





Air Fries with Peppercorn Aioli

Prep: 20 minutes / Cook: 30 minutes

6 Serves: 4



Fries

1 pound russet potatoes, peeled & cut into %-inch (1cm) thick fries 1 teaspoon olive oil Kosher salt

Peppercorn Aioli

1 egg yolk 2 tablespoons lemon juice 1 tablespoon wholegrain mustard 2 cloves garlic, crushed 1 cup (240ml) grapeseed oil 1 teaspoon black peppercorns, crushed 1 teaspoon green peppercorns, crushed 1 teaspoon pink peppercorns, crushed Kosher salt

- Arrange fries in a single layer on a microwave safe plate and place plate on turntable. Press MICROWAVE, set 100% power for 5 minutes and press START. Cool fries in refrigerator for 15 minutes.
- 2. While fries cool, make Peppercorn Aioli: Place egg yolk, lemon juice, mustard and garlic in a blender and blend until combined. With the motor running, add grapeseed oil in a slow, steady stream until combined and thickened. Add peppercorns, stir to combine and season with salt.
- 3. Toss cooled fries with olive oil in a medium bowl.
- 4. Press AIRFRY and set 450°F for 25 minutes. Place Combi Crisp pan on turntable in high position and press START to preheat pan. Place fries in preheated pan and press START to begin cooking. Turn fries over when prompted halfway through cooking.
- 5. Season fries with salt and serve immediately with Peppercorn Aioli.







Airfried Chicken Quesadilla

Prep: 10 minutes / Cook: 6 minutes

Serves: 2

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2 x 8-inch (20cm) flour tortillas 1 cup grated cheddar or Monterey Jack cheese

1.5 ounce (40g) cooked chicken, shredded

To Serve Salsa, sour cream, pickled jalapenos, chopped cilantro

- Cover one half of each tortilla with cheese. Top cheese with chicken and fold each tortilla in half.
- Press AIRFRY and set 425°F for 6 minutes. Place Combi Crisp pan on turntable in high position and press START to preheat pan. Place quesadillas in preheated pan and press START to begin cooking. Turn quesadillas when prompted halfway through cooking.
- 3. Cut into wedges and serve with salsa, sour cream, pickled jalapenos and chopped cilantro.







Artichoke Frittata

Prep: 15 minutes / Cook: 30 minutes

Serves: 4

6 large eggs

% cup (180ml) heavy cream 4 ounces (115g) sharp cheddar cheese, grated 1 green onion, thinly sliced 1 clove garlic, minced

Method

- Combine eggs and cream in large bowl. Add half of the cheese, green onion and garlic and season to taste.
- 2. Lightly grease 9.5-inch (24cm) round microwave safe dish. Arrange kale over base of dish and pour over egg mixture. Scatter with artichokes and remaining cheese.
- 3. Press FAST COMBI and set 350°F for 30 minutes. Place dish in Combi Crisp pan and place in microwave in high position. Press START to begin cooking.
- 4. Let rest 5 minutes before serving.



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Kosher salt and freshly cracked black pepper

3 stalks kale, leaves removed, roughly sliced

6 ounces (170g) marinated artichokes, drained, halved







Brussels Sprouts with Pomegranate Vinaigrette and Goat Cheese



Prep: 15 minutes / Cook: 8 minutes

Brussels Sprouts

Serves: 4

10 ounces (280g) Brussels sprouts, halved 1 tablespoon olive oil Kosher salt and freshly cracked black pepper

Pomegranate Vinaigrette

1 tablespoon red wine vinegar 2 teaspoons pomegranate molasses 1 teaspoon maple syrup

Method

- Place Brussels sprouts in medium bowl with olive oil. Season with salt and pepper and toss to coat.
- 2. Press AIRFRY and set 400°F for 20 minutes. Place Combi Crisp pan on turntable in high position and press START to preheat pan. Place Brussels sprouts, cut side down, in single layer on pan and press START to begin cooking. Do not turn Brussels sprouts during cooking.

1/2 teaspoon Dijon mustard 1/2 teaspoon fresh thyme leaves 1 tablespoon olive oil Kosher salt and freshly cracked black pepper

To Serve

2 tablespoons sliced almonds, toasted 2 tablespoons goat cheese, crumbled

- Make Pomegranate Vinaigrette: Place vinegar, molasses, maple syrup, mustard and thyme in a small bowl and whisk to combine. Whisk in olive oil and season with salt and pepper.
- Transfer Brussels sprouts to a medium bowl and toss with Pomegranate Vinaigrette and sliced almonds. Top with crumbled goat cheese and serve.









