. Select the program 'Brown/Stir Fry', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
4. Heat the vegetable oil and brown the chicken with the garlic and onion.
5. When the time is up, add the remaining ingredients except for the pasta, lemon juice and parsley.
6. Close the lid without locking it and select the program 'Slow-cook/Sous-vide'. Press the timer dial and turn the control knob to reach 4 hours. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
7. When the time is up, open the lid, carefully remove the chicken from the cooking bowl and shred, using two forks.
8. Add the chicken back to the bowl, and stir in the pasta.
9. Close the lid without locking it and select the program 'Slow-cook/Sous-vide'. Press the timer dial and turn the control knob to 30 minutes, or until pasta is tender. Press the temperature dial and turn the control knob to 80°C. Press 'Start'.
10. When the time is up, gently stir in the lemon juice and parsley.



4h38min.



INGREDIENTS

• 1 tbsp vegetable oil • 300g chicken breasts • 50 g leeks, sliced • Freshly ground black pepper • 800 ml chicken stock • 2 garlic cloves, minced • ½ onion, diced • 2 baby carrots, peeled and diced • 50 g celery, diced • ½ tsp dried thyme • ½ tsp dried rosemary • ½ bay leaf • 2 tbsp lemon juice • 1 tbsp chopped fresh parsley • 100 g spaghetti, broken into thirds



MINISTRONE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl, stir to combine.
3. Close and fully lock the lid, and select the program 'Soup'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Serve with freshly grated parmesan.



10 min.



INGREDIENTS

• 150 g carrot, finely diced • 75 g onion, chopped • 300 g tomato passata • 500 ml vegetable stock • 150 g canellini beans, canned, rinsed and drained • 1 tsp of sugar • 2 cloves of garlic • grated parmesan cheese

CREAMY, WARM GOAT CHEESE SPREAD



15 min.



INGREDIENTS

- 120 g fresh goat cheese log • 110 g cream cheese • 15 g finely grated parmesan • 0.5 tsp pepper • 1 tbsp olive oil
- 250 ml water • 1 tbsp fresh chives, minced

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Add the goat cheese, cream cheese, parmesan, black pepper and olive oil to the bowl of a blender. Pulse a few times to break up the goat cheese, then blend for about 30 sec. until the mixture is smooth.
3. Add the mixture to a baking dish. Smooth out the surface with the back of a spoon and brush with a bit of olive oil (no more than 1/2 tsp).
4. Cover the dish with aluminum foil.
5. Pour 250 ml water into the bowl, insert the 'Steam & Fry tray' and place the baking dish on top. Close but do not lock the lid. Select the program 'Bake' for 5 min. at 160°C and press 'Start'.
6. When the time is up, remove the aluminum foil. Close with the Turbo Crisp lid and select the program 'Manual' for 10 min. at 200°C to toast the cheese.
7. Top with minced chives and serve immediately

CAULIFLOWER FRITTERS



30 min.



INGREDIENTS

- 250 ml water • 1 small head of cauliflower, cut into small florets • 130 g grated parmesan • 1 large egg
- 50 g breadcrumbs • 1 tsp salt • 1 tsp garlic powder • Vegetable oil • 40 g fresh parsley, chopped

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Pour the water into the bowl, insert the 'Steam & Fry tray' and place the cauliflower on top. Close and lock the lid. Select the program 'Steam' for 10 min. and press 'Start'.
3. When the cooking time is up, press the steam release knob to release the pressure before opening the lid.
4. Drain and transfer the cauliflower to a food processor or blender. Pulse the cauliflower until it's finely grated. You can use a knife to finely chop it, if preferred.
5. Transfer the cauliflower to a clean dishcloth and let cool enough until you can safely handle it and squeeze the liquid out. Add the drained cauliflower to a large bowl and add the parmesan, egg, breadcrumbs, salt and garlic powder. Stir well to combine.
6. Scoop out 1 tbsp at a time and form into a tight ball shape. Then pinch the sides of the ball to create a long, oval shape. Place on a plate and repeat until you've used up all the dough.
7. Insert the 'Steam & Fry tray'. Using a paper towel, lightly grease it with a little vegetable oil. Place the fritters on the tray. You can do this in several batches if necessary, to prevent them from overlapping. Close with the Turbo Crisp lid and select the program 'Air Fry' for 20 min. Flip over halfway through and set aside on a plate. Repeat until you've cooked all the fritters. Top with chopped parsley and parmesan.



PUFF PASTRY SAUSAGE ROLLS

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Without closing the lid, select the program 'Brown/Stir Fry' for 5 min. and press 'Start'.
3. When the preheating time is up, add a bit of oil to the bowl with the diced apple and onions. Sauté for 3 min. until softened. Add the garlic and sauté until fragrant. Transfer to a recipient and let cool.
4. In a bowl, combine pork, onion mixture, parmesan, panko breadcrumbs, ground mustard, one egg, fennel, sage, thyme, salt and pepper. Store in the fridge.
5. Roll out each sheet of puff pastry and cut into 4 squares. Divide the pork mixture into four equal sections and shape them into a log down the center of each pastry half.
6. Whisk the second egg in a small bowl, then brush the sides of the puff pastry with the egg. Roll the pastry over the filling and press to seal. Brush the exterior of the pastry with the remaining egg. Cut each log into equal pieces, 4-cm long. If the dough doesn't cut easily, store in the fridge for 15 min. to firm up.
7. Insert the 'Steam & Fry tray'. Lightly grease the tray with a paper towel and a bit of oil. Arrange the rolls in a single layer on the tray. Close with the Turbo Crisp lid and select the program 'Roasted' for 20 min. Turn them over halfway through the cooking time.
8. Serve with a tomato sauce for dipping.



