



Dual Easy Fry

recipe book

FILO CIGARS WITH FETA

6 ✨ 20 Min. 🍲 12 Min. 🍲



INGREDIENTS

350 g feta
1 beaten egg
1 egg yolk
1 egg white

2 teaspoons dried mint
1 packet of filo pastry
Pepper

RECIPE

- 1 | Crumble the feta with a fork and put it in a bowl. Add the whole egg, yolk and mint. Season with pepper and mix well.
- 2 | Turn on the appliance. Turn on bowl 1. Select the MANUAL programme at 180°C for 10 minutes. Add the filo cigars to the plate in bowl 1.
- 3 | Turn on bowl 2. Select the MANUAL programme at 180°C for 12 minutes. Add the filo cigars to the plate in bowl 2.
- 4 | Press the SYNC button. Press START to set both cooking.
- 5 | Halfway through cooking, rotate the filo cigars.
- 6 | Check that the meatballs are cooked thoroughly and continue to cook for an extra few minutes if necessary.
- 7 | Serve the filo cigars while they are still warm with a grilled corn salad.

TIP

Be careful not to stack the filo cigars, or they will not be cooked evenly. Be sure to serve immediately. This recipe makes 20 cigars.

CHICKEN BURRITOS

8 ✨ 20 Min. 🍲 25 Min. 🍲



INGREDIENTS

4 teaspoons of Mexican spices
 4 tablespoon olive oil
 4 chicken breasts
 8 wheat or corn tortillas
 8 teaspoons of double cream

8 tablespoons of grated cheddar
 8 tablespoons of guacamole
 8 tablespoons of sweetcorn
 8 tablespoons of salsa

RECIPE

- 1 | In a bowl, mix the Mexican spices with the oil. Add the chicken, cover and leave to marinate for 15 minutes.
- 2 | Turn on the appliance. Turn on bowl 1. Select the CHICKEN programme at 200°C for 15 minutes. Place the chicken breasts on the plate in bowl 1. Press START to begin cooking. Leave the chicken breasts to cool slightly and then cut them into slices.
- 3 | Place the wraps on a square of aluminium foil. Spread sour cream on the tortillas then add
- 4 | Turn on the appliance. Turn on bowl 1. Select the CHICKEN programme at 180°C for 10 minutes. Add 3 burritos to the plate in bowl 1. Turn on bowl 2. Select the MANUAL programme at 180°C for 10 minutes. Add 1 burrito to the plate in bowl 2. Press START to set both cooking.
- 5 | Serve the burritos immediately.

TIP

If you would like to make a larger quantity: you can cook in batches. Be sure to serve immediately. You can use chicken breasts that have already been cooked in a rotisserie style.

HALLOUMI FRIES

6  20 Min.  15 Min. 

INGREDIENTS

400 g halloumi
40 g flour
2 medium eggs

100 g breadcrumbs
2 teaspoons garlic powder

RECIPE

- 1 | Cut the halloumi into 1 cm thick chips. Place the flour in a bowl. Break the eggs in a bowl and whisk well. In another bowl, mix the breadcrumbs and garlic powder.
 - 2 | Dip each piece into the flour, then into the egg before coating with breadcrumbs. They should be breaded on all sides. Set aside.
 - 3 | Turn on the appliance. Turn on bowl 1. Select the MANUAL programme at 180°C for 15 minutes.
 - 4 | Press the SYNC button. Press START to set both cooking.
 - 5 | Serve immediately, with a side of broccoli cheese bites if desired.
- Add the halloumi fries to the plate in bowl 1. Turn on bowl 2. Select the MANUAL program at 180 °C for 18 minutes. Place the halloumi fries on the plate in bowl 2.

TIP

Halloumi is a Cypriot cheese made from goat's and sheep's milk. It's slightly elastic texture and salty taste are what make it so special. When heated, halloumi does not melt, it just becomes a little more springy and delicious. You can find it in Mediterranean grocery shops or in the cheese section of big supermarkets. Don't add salt to your breadcrumbs or flour, as halloumi is already very salty. If you wish, you can also use panko breadcrumbs, which are flaky breadcrumbs widely used in Japanese cuisine. You can find panko in many supermarkets, in the international foods section, in Asian grocery shops or online.