Cauliflower Steak with Red Zhug Sauce

Prep: 20 minutes / Cook: 45 minutes

Serves: 4



Red Zhug Sauce

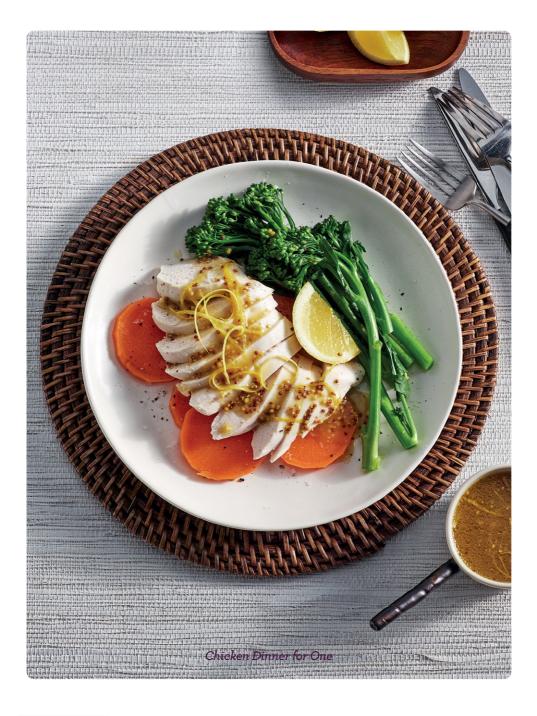
5 Fresno chilies, roughly chopped ¾ cup lightly packed cilantro leaves 1 clove garlic, crushed ½ teaspoon ground coriander ½ teaspoon ground cumin 1½ teaspoons kosher salt 2 tablespoons olive oil

1 tablespoon lemon juice

Cauliflower Steaks

1 medium head cauliflower (about 1.5 pounds/0.7kg) 2 tablespoons olive oil Kosher salt and freshly cracked black pepper

- Make Red Zhug Sauce: Place all ingredients in small food processor and process until combined. Transfer sauce to small bowl, cover and reserve.
- Remove leaves and trim stem end of cauliflower, leaving core intact. Cut cauliflower from top to base into 2 x 1½-inch (4cm) thick steaks. Place cauliflower steaks in a large bowl, add oil and turn to coat. Season with salt and pepper.
- Press AIRFRY and set 450°F for 20 minutes. Place Combi Crisp pan on turntable in high position and press START to preheat pan. Place one cauliflower steak in preheated pan and press START to begin cooking. Turn steak over when prompted halfway through cooking.
- 4. Repeat with remaining cauliflower steak.
- 5. Serve immediately with Red Zhug Sauce.







Chicken Dinner for One

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Prep: 10 minutes / Cook: 12 minutes Serves:1



Mustard and Maple Marinade	Dinner
1 tablespoon olive oil 2 teaspoons wholegrain mustard 2 teaspoons maple syrup 1 clove garlic, minced 1 teaspoon lemon zest ½ teaspoon kosher salt	1 x 8-ounce (225g) chicken breast, sliced into %-inch (1cm) pieces 6 ounces (170g) sweet potato, peeled, sliced into %-inch (1cm) rounds ¼ cup (60ml) chicken stock Kosher salt and freshly ground black pepper 4 ounces (115g) broccolini, trimmed
Method	To Serve Lemon wedges

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- 1. Make Mustard and Maple Marinade: Place marinade ingredients in medium bowl and whisk to combine. Add chicken and turn to coat. Set aside.
- 2. Place sweet potato slices on microwave safe plate. Season with salt and pepper and pour over stock. Cover plate with vented lid or plastic wrap and place on turntable. Press MICROWAVE and set 100% for 5 minutes. Press START to begin cooking.
- 3. Arrange chicken slices in a single layer over sweet potatoes and place broccolini next to chicken. Cover and place back on turntable. Press MICROWAVE and set 100% for 4 minutes. Press START to begin cooking.
- 4. Let rest for 2 minutes before serving.