25min.



INGREDIENTS

• 1 tbsp olive oil • 1 apple, diced • 1 small onion, peeled and minced • 3 garlic cloves, peeled and minced • 450 g minced pork • 70 g grated parmesan • 70 g panko breadcrumbs • 1 tbsp mustard powder • 2 eggs, divided • 1 tsp crushed fennel seeds • 1 tsp dried sage and thyme, mixed • 1 tsp salt • 1 tsp black pepper • 1 puff pastry roll • Vegetable oil



CRISPY SHRIMP SPRING ROLLS

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Without closing the lid, select the program 'Brown/Stir Fry' for 10 min. and press 'Start'.
3. When the preheating time is up, add the sesame oil and the shrimp to the bowl. Add the ginger, garlic and spring onions. Sauté for about 30 sec., then add the kale, carrots, soy sauce and vinegar. Stir. When the time is up, transfer to a sieve to drain and let cool.
4. Working one at a time, spread the spring roll wrappers onto a clean surface. Add 0.75 cups of the mixture onto the bottom third of the wrapper.
5. Dip your finger in a small bowl of water and run it along the edges of the wrapper. Lift the tip closest to you and wrap it around the filling. Fold the left and right sides towards the center and continue rolling into a tight cylinder shape. Set aside and repeat with the remaining wrappers and filling.
6. Insert the 'Steam & Fry tray'. Place the rolls on top, spreading them out to prevent overlapping. Close with the Turbo Crisp lid and select the program 'Manual' for 10 min. at 200°C. Turn them over halfway through the cooking time. When cooked, set aside on a plate. Repeat until all the rolls are cooked. Serve with mild chilli sauce.



20 min.



INGREDIENTS

• 1 tsp toasted sesame oil • 150 g shrimp, peeled and diced • 1 tsp fresh ginger, peeled and grated • 2 garlic cloves, peeled and minced • 1.5 large spring onions, peeled and chopped • 260 g kale, chopped • 40 g grated carrot • 1.5 tbsp soy sauce • 1 tsp unseasoned rice vinegar • 4 thin, cooled spring roll wrappers • Olive oil spray



PARMESAN ZUCCHINI CHIPS

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Season the courgettes with salt and pepper. Add the flour to a small bowl. Beat the eggs in another bowl, then mix together the panko breadcrumbs, parmesan and Italian seasoning in a third bowl.
3. Dip the courgettes in the flour, then in the egg and finish with the panko mixture.
4. Insert the 'Steam & Fry tray'. Place the courgettes on top, spreading them out to prevent them from touching. Close with the Turbo Crisp lid and select the program 'Air Fry' for 20 min. Turn them over halfway through the cooking time. When cooked, set aside on a plate. Repeat until all the courgette chips are cooked.
5. Serve with your favorite dipping sauces.



20 min.



INGREDIENTS

• 1 tsp toasted sesame oil • 150 g shrimp, peeled and diced
 • 1 tsp fresh ginger, peeled and grated • 2 garlic cloves, peeled and minced • 1.5 large spring onions, peeled and chopped • 260 g kale, chopped • 40 g grated carrot
 • 1.5 tbsp soy sauce • 1 tsp unseasoned rice vinegar
 • 4 spring roll wrappers • Olive oil spray



PEPPER AND FETA DIP

1. Prepare the ingredients.
2. Pour 200 ml water into the cooking bowl. Add the pepper to the steam basket and place the steam basket in the bowl.
3. Close and fully lock the lid. Select the program 'Steam', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Let cool and peel the skin from the pepper. Blend well with the remaining ingredients.
6. Transfer the mixture into a bowl and serve.



8 min.



INGREDIENTS

• 250 ml water • 1 small head of cauliflower, cut into small florets • 130 g grated parmesan • 1 large egg • 50 g breadcrumbs • 1 tsp salt • 1 tsp garlic powder • Vegetable oil • 40 g fresh parsley, chopped



SPINACH & RICOTTA TORTELLINI

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
3. Heat the oil and brown the onions and mushrooms for 2 min, then add the spinach and cook, stirring constantly.
4. When the time is up, add the pasta, vegetable stock, salt and pepper. Stir.
5. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Stir in the cream. Close the lid without locking it and let sit for 1 minute.
8. Serve with Parmesan cheese.

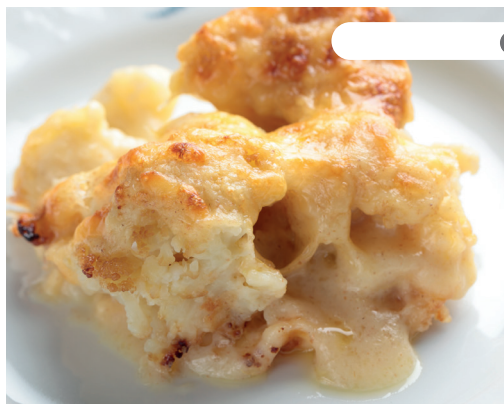


9min.