CHICKEN MEATBALLS

6 ✂ 25
Min.  10
Min. 

INGREDIENTS

700 g chicken breast
2 eggs
60 g breadcrumbs
100 g parmesan

3 tablespoon olive oil
2 tablespoon of chopped parsley
2 teaspoons onion powder
Salt, pepper

RECIPE

- 1 | In a mincer or blender, chop the chicken breasts. In a bowl, mix the ground chicken, egg, breadcrumbs, parmesan, olive oil, parsley and onion. Add salt and pepper and shape into balls of about 3/4 cm.
- 2 | Turn on the appliance. Turn on bowl 1. Select the CHICKEN programme at 200°C for 10 minutes. Add 20 meatballs to the plate in bowl 1. Turn on bowl 2. Select the Chicken programme at 200°C for 12 minutes. Add 12 meatballs to the plate in bowl 2.
- 3 | Press the SYNC button. Press START to set both cooking.
- 4 | Halfway through cooking, stir the bowls.
- 5 | Check that the meatballs are cooked thoroughly and continue to cook for an extra few minutes if necessary.
- 6 | Serve the meatballs with a tomato and basil sauce.

TIP

This recipe makes about 32 meatballs. If you have a food processor, pour all the ingredients into the bowl with blade and run on maximum speed for 1 min. Be careful not to crowd the meatballs, or they will not cook evenly. If you would like to make a larger quantity: you can cook in batches.

PARMESAN BROCCOLI

8 ✂ 15 Min. 🍲 22 Min. 🍲

INGREDIENTS

1.2 kg broccoli (approx. 4 heads)
2 teaspoon garlic powder
8 tablespoons of olive oil

50 g grated Parmesan
1 pinch of chilli flakes (optional)
Salt, pepper

RECIPE

- 1** | Chop the broccoli into florets and place in a bowl. Add the garlic, olive oil and chilli flakes. Season with salt and pepper. Mix.
- 2** | Turn on the appliance. Turn on bowl 1. Select the VEGETABLES programme at 170°C for 22 minutes. Remove the plate and add 750 g of broccoli to bowl 1. Turn on bowl 2. Select the VEGETABLES programme at 170°C for 26 minutes. Remove the plate and add 450 g of broccoli to bowl 2.
- 3** | Press the SYNC button. Press START to begin cooking.
- 4** | Stir the broccoli halfway through cooking.
- 5** | If the broccoli colours too quickly, place a sheet of aluminium foil on top, 5 minutes before the end of the programme.
- 6** | Sprinkle the broccoli with Parmesan cheese just before serving. They are ideal with breaded turkey escalopes.



VEGAN BURGERS

8 ✂ 0 Min.  20 Min. 

INGREDIENTS

200 g chopped red cabbage
150 g grated carrots
120 g vegan mayonnaise
2 tablespoons of apple cider vinegar

1 teaspoon garlic powder
3 packets of plain jackfruit pieces
(total net weight drained: 440 g)
8 vegan burger buns
220 g barbecue sauce
Salt, pepper
2 teaspoons of smoked paprika
1.5 drops of liquid smoke

RECIPE

- 1 | For the coleslaw:** Place the raw vegetables in a bowl. Add the vegan mayonnaise, cider vinegar, garlic powder, salt and pepper. Mix and marinate in the fridge for at least an hour. The longer you marinate, the softer the coleslaw will be. The shorter the marinating time, the crunchier the coleslaw will be, adjust according to your taste.
- 2 |** Crumble the jackfruit pieces with your fingers in a large bowl until it resembles the texture of pulled pork. Cover with water and leave for 5-10 minutes. Rinse again and squeeze out as much liquid as possible from the jackfruit. Return the jackfruit to the bowl and add the barbecue sauce, salt, pepper, smoked paprika, liquid smoke and mix.
- 3 |** Turn on the appliance. Turn on bowl 1. Select the MANUAL programme at 180°C for 20 minutes. Remove the plate and add 650 g of jackfruit to bowl 1. Turn on bowl 2. Select the MANUAL programme at 180°C for 20 minutes. Remove the plate and add 450 g of jackfruit to bowl 2. Press START to begin cooking.
- 4 |** Stir halfway through cooking.
- 5 |** Arrange the barbecue jackfruit on the burger buns and top with coleslaw. Serve with accordion potatoes.