Crispy Panko Shrimp with Tartar Sauce

Prep: 20 minutes / Cook: 10 minutes

Serves: 4



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Tartar Sauce	Shrimp
½ cup mayonnaise	2 tablespoons all-purpose flour
2 tablespoons lemon juice	1 teaspoon chili powder
2 tablespoons capers, rinsed, drained and roughly chopped	Kosher salt and freshly cracked black pepper
2 tablespoons gherkins, finely chopped	1 large egg
1 green onion, finely chopped	½ cup (35g) panko bread crumbs
1 tablespoon finely chopped Italian parsley	12 ounces (340g) medium shrimp, peeled and deveined
	Cooking spray

- 1. Make Tartar Sauce: Combine all ingredients in a small bowl and reserve.
- Place flour, chili powder, salt and freshly cracked black pepper in medium bowl. Place egg and panko in two separate medium bowls.
- 3. Working in batches, toss shrimp in flour and shake off any excess. Dip shrimp in egg and allow excess to drain off, then coat in panko, ensuring all sides are well crusted. Place in single layer on tray, cover with plastic wrap and refrigerate until needed.
- 4. Press AIRFRY and set 450°F for 7 minutes. Place Combi Crisp pan on turntable in high position and press START to preheat pan. Place shrimp in preheated pan, spray with cooking spray and press START to begin cooking. Do not turn shrimp during cooking.
- 5. Serve immediately with Tartar Sauce.







Herb Roasted Chicken

Prep: 15 minutes / Cook: 65 minutes

Serves: 4

2 cloves garlic, finely chopped 1 small shallot, finely chopped ¼ cup finely chopped Italian parsley 1 tablespoon chopped thyme leaves 1 tablespoon finely chopped rosemary 1 tablespoon lemon juice 2 tablespoons (30ml) olive oil 2 tablespoons (30g) butter, softened 1 x 4.5 pound (2kg) whole chicken Kosher salt and freshly cracked black pepper

- Method
- Combine garlic, shallot, parsley, thyme, rosemary, lemon juice, olive oil and butter in a small bowl.
- 2. Pat chicken completely dry and brush all over with herb mixture. Season with salt and pepper. Tuck wings behind back and tie legs together with kitchen twine.
- 3. Place chicken, breast side up, in Combi Crisp pan and place in microwave in low position. Press FOOD MENU and select COOK, then CHICKEN, 4.5 lbs. Press START to begin cooking.
- 4. Let chicken rest 5-10 minutes before carving and serving.









Loaded Baked Potatoes

Prep: 10 minutes / Cook: 1 hour

Serves: 4

4 slices bacon

4 x 10-ounce (280g) russet potatoes 1 tablespoon olive oil Kosher salt and freshly cracked black pepper

Method

- 1. Place bacon on microwave safe plate in a single layer and place on turntable. Press FOOD MENU and select COOK, then BACON, 4 slices. Press START to begin cooking. When finished cooking, cool, chop and reserve.
- 2. Press OVEN and set 400°F for 50 minutes. Press START to preheat oven.
- 3. Pierce each potato 4-5 times with a fork or small knife, rub with olive oil and season with salt and pepper. Place potatoes in Combi Crisp pan and place in microwave in low position. Press START to begin cooking.

- $\frac{1}{2}$ cup (225g) shredded cheddar cheese ¹/₂ cup (115g) sour cream 2 tablespoons thinly sliced green onions
- 4. Cool potatoes for 5 minutes then use a sharp knife to score top of each potato. Push open and sprinkle with cheese.
- 5. Press MICROWAVE and set 100% for 30 seconds. Press START to begin cooking.
- 6. Serve topped with sour cream, green onions and bacon.









Cheesy Potato Bake

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Prep: 15 minutes / Cook: 40 minutes



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Serves: 4 - 6

1 cup (240ml) heavy cream 6 ounces (170g) gruyere cheese, finely grated 2 pounds (1kg) Yukon gold potatoes, peeled and thinly sliced Kosher salt and freshly cracked black pepper

- 1. Place cream and three-quarters of the cheese in a large microwave safe jug.
- 2. Press MICROWAVE and set 100% for 2 minutes. Press START to begin cooking and stir halfway through. Season to taste with salt and pepper.
- 3. Arrange one-third of potato slices, overlapping slightly, in lightly greased 9.5inch (24cm) round microwave safe baking dish. Pour one-third of cream mixture over potatoes. Repeat twice with remaining potato slices and cream mixture. Sprinkle with remaining cheese.
- Press FAST COMBI and set 400°F for 40 minutes. Place baking dish on Combi Crisp pan in low position and place on turntable. Press START to begin cooking.
- 5. Let rest for 5 minutes before serving.