INGREDIENTS

• 2 tbsp oil • ½ onion, finely chopped • 200 g mushrooms, cut in halves or quarters • 200 g spinach, stalks removed and chopped • 600 g spinach and ricotta tortellini (or other filled pasta) • 200 ml vegetable stock • 200 ml single cream • 4 tbsp parmesan cheese, grated • Salt and pepper



CAULIFLOWER CHEESE

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry', press the timer dial and turn the control knob to reach 2 minutes.
3. Heat and melt the butter. Add the flour and stir. Add the milk and stir to thicken.
4. When the time is up, season and add nutmeg. Transfer the sauce to a small bowl, and set aside.
5. Pour 200 ml water into the bowl. Add the cauliflower to the steam basket. Season the cauliflower to taste and place basket in the bowl.
6. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Drizzle with the bechamel sauce, and sprinkle with cheese. Install the Turbo Crisp lid and start the Grill #2 program (20 min at 200°C).



9 min.



INGREDIENTS

• 600 g cauliflower florets, washed and cut in half • 50 g plain flour • 50 g butter • 650 ml milk • Grated nutmeg • Salt • Grated cheese (to serve)

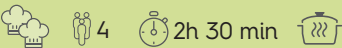


INGREDIENTS

• 1 tbsp olive oil • 150 g onion, finely chopped • 2 tbsp korma curry paste • 1 tbsp tomato purée • 625 ml vegetable stock • 200 g dried yellow lentils (rinsed and drained)

LENTIL DAHL

1. Prepare the ingredients.
2. Select the 'Brown/Stir Fry' program, press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
3. Heat the olive oil, and cook the onion until softened.
4. Add the paste, purée, stock and lentils. Stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 18 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Season to taste, and serve!



INGREDIENTS

• 1 onion, finely diced • 2 garlic cloves, crushed • 400 g canned tomatoes • 150 g tomato passata • 400 g canned black beans, drained • 400 g canned kidney beans, drained

SLOW-COOKED VEGGIE CHILLI

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl and stir well to combine.
3. Close but don't lock the lid and select the program 'Slow-cook/Sous-vide'. Press the timer dial and turn the control knob to reach 2 hours 30 minutes. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
4. When the time is up, carefully open the lid.
5. Serve with the side dish of your choice.
6. Impress friends and family with this healthy and tasty meal, full of plant-based proteins.



CREAMY MASHED POTATOES

1. Prepare the ingredients.
2. Add all the ingredients to the bowl, except the milk.
3. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Mash, season to taste, and add milk until the potatoes reach the desired consistency. Stir well to combine.
6. Serve hot and enjoy!



4



10 min.



INGREDIENTS

• 1.2 kg potatoes, peeled and cut into small cubes • 120 g butter • 160 ml water • 3 tbsp single cream or creme fraiche • ½ tsp ground nutmeg • Milk • Salt and pepper



SPICED QUINOA WITH CHICKPEAS AND

1. Prepare the ingredients.
2. Select the 'Brown/Stir Fry' program. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
3. Heat the vegetable oil, and brown the vegetables. Season with salt and pepper to taste.
4. When the time is up, add the remaining ingredients. Stir well.
5. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Serve hot.



4



10 min.



INGREDIENTS

• 200 g quinoa • 2 garlic cloves, peeled and chopped • 1 fennel bulb, finely chopped • 2 carrots, peeled and diced • 200 g cooked chickpeas, canned • 200 g chopped tomatoes, canned • 2 pinches of sweet paprika • 1 tsp curry powder • 500 ml vegetable stock • 2 tbsp olive oil • Chilli pepper, thinly sliced



16 min.



INGREDIENTS

• 1 tbsp olive oil • 15 g butter • 2 shallots, finely chopped
 • 1 garlic clove, crushed • 300 g arborio rice • 60 ml dry white wine • 500 ml chicken or vegetable stock
 • 2 large beetroots, cooked, peeled and pureed • 50 g mascarpone cheese • 1 tbsp chives, finely chopped
 • Salt, pepper

BEETROOT RISOTTO

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
3. Heat the olive oil and butter, add the shallots and garlic and brown for 3 min.
4. Stir in the rice and coat well in the butter and oil. Add the white wine and allow to simmer for 7 minutes.
5. Add chicken or vegetable stock. Stir well to combine.
6. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Fold in pureed beetroot and mascarpone cheese. Place in bowls and garnish with finely chopped chives. Serve.



8 min.



INGREDIENTS

• 1 tbsp olive oil • 150 g leeks, thinly sliced • 300 g arborio rice • 250 g mushrooms, sliced • 750 ml vegetable stock • 75 g baby spinach leaves

MUSHROOM & SPINACH RISOTTO

1. Prepare the ingredients.
2. Select the 'Brown/Stir Fry' program. Press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the leeks.
4. When the time is up, add the remaining ingredients except the spinach. Stir well to combine.
5. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Add the baby spinach leaves and stir into the risotto until slightly wilted.
7. Season to taste and serve!



MOROCCAN STYLE QUINOA

1. Prepare the ingredients.
2. Pour 50 ml hot water into a small bowl and add the saffron threads. Set aside.
3. Add the oil to the cooking bowl.
4. Select the 'Brown/Stir Fry' program. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
5. Cook the cashews, cranberries and raisins for 3 min. Set aside. Add the onion and spices. Lightly brown in the Brown/Stir Fry program for 3-4 minutes.
6. When the time is up, add water, salt, the saffron infusion, and quinoa to the bowl.
7. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
8. When the time is up, press the steam release button to fully release the pressure before opening the lid.
9. Open the lid and fluff the quinoa with a fork. Stir in the dried fruits. Serve and enjoy!



14 min.