TIP

Jackfruit is very popular with vegetarians as an alternative to pulled pork and can be found in organic or Asian shops (vacuum packed or tinned). Please note this recipe uses plain jackfruit, not the kind with syrup intended for dessert recipes. Smoked paprika allows you to add a touch of flavour to your dishes. You can substitute it for classic paprika with a dash of chilli. Liquid smoke can be found in supermarkets, in the condiment aisle with the hot sauces, and in grocery shops or vegan supermarkets. You can also find it online. It adds a nice smokey taste to recipes without using a smoker. As its flavour is very concentrated, a few drops are enough to enhance your dishes. It is great for adding character to vegetarian dishes, in sauces and marinades for meat, poultry or salmon. You can replace it with smoked paprika, chipotle powder, smoked salt or smoked tea. If you are in a hurry, use a ready-made raw vegetable mix, either already seasoned (do not add seasoning if so) or not. You can toast the burger buns: add them to the baskets and set to the MANUAL programme at 180°C for 3 minutes.

ROAST CHICKEN WITH HOMEMADE CHIPS

4 ✨ 20 Min. 🍲 50 Min. 🍲

INGREDIENTS

800 g potatoes
 3 tablespoons neutral oil
 Salt, pepper
 Parsley
 1 chicken (1.3 kg)
 0.5 lemon

1 teaspoon paprika
 0.5 teaspoons garlic powder
 0.5 teaspoons onion powder
 1 teaspoon oregano
 Salt, pepper
 1 tablespoon olive oil

RECIPE

- 1 | Peel the potatoes and cut them into chips. Place them in a bowl and cover with cold water. Leave to rest for 30 minutes.
- 2 | Remove the strings and rub the chicken with half a lemon. In a small bowl, mix together the paprika, garlic, onion, oregano, salt and pepper. Brush the skin of the chicken with olive oil and sprinkle with the seasoning.
- 3 | Drain the potatoes and pat them dry thoroughly. Mix together the potatoes, oil, salt and pepper.
- 4 | Turn on the appliance. Turn on bowl 1. Select the CHICKEN program at 160 °C for 50 minutes. Place the chicken, breast side down, on the plate in bowl 1. Turn on bowl 2. Select the FRIES program at 200 °C for 50 minutes.
- 5 | Place the chips on the plate in bowl 2. Press START to set both cooking.
- 6 | For the chips, shake the basket every 10 minutes and halfway through cooking when the appliance beeps and the icon flashes. Use a spatula if needed. Repeat if needed.
- 7 | Check the fries, which should also be golden brown and crispy, and extend the cooking time if necessary. Add salt and pepper to taste. Sprinkle with chopped fresh parsley before serving.
- 7 | Serve immediately. Brush the chicken with the cooking juices and serve the remaining juices in a gravy boat.

SCOTCH EGGS

6 ✦ 30 Min.  14 Min. 

INGREDIENTS

6 medium eggs
12 ice cubes
12 g fresh parsley
2 sprigs spring onion
2 teaspoons of chopped fresh thyme
550 g pork sausage meat

50 g flour
Salt, pepper
200 g breadcrumbs
2 medium eggs
6 tablespoons of sour cream or crème fraîche
2 tablespoons of horseradish