Quinoa Salad with Apple Cider Vinaigrette

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Prep: 20 minutes / Cook: 20 minutes Serves: 4

1 cup (160g) red quinoa, rinsed and drained 4 ounces (115g) cauliflower florets 1 medium carrot, grated 2 green onions, thinly sliced 2 cups (18g) Italian parsley leaves, chopped 5 ounces (140g) cherry tomatoes, halved ¾ cup (85g) sliced almonds, toasted 4 ounces (115g) feta, crumbled

Apple Cider Vinaigrette

3 tablespoons (45ml) apple cider vinegar 1 teaspoon honey 1 teaspoon Dijon mustard ¼ cup olive oil Kosher salt and freshly cracked black pepper

- Place quinoa in a large microwave safe bowl. Add 2 cups (480ml) of water and place on turntable.
- 2. Press MICROWAVE and set 100% for 15 minutes. Press START to begin cooking.
- 3. Let stand for 5 minutes then stir and cool to room temperature.
- 4. Place cauliflower in microwave safe bowl with 1 tablespoon water, cover with vented lid or plastic wrap and place on turntable. Press FOOD MENU and select COOK, then SOFT VEG, 4 ounces. Press START to begin cooking, stirring halfway through. Cool to room temperature.
- When quinoa and cauliflower are cool, place in large bowl with carrot, green onion, parsley, cherry tomatoes, almonds and feta.
- 6. Make Apple Cider Vinaigrette: Whisk vinegar, honey, mustard and olive oil in small bowl.
- 7. Pour Apple Cider Vinaigrette over salad, season with salt and pepper and toss to combine. Serve cold or at room temperature.









Herbed Salmon

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Prep: 10 minutes / Cook: 10 minutes

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½ teaspoon granulated garlic
½ teaspoon dried oregano
½ teaspoon dried basil
¼ teaspoon dried sage
¼ teaspoon dried marjoram
¼ teaspoon dried thyme
¼ teaspoon dried rosemary

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¹⁄₄ teaspoon ground cumin 1 pinch red chili flakes 2 x 8-ounce (225g) salmon filets Kosher salt, to taste 1 small lemon, thinly sliced

To Serve

Green salad and lemon wedges

- Combine herbs and spices in small bowl. Season salmon with salt, then coat with the spice mixture and top with lemon slices.
- 2. Place salmon on Combi Crisp pan and place on turntable in low position. Press FOOD MENU and select COOK, then FISH, 1.0 lbs. Press START to begin cooking.
- 3. Serve with green salad and lemon wedges, if desired.







Spice Crusted Beef with Chimmichurri

Prep: 15 minutes / Cook: 1 hour

Serves: 6 - 8

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 1 x 3-pound (1.4kg) boneless beef roast, trimmed
 1 tablespoon extra-virgin olive oil
 1 tablespoon kosher salt
 1 tablespoon paprika
 1 tablespoon ground mustard
 2 teaspoons ground cumin
 1 teaspoon freshly cracked black pepper

Method

- Using kitchen string, truss roast in ¾-inch (2cm) intervals. Combine olive oil, salt and spices in small bowl and rub all over roast.
- 2. Place roast in Combi Crisp pan and place in microwave in low position. Press FOOD MENU and select COOK, then BEEF, 3.0 lbs. Press START to begin cooking.
- 3. Make Chimichurri: Combine all ingredients in a small bowl, season with salt and reserve.
- 4. Let roast rest, covered, for 10 minutes before slicing and serving with Chimichurri.