INGREDIENTS

- 250 g quinoa • ¼ tsp saffron threads • 230 ml water • 2 tbsp olive oil • 40 g whole cashews • 2 tbsp sultanas • 2 tbsp dried cranberries • 1 tsp ground cinnamon • 1 bay leaf • 4 whole green cardamom pods • 4 whole cloves (or 1/2 tsp of ground cloves) • 50 g onion, diced • Salt, to taste



CHICKEN WINGS

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients. Pour oil into the bowl.
2. Select 'Brown/ Stir fry' menu and sauté the garlic until fragrant.
3. Add the chicken wings, salt and pepper.
4. Install the Turbo Crisp lid and start the Manual program: 30 min at 200°C. Stir halfway through the cooking.



30 min.



INGREDIENTS

- 1 kg chicken wings (12 to 14 pieces) • 2 cloves garlic, crushed • 2 tbsp oil • Salt and pepper, to taste



MOUSSAKA

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Pour olive oil into the bowl.
3. Select the program « Brown/ Stir Fry», press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
4. Sauté the onions, add the meat and garlic and cook until brown. Add the meat and garlic and cook until brown.
5. Add the aubergines and passata and stir well. Choose «Stew» program, close the lid and lock it. Pressure cooking for 8 min.
6. Pour the beaten eggs on the top and sprinkle with cheese.
7. Install the Turbo Crisp lid and start the Grill #2 program (15 min at 200°C).



23 min.



INGREDIENTS

• 1 onion, thinly sliced • 500 g minced beef • 700 g aubergines, cubed • 2 tbsp olive oil • 150 ml tomato passata • 2 eggs, beaten • 2 cloves garlic, crushed • Grated Mozzarella cheese • Salt and pepper, to taste



SWEET AND SOUR BUTTERNUT SQUASH

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. In a bowl, combine the olive oil, maple syrup, oregano, garlic, paprika and salt. Add the butternut squash cubes. Toss until each cube is well coated.
3. Arrange the cubes in a single layer in the bowl. Close with the Turbo Crisp lid and select the program 'Bake' for 20 min. Stir halfway through the cooking time. When cooked, set aside on a plate. Repeat until all the butternut cubes are cooked.
4. Serve immediately.



20 min.



INGREDIENTS

• 2 tbsp extra virgin olive oil • 1 tbsp maple syrup • 1 tsp dried oregano • 0.5 tsp garlic powder • 0.5 tsp smoked paprika • 0.5 tsp salt • 500 g butternut squash, cut into equal-size cubes



11 min.



INDIAN ALOO PALAK

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil, add the garlic, spices, onions and tomatoes. Stir. After 3 minutes. add the spinach.
4. Remove the vegetables and keep warm. Pour 2 dl of water into the cooking bowl, and add the potatoes to the steam basket. Place the steam basket in the cooking bowl.
5. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.

INGREDIENTS

• 400 g fresh spinach, finely chopped • 800 g potatoes, cut into small cubes (1-cm) • 1 onion, thinly sliced • 2 tomatoes, diced • ½ tsp ground coriander • ½ tsp cumin seeds • ½ tsp turmeric • 1 garlic clove, peeled and crushed • 2 tbsp vegetable oil • Salt, pepper



10 min.



KERALAN FISH CURRY

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press the temperature dial and turn the control knob to reach 140°C. Press 'Start'.
3. Heat the vegetable oil and brown the onion during 2 minutes.
4. Add the remaining ingredients, except the fish, and fry for 3 more minutes.
5. When the time is up, place the fish on top of the mixture. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve and enjoy!

INGREDIENTS

• 2 tsp sunflower oil • 120 g keralan curry paste • 150 g onion, finely sliced • 300 ml coconut milk • 200 g tomato, cut into wedges • 2 tsp fresh ginger, grated • 500 g firm white fish



SEAFOOD STEW

1. Prepare the ingredients.
2. Select the 'Brown/Stir Fry' program. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onions, red pepper, garlic, leek and carrots.
4. When the time is up, add the fish stock, paprika, bay leaf, coconut milk and seafood.
5. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Add the wine and tomato puree, stir. Close the lid without locking it, and let cool slightly for 5 minutes.



14 min.



INGREDIENTS

• 400 g fresh spinach, finely chopped • 800 g potatoes, cut into small cubes (1-cm) • 1 onion, thinly sliced • 2 tomatoes, diced • ½ tsp ground coriander • ½ tsp cumin seeds • ½ tsp turmeric • 1 garlic clove, peeled and crushed • 2 tbsp vegetable oil • Salt, pepper



SPRING VEGETABLE CHICKEN STEW

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry', press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
3. Heat the oil and lightly brown the chicken.
4. Add the remaining ingredients (except for the spring greens).
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Add the spring greens and close the lid without locking it for 1 minute.
8. Serve and enjoy!



18 min.



INGREDIENTS

• 2 tsp vegetable oil • 600 g chicken fillets • 30 g spring onions, sliced • 500 g potatoes, cubed • 200 g frozen baby broad beans • 100 g onion, roughly diced • 400 ml vegetable stock • 80 g spring greens, sliced



HONEY MUSTARD CHICKEN DRUMSTICKS

1. Season the chicken drumsticks with salt, pepper, paprika and oregano. Chill for an hour.
2. Select the 'Brown/Stir Fry' program. Press the timer dial and turn the control knob to reach 9 minutes. Press 'Start'.
3. Add the vegetable oil and quickly brown the chicken thighs all over during 5 minutes. Set aside.
4. Still using the 'Brown/Stir Fry' program, add the diced spring onion to the hot cooking bowl and let brown for about 3-4 minutes.
5. When the time is up, add the mustard and honey, stir. Add the chicken stock, and place the chicken drumsticks back in the bowl. Close and fully lock the lid. Select the program 'Stew'. Press the timer dial and turn the control knob to reach 20 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Remove the cooked chicken drumsticks and set aside. Add the double cream and the frozen peas to the cooking bowl. Select the program 'Brown/Stir Fry'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'. Let cook with the lid open.
8. Pour cream sauce over the chicken and serve.