RECIPE

- 1 | In a saucepan, bring lightly salted water to the boil and then add the eggs using a slotted spoon. Cook for 7 minutes 30 seconds on a medium heat. Prepare a bowl with cold water and ice cubes. As soon as the eggs are cooked, place them into the ice bath. After 20 seconds, you can break the eggs slightly and put them back into the cold water until they have cooled down completely. This will make them easier to peel.
- 2 | Finely chop the parsley, spring onion and thyme leaves. Place in a bowl. Add the sausage meat, wet your hands and mix. Divide the mixture into equal portions and shape each one into a flat, round patty about 10 cm in diameter.
- 3 | Prepare the breading ingredients by placing the flour with salt and pepper, breadcrumbs, and beaten egg in 3 separate bowls.
- 4 | Gently break the cooked and cooled eggs under cold water, then in a bowl roll the egg in the flour. With wet hands, wrap the meat around each egg, smoothing the edges to ensure the egg is completely sealed. Dip each one into the beaten eggs and then into the breadcrumbs. Make sure each egg is completely covered.
- 5 | Turn on the appliance. Turn on bowl 1. Select the MANUAL programme at 200°C for 14 minutes. Add 4 scotch eggs to the plate in bowl 1. Turn on bowl 2. Select the MANUAL programme at 200°C for 14 minutes. Add 2 scotch eggs to the plate in bowl 2. Press START to set both cooking.
- 6 | Make the sauce by mixing the cream and horseradish in a small bowl. Season.
- 7 | Check that the Scotch eggs are cooked and, if necessary, continue cooking until the sausage meat is cooked through.
- 8 | To serve, cut the Scotch eggs in half or quarters and serve with the sauce. You can garnish with bacon and mustard Brussels sprouts.

TIP

Scotch eggs are a British dish, consisting of a hard-boiled egg in the centre of sausage meat that is breaded and fried. They are eaten hot or cold, especially at a picnic. If you like your eggs well done and don't want to have runny yolks, cook the eggs in the pan for an extra 5 minutes. If you cannot find sausage meat, buy regular sausages and remove the casing. Then mash them together.

CAJUN SALMON AND GARLIC GREEN BEANS

4 ✂ 5 Min. 🍲 15 Min. 🍲

INGREDIENTS

For the fish:

4 salmon fillets (approx. 150 g each)
2 tablespoon olive oil
4 tablespoons of Cajun spices
Salt, pepper

For the green beans:

400 g green beans
2 tablespoon olive oil
2 garlic cloves, chopped
1 tablespoon of chopped coriander
Salt, pepper

RECIPE

- 1 | In a bowl, mix the Cajun spices with the olive oil. Spread the mixture over the salmon fillets using a brush. Season with salt and pepper.
- 2 | In a bowl, mix the green beans with the olive oil, garlic and herbs. Season with salt and pepper.
- 3 | Turn on the appliance. Turn on bowl 1. Select the FISH programme at 200°C for 8 minutes. Add the salmon fillets to the plate in bowl 1. Turn on bowl 2. Select the VEGETABLES programme at 200°C for 15 minutes. Add the green beans to the plate in bowl 2.
- 4 | Press SYNC so that both the salmon and vegetables will finish cooking at the same time. Press START to set both cooking.
- 5 | Stir the salmon and vegetables halfway through cooking.
- 6 | Check that the meatballs are cooked thoroughly and continue to cook for an extra few minutes if necessary.
- 7 | Just before serving, spoon sweet chilli sauce over the salmon and sprinkle with red chilli, spring onions and sesame seeds. Serve the vegetables immediately with a wedge of lime and sprinkle with coriander.

TIP

Be careful not to stack the salmon fillets, or they will not cook evenly. If you would like to make a larger quantity: you can cook in batches.

HONEY AND SRIRACHA PRAWNS WITH FRIED RICE

4 ✂

15
Min. 15
Min. 

INGREDIENTS

For prawns:

85 g honey
50 g mayonnaise
2 teaspoons of sriracha
1 tablespoon of soy sauce
1 egg
60 g flour
450 g prawns
1 tablespoon olive oil

Salt, pepper

For the fried rice:

400 g cooked rice
200 g frozen vegetables
(carrots, broccoli, sweetcorn)
7 cl soy sauce
1 tablespoon of oil
2 eggs