Chimichurri

½ cup (120ml) extra-virgin olive oil
½ cup finely chopped Italian parsley
½ cup finely chopped cilantro
¼ cup (60ml) sherry vinegar
¼ cup finely chopped shallot
2 cloves garlic, minced
1 teaspoon red chili flakes
Kosher salt







White Fish with Garlic Herb Potatoes

(*) 618 Prep: 15 minutes / Cook: 13 minutes Serves: 1

1 tablespoon butter

1 small clove garlic, minced

1/2 teaspoon fresh thyme leaves

1 teaspoon minced shallot

4 ounces (115g) baby potatoes 4 ounces (115g) asparagus, trimmed Kosher salt and freshly cracked black pepper

To Serve

Lemon wedges

Method

fish filet

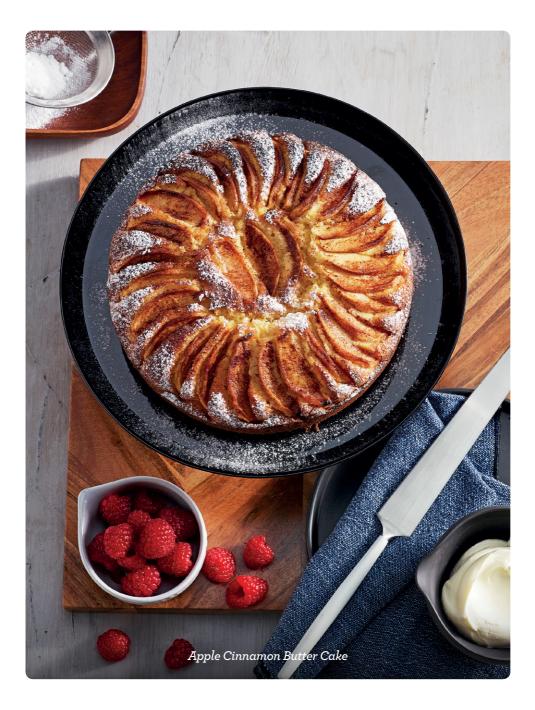
1. Combine butter, garlic, shallot, parsley and thyme in a small bowl.

1 teaspoon finely chopped Italian parsley

1x 8-ounce (225g) cod or other mild, white

- 2. Season fish with salt and pepper.
- 3. Place fish on Combi Crisp pan and place on turntable in low position. Press FOOD MENU and select COOK, then FISH, 8 ounces. Press START to begin cooking.
- 4. Remove fish from microwave and cover to keep warm.
- 5. Place potatoes in microwave safe bowl with 1 tablespoon water. Cover with vented lid or plastic wrap. Press MICROWAVE and set 100% for 3 minutes. Press START to begin cooking and turn potatoes over halfway through cooking. When finished cooking, drain, add butter mixture, cover and reserve.
- 6. Place asparagus in microwave safe bowl with 1 tablespoon water. Cover with vented lid or plastic wrap. Press FOOD MENU and select COOK, then SOFT VEG, 4 ounces. Press START to begin cooking.
- 7. Drain and season with salt and pepper.
- 8. Serve fish with garlic herb potatoes, asparagus and lemon wedges.









Apple Cinnamon Butter Cake

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Prep: 30 minutes / Cook: 50 minutes Serves: 8



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1½ cups (190g) all-purpose flour
2 teaspoons baking powder
½ cup (115g) unsalted butter, softened, plus 1 tablespoon, melted, for brushing
½ cup (100g) sugar, plus 2 teaspoons for topping
2 teaspoons vanilla extract

- 1. Sift together flour and baking powder. Set aside.
- Using an electric mixer, beat butter, sugar and vanilla until pale and fluffy. With mixer running, add eggs one at a time.
- 3. Using a rubber spatula, fold flour mixture into batter in 3 batches, alternating with milk.
- Line the bottom and sides of an 8-inch (20cm) round cake pan with parchment paper and grease lightly with cooking spray.
- 5. Spread batter into prepared pan. Top with apple slices, overlapping them slightly. Brush with 1 tablespoon melted butter. Stir together cinnamon and 2 teaspoons sugar and sprinkle over apple.

- 2 large eggs ¾ cup (180ml) milk 1 medium green apple, cored, peeled, thinly sliced ½ teaspoon ground cinnamon Whipped cream, for serving
- Place trivet on turntable, press OVEN and set to 350°F for 50 minutes. Press START to begin preheating. When preheat has completed, place pan on trivet and press START to begin cooking.
- 7. Cool cake in pan for 10 minutes, then turn out onto wire rack to cool completely. Serve with whipped cream.