44 min.



INGREDIENTS

• 4 chicken drumsticks • 4 spring onions • 150 ml chicken stock • 1 tbsp dijon mustard • 2 tbsp honey • 2 tbsp double cream or crème fraîche • 150 g frozen peas • 1 tbsp vegetable oil • Salt, pepper • Thyme



TURKEY MEATBALLS

1. Prepare the ingredients.
2. Combine the egg, breadcrumbs, ground meat and herbs. Form into balls (approx 4 per person).
3. Select the 'Brown/Stir Fry' program, press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. Heat the sunflower oil and brown the meatballs (in batches if necessary).
5. Add onion, and stir well to combine.
6. Close and lock the lid, select the program 'Stew'. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Gently stir in the single cream, and serve!



9 min.



INGREDIENTS

• 1 egg, beaten • 80 g breadcrumbs • 600 g ground turkey • 2 tbsp dried mixed herbs • 2 tbsp sunflower oil • 150 g onion, sliced • 300 ml chicken stock • single cream



SPICY PEANUT CHICKEN

1. Prepare the ingredients.
2. Select the 'Brown/Stir Fry' program. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
3. Heat the oil and brown the pieces of chicken all over for 5 minutes. Set aside.
4. Add the onion to the cooking bowl. Lightly brown in the Brown/Stir Fry program for 5 minutes.
5. When the time is up, add the tomato passata, peanut butter, chilli, salt, pepper and water. Return the chicken to the bowl.
6. Close and fully lock the lid. Select the program 'Stew', press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Discard the chilli pepper. Serve with rice and enjoy!



4



25 min.



INGREDIENTS

• 4 chicken thighs • 100 g onion, thinly sliced • 2½ tbsp vegetable oil • 200 g tomato passata • 4 tbsp peanut butter • 200 ml water • 50 g red chilli, seeds removed • Salt, pepper



LENTIL AND CHORIZO STEW

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onions, garlic, chorizo and pepper for 5 minutes.
4. When the time is up, add the remaining ingredients.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Enjoy!



4



12 min.



INGREDIENTS

• 1 onion, chopped • 2 garlic cloves, crushed • 1 carrot, diced • 1 red pepper, diced • 140 g potatoes, diced • 1 tsp olive oil • 80 g chorizo • 100 g tomatoes, chopped • 1 pinch of sweet paprika • 200 g dried green lentils • 1 bay leaf • 900 ml cold water • 1 chicken or vegetable



LAMB AND SWEET POTATO CURRY

1. Prepare the ingredients.
2. Select the 'Brown/Stir Fry' program, press the timer dial and turn the control knob to reach 11 minutes. Press 'Start'.
3. Heat the butter and brown the onion, garlic and ginger for 1 minute. Add the meat, and brown on all sides, in several batches if necessary.
4. Add the chopped tomatoes, curry paste, sweet potatoes and yoghurt. Season to taste and stir well to combine.
5. When the time is up, close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Garnish with the flaked almonds. Serve and enjoy!



26 min.



INGREDIENTS

• 640 g lamb, deboned, cut into cubes • 1 tbsp clarified butter, melted • 1 onion, chopped • 2 garlic cloves, crushed • 16 g fresh grated ginger • 3 tbsp curry paste • 320 g chopped tomatoes, canned • 80 g natural yoghurt • 250 g sweet potato, peeled and cut into small cubes • 40 g flaked almonds (optional)



SPICY THAI PORK STIR FRY

1. Prepare the ingredients.
2. Select the 'Brown/Stir Fry' program, press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
3. Heat the olive oil and brown the onions for 2 minutes.
4. After 2 minutes, add the pork and brown on all sides. Add the sauces, and continue cooking, stirring frequently.
5. When the time is up and the meat is cooked, garnish with the cashew nuts and Thai basil. Serve with rice.



10 min.



INGREDIENTS

• 400 g pork tenderloin, sliced very thinly • 3 tbsp peanut oil • 4 spring onions, cut into 3 cm sections • 50 g roasted cashews • 1 tbsp fish sauce • 1 tbsp oyster sauce • 2 tbsp chilli paste • 1 tbsp Thai basil, washed & chopped or fresh coriander



HEARTY BEEF AND ALE CASSEROLE

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press the temperature dial and turn the control knob to reach 140°C. Press 'Start'.
3. Heat the vegetable oil and brown the meat and onion, stirring frequently.
4. When the time is up, add all the remaining ingredients. Stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 30 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Remove the bay leaf and thyme. Stir in the cornflour to thicken. Season to taste and serve.



35 min.



INGREDIENTS

• 1 tbsp vegetable oil • 500 g braising or stewing beef, cubed • 200 g onion, chopped • 300 g carrots, peeled and sliced (1.5-cm) • 150 ml beef stock • 2 tsp Dijon mustard • 250 ml Stout • 2 dried bay leaves • 4 sprigs of fresh thyme • ½ tsp sugar • Cornflour



EASY BEEF BOLOGNESE

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry', press the timer dial and turn the control knob to reach 5 minutes.
3. Heat the olive oil and brown the minced beef, onions and garlic. Break up clumps in the minced beef with a spatula.
4. Add remaining ingredients, season and stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Remove the bay leaf. Ladle onto your favorite pasta, and enjoy!