RECIPE

- 1 | In a bowl, combine the honey, mayonnaise, sriracha sauce and soy sauce. Set aside. Beat the egg in a deep dish. Add the flour to another deep dish. Dip the prawns in the egg and then in the flour and place them on the plate in bowl 1, pressing them down tightly. Brush with olive oil.
 - 2 | In a bowl, mix the cooked rice with the vegetables, soy sauce and oil. Add the eggs and mix again.
 - 3 | Turn on the appliance. Turn on bowl 1. Select the FISH programme at 180°C for 12 minutes. Place the plate in bowl 1. Turn on bowl 2.
 - 4 | Press SYNC so that both the salmon and vegetables will finish cooking at the same time. Press START to set both cooking.
 - 5 | Halfway through cooking, shake the basket to mix the fried rice.
 - 6 | Check that the meatballs are cooked thoroughly and continue to cook for an extra few minutes if necessary.
 - 7 | Serve the prawns with the rice. Try it with hot sauce.
- Select the MANUAL programme at 200°C for 15 minutes. Remove the plate from bowl 2 and add the rice to the bowl.

TIP

Be careful not to stack the prawns, or they will not cook evenly. If you would like to make a larger quantity: you can cook in batches. Be sure to serve immediately.

THAI-STYLE SALMON FILLETS WITH COLOURFUL VEG

4 ✂ 30 Min. 🍲 30 Min. 🍲



INGREDIENTS

4 salmon fillets
100 ml low sodium soy sauce
1 lime
4 garlic cloves
2 teaspoons grated ginger
1 red pepper
2 carrots
1 courgette
1 tablespoon olive oil

50 g mangetout
50 g bean sprouts
Salt, pepper
4 tablespoons sweet chilli sauce
0.5 minced spring onion
2 tablespoons sesame seeds
1 lime
A few sprigs of coriander

RECIPE

- 1 | Cut the fillets of salmon into large cubes. In a bowl, mix the soy sauce, lime juice, chopped garlic and grated ginger. Add the salmon, cover and allow to rest for 20 minutes.
- 2 | Wash and dry the pepper, carrots and courgette. Cut the pepper into strips and remove the core. Peel the carrots and cut them into small sticks. Cut the courgettes into sticks the same size. In a bowl, mix the chopped vegetables with the oil. Add the mangetout and bean sprouts. Season with salt and pepper.
- 3 | Turn on the appliance. Turn on bowl 1. Select the FISH program at 180 °C for 6 minutes.
- 4 | Press SYNC so that both the salmon and vegetables will finish cooking at the same time. Press START to set both cooking. Stir the vegetables halfway through cooking.
- 5 | Place the vegetables and salmon onto plates to serve. Sprinkle the salmon with the sweet chilli sauce, spring onion and sesame seeds. Drizzle the vegetables with the lime juice and sprinkle with coriander.

TIP

You can substitute the mangetout for edamame. If you like, you can add baby corn and replace the sesame with crushed peanuts. If you like spicy food, add fresh or ground chilli. If you would like to make a bigger quantity, you can cook in batches. Serve immediately with sticky rice. If you don't have low sodium soy sauce, add 60 ml rice vinegar.

CAULIFLOWER STEAKS WITH CARROT FRIES

2 ✨

20
Min. 25
Min. 

INGREDIENTS

For the carrot sticks:

20 g soy sauce
20 g olive oil
10 g maple syrup
20 g tahini
1 teaspoon of smoked paprika
1 teaspoon garlic powder
300 g carrot sticks (3/4 pieces)

For the cauliflower steaks:

Cauliflower (approx. 1 piece)

50 ml olive oil
100 g lemon juice
1 teaspoon dried garlic
1 teaspoon paprika
15 g honey
Salt, pepper
2 pinches of chilli powder
8 tablespoons chopped fresh parsley (about 15 g)

Cauliflower mayonnaise:

250 g cooked cauliflower pieces
60 g single cream
20 ml olive oil
10 g water
10 g lemon juice
1 teaspoon smoked paprika
3 g salt