Vanilla Blueberry Mug Cake with Cream Cheese Icing



Prep: 10 minutes / Cook: 1 minute 30 seconds Serves: 1



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2 tablespoons vegetable oil 1 tablespoon milk 1 egg yolk 1 tablespoon sugar 1 teaspoon vanilla extract ¼ cup (33g) all-purpose flour

¹/₄ cup frozen or fresh blueberries Cream Cheese Icing

¹/₂ teaspoon baking powder

2 tablespoons cream cheese, softened 1 teaspoon powdered sugar

- Combine oil, milk, egg yolk, sugar and vanilla in a small bowl. Add flour and baking powder and stir to combine. Gently fold in blueberries. Spoon batter into an 8-ounce (240ml) ceramic mug and place mug on turntable.
- 2. Press MICROWAVE, set 100% power for 1 minute 30 seconds and press START to begin cooking.
- Make Cream Cheese Icing: Combine cream cheese and powdered sugar in a small bowl and stir to combine.
- 4. Remove cake from microwave and let cool slightly. Serve cake warm, topped with Cream Cheese Icing.







Easy Mix Banana Bread

()Prep: 20 minutes / Cook: 1 hour 15 minutes

Serves: 8

½ cup (100g) sugar
½ cup (100g) light brown sugar
½ cup (115g) plain yogurt
2 large eggs
⅓ cup (80ml) vegetable oil
3 medium ripe bananas, mashed, plus 1 whole medium banana, peeled

Method

- 1. Line a 9 x 5-inch (23 x 13cm) loaf pan with parchment paper and grease lightly with cooking spray.
- 2. Place sugars, yogurt, eggs and oil in a large bowl and whisk to combine. Stir in mashed banana. Sift in flour, baking powder and baking soda and stir to combine.
- 3. Pour batter into prepared loaf pan. Slice remaining banana in half lengthwise and place cut-side up on batter. Brush banana halves with maple syrup.
- 4. Place trivet on turntable. Press OVEN and set 325°F for 1 hour 15 minutes. Press START to preheat oven. When preheat has completed, place pan on trivet and press START to begin cooking.
- 5. Cool bread in pan for 10 minutes, then turn out onto wire rack to cool completely.

1¹/₂ cups (195g) all-purpose flour 1½ teaspoons baking powder 1/2 teaspoon baking soda 1 tablespoon maple syrup, for brushing









Triple Chocolate Brownies with Salted Caramel Sauce

Prep: 20 minutes / Cook: 45 minutes



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Serves: 12

Brownies

2 ounces (60g) semi-sweet dark chocolate, chopped ½ cup (115g) butter, diced 1½ cups (150g) sugar 3 large eggs 1½ teaspoons vanilla extract ½ cup (40g) cocoa powder ½ cup (65g) all-purpose flour ¼ teaspoon kosher salt 3 ounces (85g) white chocolate chips 3 ounces (85g) milk chocolate chips 2 tablespoons (30g) butter, diced 1/3 cup (65g) brown sugar 3 tablespoons (45ml) heavy cream 1 teaspoon vanilla extract ½ teaspoon sea salt flakes To Serve

Vanilla ice cream

Salted Caramel Sauce

- Line an 8-inch (20cm) square cake pan with parchment paper and grease lightly with cooking spray.
- 2. Place dark chocolate, butter and sugar into a large microwave safe bowl. Press the MELT CHOCOLATE shortcut, select 8 ounces and press START. Stir halfway through, when prompted. At the end of cooking, stir until smooth. Cool 10 minutes then use a hand mixer to beat in eggs, one at a time, and then vanilla.
- 3. Sift cocoa, flour, and salt together and gently fold into mixture along with chocolate chips. Pour into prepared pan and smooth top.
- Place trivet on turntable. Press OVEN and set 350°F for 45 minutes. Press START to preheat oven. When preheat has completed, place pan on trivet and press START to begin cooking.

- 5. Cool brownies in pan. Meanwhile, make Salted Caramel Sauce.
- Combine butter, sugar, cream and vanilla in a microwave safe jug. Press MICROWAVE and set 80% for 1 minute. Press START to begin cooking. Add salt and stir until butter is melted and sugar dissolved.
- 7. Press MICROWAVE and set 80% for 1 minute. Press START to begin cooking. Stir sauce and set aside to cool to room temperature.
- 8. Serve brownies with vanilla ice cream and Salted Caramel Sauce.