15 min.



INGREDIENTS

• 600 g lean minced beef • 100 g onions, finely chopped • 2 tsp olive oil • 2 garlic cloves, crushed • 500 g tomato passata • 1 crumbled beef stock cube • 2 bay leaves • Cornflour (to thicken) • 160 ml wine



20 min.



BEEF BURRITOS

1. Prepare the ingredients.
2. Select the 'Brown/Stir Fry' program. Press the timer dial and turn the control knob to reach 20 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onion, peppers and minced beef for 8 min. Break down any lumps of minced beef with a spatula
4. Add the tomato purée, beans and chilli powder. Season and stir well to combine. Continue cooking using the Brown/Stir Fry program for 12 minutes.
5. Add the grated cheddar, and stir until melted. Add a lettuce leaf to each tortilla and top with the beef filling.
6. Roll up, and enjoy!

INGREDIENTS

• 1 tbsp vegetable oil • 700 g minced beef • 100 g kidney beans, canned • 100 g onion, chopped • 150 g green pepper, finely sliced • 2 tsp tomato purée • 150 g cheddar, grated • 2 tsp chilli powder • 4 tortillas, 20 cm diameter • 4 lettuce leaves



6 min.



CREAMY CHICKEN PASTA

1. Prepare the ingredients.
2. Add all the ingredients, except the cream cheese, to the cooking bowl. Season to taste, and stir well to combine.
3. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Add the cream cheese and stir. Close the lid without locking it and let stand for 5 minutes.
6. Serve and enjoy!

INGREDIENTS

• 240 g macaroni pasta • 400 g chicken breasts, cut into small cubes • 100 g cream cheese • 100g mushrooms sliced • Handful baby spinach • 500 ml vegetable stock • Salt, pepper

CHICKEN AND MUSHROOM FUSILLI



1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Lightly brown the bacon and chicken on all sides for 5 minutes. (in batches if necessary).
4. Add the remaining ingredients. Stir well.
5. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve and enjoy!



4



11 min.



INGREDIENTS

• 150 g bacon, cut into thin strips • 350 g boneless skinless chicken thighs, cut into small cubes • 200 g mushrooms, diced • 150 g courgette, cut into small cubes • 800 g diced tomatoes, canned • 2 garlic cloves, crushed • 1 tbsp tomato puree • 2 tsp dried mixed herbs • 250 g fusilli pasta • 270 ml water

JAPANESE MIXED RICE



1. Prepare the ingredients.
2. Add all ingredients to the cooking bowl. Stir well.
3. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Serve and enjoy.



4



5 min.



INGREDIENTS

• 480 g Japanese short-grain rice, rinsed • 100 g minced pork • 60 g carrot, sliced • 470 ml dashi stock or fish stock • 2 tbsp soy sauce • ½ tsp ginger, grated • 2 tbsp sake • 50 g shiitake or oyster mushrooms • 1 tsp sugar



TEX-MEX CHILLI PASTA

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onion, garlic, carrot and minced beef. Season with the chilli powder. Break down any lumps in the minced beef with a spatula.
4. Add the macaroni, water and tomatoes. Stir until well combined.
5. Close and lock the lid, select the program 'Stew'. Press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve hot with grated cheddar and fresh, homemade guacamole.



13 min.



INGREDIENTS

• 1 tbsp sunflower oil • 100 g onion, chopped • 2 garlic cloves, crushed • 150 g sweetcorn • 400 g minced beef • 2 tsp chilli powder • 150 g macaroni • 200 ml water • 400 g canned tomatoes, chopped • 100 g cheddar, grated



CHICKEN AND CHORIZO RISOTTO

1. Prepare the ingredients.
2. Select the program 'Brown/Stir Fry', press the timer dial and turn the control knob to reach 5 minutes.
3. Heat the vegetable oil and brown the chorizo, chicken and onion (in batches if necessary).
4. When the time is up, add the rice and stir to coat. Stir in the remaining ingredients.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve and enjoy!



13 min.



INGREDIENTS

• 1 tbsp vegetable oil • 100 g chorizo, diced • 250 g boneless skinless chicken thighs, diced • 150 g red onion, chopped • 300 g arborio rice • 60 g sundried tomatoes, roughly chopped • 1 tsp smoked paprika • 2 garlic cloves, finely chopped • 600 ml chicken stock • 50 g yellow pepper, diced (2-3 cm)



MAC AND CHEESE

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Add the macaroni and water to the bowl and stir well so that no macaroni sticks out above the water. Choose «Stew» program, close the lid and lock it. Pressure cooking for 4 minutes.
3. Add mustard and crème fraîche, mix. Sprinkle with cheese.
4. Install the Turbo Crisp lid and start the Grill #2 program (5 minutes at 200°C).



9min.



INGREDIENTS

• 250 g macaroni pasta • 200 g grated Cheddar cheese • 450 ml water • 1 tsp Dijon mustard • 2 tbsp crème fraîche



WHOLE ROASTED CURRY CAULIFLOWER

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. In a bowl, combine the yoghurt, curry powder, cumin, paprika, yeast, lemon juice and chopped garlic. Season with salt and pepper to taste.
3. Brush the cauliflower with the sauce until it's coated all over.
4. Insert the 'Steam & Fry tray'. Place the cauliflower on the tray, and brush again with the remaining sauce. Close with the Turbo Crisp lid and select the program 'Roasted' for 20 min.
5. When the time is up, cut the cauliflower into smaller pieces, divide it among the plates and serve with your choice of rice or vegetables.