RECIPE

- In a bowl, mix together the soy sauce, olive oil, maple syrup, tahini, paprika, garlic powder, salt and pepper. Peel the carrots. Peel the carrots, cut each one in half lengthwise and cut 3 mm strips from each half. Put the carrot strips in the bowl and marinate for at least 30 minutes, stirring from time to time.
- Remove the leaves from the cauliflower without removing too much of the base. Place the cauliflower on a cutting board. Use a large, well-sharpened knife to cut 2 or 3 slices around 2 cm thick. Cook the cauliflower steaks with the fries in a pan of salted, simmering water. Remove the steaks halfway through cooking, drain them and finish cooking the fries. Drain and set aside.
- In a small bowl, mix together the olive oil, lemon juice, garlic, honey, paprika and chilli. Brush one side of the cauliflower steaks with the olive oil and lemon sauce. Season with salt and pepper.
- Turn on the appliance. Turn on bowl 1. Select the VEGETABLES programme at 180°C for 25 minutes. Place the cauliflower steaks, brushed with sauce on top, on the plate in bowl 1. Turn on bowl 2. Select the VEGETABLES programme at 180°C for 25 minutes. Lay the carrots flat in a single layer on the plate in bowl 2. Press START to set both cooking.
- Halfway through cooking, turn the steaks over and brush the other side with the remaining sauce. Turn the carrot strips over.
- Check that the cauliflower is cooked thoroughly and adjust if necessary according to your taste.
- In a small container, add the cooked cauliflower pieces, cream, olive oil, water, salt, lemon juice and smoked paprika. Mix everything with a hand blender to form a mayonnaise.
- Sprinkle the cooked cauliflower steaks with chilli and chopped fresh parsley. Serve with cauliflower mayonnaise and carrot fries.

TIP

Tahini, or tahina, is a sesame paste made from crushed sesame seeds. You can find it in supermarkets in the international section, in oriental grocery shops or in organic shops. If you don't have tahini, use a blender to grind the sesame seeds. Mix them in a small bowl with a little toasted sesame oil. Alternatively, you can use peanut butter. Smoked paprika allows you to add a touch of flavour and spice to your dishes. Serve this dish with mashed potatoes, which accompany these vegetables well.

GRILLED TUNA POKE BOWL

6 ✨ 20
Min.13
Min.

INGREDIENTS

For the sauce:

4.5 tablespoons of rice vinegar
Pepper
1.5 g fresh ginger (1 piece,
approx. 2 cm)
Hot sauce
3 teaspoons of sesame oil
9 cl soy sauce

For the poke bowls:

500 g tuna steaks
(approx. 4 pieces)

750 g precooked sushi rice
3 small avocados (pitted and
sliced)
30 g chopped red onion
300 g diced mango (approx. 1)
6 tablespoons of chopped fresh
coriander
(approx. 30 g)

To garnish (optional):

1.5 limes, quartered

0.5 jalapeno (or Fresno pepper,
deseeded and sliced)
A few slices of radish, cucumber,
red cabbage and carrot
6 tablespoons of cooked eda-
mame
1.5 teaspoons of black and
white sesame seeds

RECIPE

- 1 | Prepare the sauce: mix all the ingredients together in a small bowl. Set aside.
- 2 | Place the tuna steaks in a bowl. Pour a third of the sauce over them and mix. Leave to rest for 10-15 minutes.
- 3 | Turn on the appliance. Turn on bowl 1. Select the GRILL program at 200 °C for 13 minutes. Do not put the ingredients in the pan yet, the appliance will automatically start preheating. Press START to begin cooking.
- 4 | When the appliance beeps and the display shows "Add", the grill preheating cycle is complete. Remove the tuna from the marinade, drain and sprinkle with pepper. Place the pieces on the plate in bowl 1.
- 5 | Cook the tuna steaks until the bottom third is cooked. Turn over and cook the other side, leaving the middle a little pink. If you prefer the tuna more well done, adjust the cooking time to your liking.
- 6 | Place the grilled tuna steaks on a chopping board and leave to rest for 5 minutes before cutting them into strips with a sharp knife.
- 7 | Add the cooked rice to the bottom of the bowls. Top each bowl with the grilled tuna pieces, sliced avocado, mango pieces and red onion. Sprinkle with coriander. Decorate to your liking and pour the remaining sauce over the top.