20 min.



INGREDIENTS

• 160 g soy yoghurt • 1 tbsp curry powder • 1 tsp ground cumin • 1 tbsp ground paprika • 1 tbsp nutritional yeast • 1/2 lemon, juiced • 2 small garlic cloves, peeled and chopped • Salt, pepper • 1 medium cauliflower, washed and blanched



CRISPY PRAWN STIR FRY

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Combine the prawns, olive oil and lemon juice in a bowl. Add salt and pepper to taste. Line the bottom of a baking dish with the prawns and pour the leftover marinade on top. Let marinate in the fridge for 15 min.
3. Meanwhile, combine the cold butter, lemon zest and minced garlic in a bowl. Add the panko breadcrumbs, egg yolk, shallots, parsley and chilli flakes. Mix well until you get a crumbly mixture.
4. Sprinkle the buttered breadcrumbs all over the shrimp.
5. Insert the 'Steam & Fry tray' and place the baking dish with the shrimp on top. Close with the Turbo Crisp lid and select the program 'Manual' for 10 min. at 200°C.
6. Serve immediately with rice or corn on the cob.



10 min.



INGREDIENTS

• 360 g cooked prawns, peeled • 40 ml olive oil • 30 ml lemon juice • Salt, pepper • 60 g cold butter, cut into pieces • 1 tbsp lemon zest • 1.5 garlic cloves, peeled and minced • 90 g panko breadcrumbs • 1 egg yolk • 1 shallot, peeled and minced • 1 tbsp fresh parsley, chopped • 0.5 tsp red pepper flakes



BEEF WELLINGTON

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients. In a bowl, combine the egg, minced beef, breadcrumbs, parsley, salt, pepper and sour cream to obtain a smooth, uniform mixture.
2. Without closing the lid, select the program 'Brown/Stir Fry' for 20 min. and press 'Start'.
3. When the preheating time is up, add the butter to the bowl. Stir until melted and lightly browned, then add onion, garlic and mushrooms. Halfway through the cooking time, add the meat. Stir occasionally, and add the wine 3 min. before the cooking time is up. Transfer the cooked mixture to a recipient and rinse the bowl.
4. On a lightly floured surface, roll out the puff pastry sheets. Cut each sheet into 4 squares. Spread the meat and mushroom mixture over each square, about 2 large tbsp, then cover with a thin layer of mozzarella.
5. Pull the corners of the pastry over the meat and pinch the edges together. Cut small slits in the top and brush each square with a little melted butter.
6. Insert the 'Steam & Fry tray'. Lightly grease the tray with a paper towel and a bit of vegetable oil. Add 3-4 squares to the bowl. Close with the Turbo Crisp lid and select the program 'Roast' for 25 min. Gently turn the parcels over halfway through the cooking time. When cooked, set aside on a plate. Repeat until all the parcels are cooked.

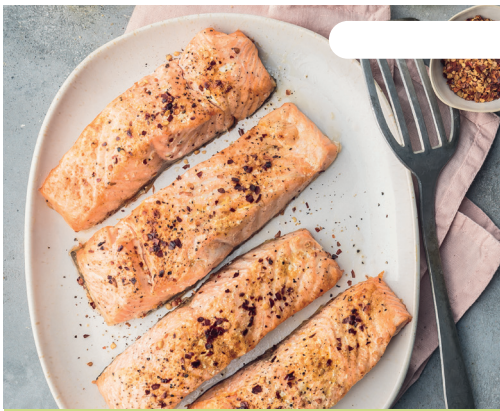


45 min.



INGREDIENTS

• 1 large egg, beaten • 330 g minced beef • 2 tbsp breadcrumbs • 1 tbsp fresh parsley, chopped • 4 pinches of salt • 2 pinches of pepper • 1 tbsp sour cream • 2 tbsp butter • 45 g onion, peeled and chopped • 2 garlic cloves, peeled and minced • 115 g button mushrooms, washed and diced • 40 ml red wine or grape juice • 2 puff pastry rolls • 80 g sliced mozzarella, optional • Vegetable oil



CAJUN SALMON

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Drizzle the salmon fillets with olive oil. Sprinkle evenly with the Cajun seasoning, black pepper and red pepper flakes.
3. Insert the 'Steam and Fry tray'. Place the salmon fillets on top. Spray with cooking spray for a crispier texture. Close with the Turbo Crisp lid and select the program 'Manual' for 10 min. at 200°C. Repeat if you have more fillets to cook.
4. Serve with salad and a slice of lemon.



10 min.



INGREDIENTS

• 1 tbsp olive oil • 4 salmon fillets • 1 tsp Cajun seasoning • 0.5 tsp ground black pepper • 0.5 tsp red pepper flakes • Cooking spray



FRIED PORK CHOPS (TONKATSU-STYLE)

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Add the flour, eggs and panko breadcrumbs to separate shallow bowls. Set aside.
3. Season both sides of the pork chops with salt and black pepper. Coat each pork chop in flour, then dip in the egg and finish with the panko breadcrumbs.
4. Insert the 'Steam & Fry Tray'. Place the pork chops on top in one layer without overlapping. Close with the Turbo Crisp lid and select the program 'Air Fry' for 20 min. Turn the pork chops over halfway through the cooking time. When cooked, set aside on a plate. Repeat until all the pork chops are cooked.
5. Serve immediately with tonkatsu sauce or sweet chilli sauce.



20 min.



INGREDIENTS

• 40 g flour • 2 large eggs, beaten • 180 g panko breadcrumbs • 6 boneless pork chops • 2 pinches of salt • 2 pinches of black pepper • Tonkatsu sauce, optional • Sweet chilli sauce, optional



INDIAN-SPICED MEATBALLS

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. In a bowl, combine the minced meat with the eggs. Season with salt and pepper to taste and shape the meatballs with your hands.
3. Without closing the lid, select the program 'Stir Fry' for 10 min. and press 'Start'.
4. When the preheating time is up, add the olive oil to the pan with the meatballs. You can do this in several batches if necessary. Flip the meatballs from time to time so that they are browned all over. Set aside.
5. Pour the coconut milk into the bowl, then add the tomatoes, cumin, ginger, paprika, turmeric, curry powder and water. Mix well, then add the meatballs. Close with the Turbo Crisp lid and select the program 'Bake' for 15 min.
6. Serve in bowls and top with cashew nuts and minced parsley.



25 min.



INGREDIENTS

• 500 g minced beef • 2 eggs • Salt, pepper • 2 tbsp olive oil • 200 ml coconut milk • 250 g peeled and diced tomatoes • 1 tsp ground cumin • 1 tsp ground ginger • 1 tsp mild paprika • 3 pinches of turmeric • 1 tsp curry powder • 50 ml water • 40 g cashew nuts • Fresh parsley, minced



SALMON PATTIES

This recipe requires the Turbo Crisp attachment.

1. Prepare the ingredients.
2. Using a fork, mash the salmon flesh in a bowl. Add the egg, breadcrumbs, mayonnaise, salt, lemon zest and dill. Mix until you get a smooth, uniform mixture.
3. Insert the 'Steam & Fry Tray'. Lightly grease the tray with a paper towel and a bit of vegetable oil. Use 2 tbsp of the mixture to form each patty, then add them to the bowl. Close with the Turbo Crisp lid and select the program 'Air Fry' for 20 min. Flip over halfway through the cooking time. When cooked, set aside on a plate. Repeat until all the patties are cooked.
4. Serve with green salad, lemon and tzatziki.



20 min.



INGREDIENTS

• 350 g salmon, drained • 2 eggs • 65 g breadcrumbs • 35 g mayonnaise • 0.5 tsp salt • 1 lemon zest, chopped • 1.5 tsp dried dill • Vegetable oil



4



20 min.



RICE PUDDING

1. Add milk, water, rice and salt to the cooking bowl. Stir to combine.
2. Close and fully lock the lid. Select the program 'Rice'. Press the timer dial and turn the control knob to reach 20 minutes. Press 'Start'.
3. When the time is up, press the steam release button to fully release the pressure before opening the lid.
4. Add the sweetened condensed milk and vanilla and stir.
5. Sprinkle with cinnamon to serve.

INGREDIENTS

• 230 ml milk • 280 ml water • 175 g long grain white rice
 • 4 tbsp sweetened condensed milk • ½ tbsp vanilla paste • 1 pinch of salt • Ground cinnamon for garnish



4



14 min.



COCONUT FLAN

1. Beat the eggs with the sugar until the mixture turns white.
2. Pour the coconut milk with the shredded coconut into the cooking bowl. Add the beaten eggs, stirring constantly for 1-2 minutes.
3. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 14 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Then carefully remove the flan from the cooking bowl and refrigerate for at least 3 hours.
6. Serve a caramel sauce with your flan, if desired.

INGREDIENTS

• 400 ml coconut cream • 6 tbsp shredded coconut • 4 eggs • 100 g sugar or coconut sugar



CHOCOLATE CHEESECAKE



17 min.



INGREDIENTS

• 4 Oreo cookies, crushed • 2 tbsp butter, melted • 225 g cream cheese • 100 g caster sugar • 2 eggs, lightly beaten • 120 g double cream • 1 tbsp unsweetened cocoa powder • 65 g dark chocolate, melted • 4 ramekins, buttered • 200 ml water

1. Prepare the ingredients.
2. Combine the cookie crumbs and butter. Divide evenly and press into the bottoms of the ramekins. Bake for 10 minutes at 180°C. Let cool.
3. Mix the remaining ingredients in a bowl until smooth. Pour into the prepared ramekins. Cover each with foil.
4. Add 200 ml water to the bowl of the pressure cooker. Place the steam basket in the bowl. Place up to 3 prepared ramekins in the basket.
5. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 17 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Carefully remove the ramekins using kitchen mitts, and repeat the cooking process with the remaining ramekins.
8. Allow to cool before serving.



FRENCH TOAST STICKS

This recipe requires the Turbo Crisp attachment.



20 min.



INGREDIENTS

• 4 eggs • 2 tbsp milk • 0.5 tsp vanilla extract • 1.5 tsp ground cinnamon • 60 g sugar • 6 slices of white bread or baguette, cut into sticks • Cooking spray

1. Prepare the ingredients.
2. Add the eggs, milk, vanilla extract and half the cinnamon to a bowl. Whisk until well combined.
3. In a deep plate, mix the sugar and remaining cinnamon to make the coating.
4. Dip the sticks into the egg mixture for a few seconds on each side, making sure the bread is well moistened on both sides. Sprinkle the sticks all over with the cinnamon-sugar mixture, then place them into the pre-greased bowl, spreading them out so they don't overlap.
5. Close with the Turbo Crisp lid and select the program 'Air Fry' for 20 min. Flip over halfway through using wooden tongs. Repeat until all the sticks are cooked.
6. Serve with maple syrup, icing sugar or whipped cream.