TIP

Precooked Japanese rice is now readily available in supermarkets. This will save you time when preparing the recipe. If not, prepare it at home: use 50 to 60 g of uncooked rice per person. It is best to use organic avocados when they are in season. Other you can replace it with diced cooked sweet potato. If you don't like coriander, use a different herb.

GRILLED STEAK WITH ROASTED TOMATOES

4 ✂ 10 Min. 🍲 15 Min. 🍲

INGREDIENTS

600 g beef steak
(approx. 3 large or 4 medium pieces)
2 tablespoons spice mix for steaks
20 g garlic and parsley butter
2 tablespoons of olive oil
300 g tomatoes

(approx. 2 large tomatoes)
1 tablespoons of olive oil
1 teaspoon dried Italian herb mix
1 tablespoon balsamic vinegar
Salt, pepper

RECIPE

- 1 | Sprinkle the spice mix for steak on both sides of the meat. Tap the seasoning to make sure it sticks. Brush both sides of the steaks with olive oil.
- 2 | Halve the tomatoes.
- 3 | Turn on the appliance. Turn on bowl 1. Select the GRILL program at 200 °C for 8 minutes. Do not put the ingredients in the pan yet, the appliance will automatically start preheating. Turn on bowl 2. Select the VEGETABLES program at 180 °C for 15 minutes. Add the tomatoes to the plate in bowl 2. Drizzle with olive oil, Italian herb mix and balsamic vinegar. Season with salt and pepper.
- 4 | Press SYNC so that both the steak and tomatoes will finish cooking at the same time. Press START to set both cooking. When the appliance beeps and the display shows "Add", the grill preheating cycle is complete. Place the steaks on the plate in bowl 1.
- 5 | Halfway through cooking, turn the steaks to make sure they cook evenly.
- 6 | Check that the tomatoes are cooked thoroughly and continue to cook for an extra few minutes if necessary.
- 7 | Remove the cooked steaks and top each piece of meat with garlic and parsley butter. Leave the steaks to sit for 1 minute before serving. Serve with the roasted tomatoes. You can serve it with rice, pasta or delicious mashed potato.

TIP

Italian herb mix is a blend of oregano, thyme, basil, sage and bay leaf, which you can find in supermarkets. You could also make your own. You can marinate your steaks with the spices for at least 2 hours or up to one night in the refrigerator. Garlic and parsley butter can also be used to season vegetables, pasta and grilled meats. You can find it in supermarkets in the fresh or frozen section. You could substitute it with homemade butter with a little garlic and parsley or plain butter. Use thick steaks. If your steaks are very thick, you may need to cook them for an extra minute on each side. If you use a meat thermometer, depending on how well you want them cooked, the middle should be: very rare 45-50 °C, rare 50-55 °C, medium 55-60 °C, well done 70 °C.

GARLIC CHICKEN DRUMSTICKS AND BREADED COURGETTES WITH PARMESAN

2 ✨

20
Min. 15
Min. 

INGREDIENTS

For the chicken:

6 chicken drumsticks
0.5 red onion
2 garlic cloves
2 tablespoons of grated ginger
3 cl garlic, ginger and chilli sauce
3 cl low sodium soy sauce
3 cl squeezed orange juice (1 orange)
Salt, pepper
2 spring onions

For the courgettes:

4 courgettes
1 tablespoon of Italian herb mix
90 g flour
2 eggs
180 g panko breadcrumbs
45 g grated Parmesan
1 tablespoon of oil
Salt, pepper

RECIPE

- 1 | In a blender, place the red onion, peeled garlic cloves, ginger, chilli sauce, soy sauce and orange juice. Season with salt and pepper. Blend to a smooth sauce. Reserve 6 cl of the sauce. In a bowl, cover the drumsticks with the remaining sauce.
- 2 | In a deep dish, mix the flour, salt, pepper and Italian herbs. Beat the eggs in another deep dish. In another dish, mix the Parmesan with the panko breadcrumbs.
- 3 | Wash the courgettes and cut them into slices. Dip them in the flour mixture, then the egg and finally the breadcrumb and Parmesan mixture.
- 4 | Turn on the appliance. Turn on bowl 1. Make sure that the plate is placed in bowl 1. Select the GRILL program at 200 °C for 15 minutes. Do not put the ingredients in the pan yet, the appliance will automatically start preheating. Turn on bowl 2. Select the VEGETABLES
- 5 | When the appliance beeps and the display shows "Add", the grill preheating cycle is complete. Place the drumsticks on the plate in bowl 1.
- 6 | Halfway through cooking, turn the drumsticks over to cook them evenly and stir in the courgettes.
- 7 | Check that the meatballs are cooked thoroughly and continue to cook for an extra few minutes if necessary.
- 8 | Serve the drumsticks immediately. Sprinkle with chopped spring onion just before serving and serve with the remaining sauce and courgettes.

TIP

Be careful not to stack the chicken pieces, or they will not cook evenly. If you would like to make a larger quantity: you can cook in batches. Serve with a tomato salad.

SMALL MOLTEN CHOCOLATE CAKES

6  15  Min. 14  Min.

INGREDIENTS

170 g 53% dark baking chocolate
 80 g butter
 180 cl buttermilk
 80 g sugar
 1 medium egg
 1 teaspoon of vanilla extract

160 g flour
 1 teaspoon baking powder (4 g)
 1 pinch of salt
 100 g chocolate chips
 10 g melted butter

RECIPE

- 1 | Melt the chocolate and butter together, in a microwave or a bain-marie. Incorporate the egg, buttermilk, sugar, egg and vanilla and mix well with a whisk. Then add the flour, baking powder and salt and mix with a spatula. Once the mixture is smooth, stir in the chocolate chips.
- 2 | Butter the ramekins and pour in the batter (120 g per ramekin).
- 3 | Turn on the appliance. Turn on bowl 1. Select the DESSERT programme at 160°C for 14 minutes. Place 4 ramekins on the plate in bowl 1. Turn on bowl 2. Select the DESSERT programme at 160°C for 14 minutes. Place 2 ramekins on the plate in bowl 2. Press START to set both cooking.
- 4 | Check that the cakes are cooked by inserting a knife to the bottom of the ramekins. It should come out clean, if not, cook for another 2 minutes. Adjust the cooking time to suit your taste. Remove the cakes with a oven mitt or kitchen tongs.

TIP

For this recipe, use 9 cm diameter ramekins. Buttermilk, also known as lait ribot in French, makes your cakes, muffins, pancakes and waffles exceptionally moist. It is a fermented milk, produced by combining milk with an acid (usually lemon juice or vinegar). It has a tangy flavour and a 'curdled' texture that is thicker than milk, but less than cream, giving a soft, airy effect to your pastries. You can prepare it yourself using milk and lemon juice.

GRANOLA

6 ✨ 10 Min.  10 Min. 

INGREDIENTS

240 g rolled oats
80 g unsalted pecan nuts
80 g flaked almonds

200 ml maple syrup
100 ml neutral oil
2 g cinnamon

RECIPE

- 1 | In a bowl, mix the oats, pecans, slivered almonds, cinnamon, maple syrup and oil.
- 2 | Turn on the appliance. Turn on bowl 1. Select the MANUAL programme at 180°C for 10 minutes. Remove the plate from bowl 1 and spread 360 g of granola in the bowl. Turn on bowl 2. Select the MANUAL programme at 180°C for 10 minutes. Remove the plate from bowl 2 and spread 250g of granola in the bowl. Press START to begin cooking.
- 3 | Stir the granola halfway through cooking.
- 4 | Check that the meatballs are cooked thoroughly and continue to cook for an extra few minutes if necessary.
- 5 | Allow to cool and place in an airtight container.

TIP

You can enjoy the granola served on top of caramelised bananas.

BAKED APPLES

6 ✨ 15 Min. 🥣 20 Min. 🍲

INGREDIENTS

6 medium apples (1 kg)
50 g rolled oats
50 g raisins
40 g brown sugar

50 g chopped nuts
1 teaspoon cinnamon
50 g melted butter

RECIPE

- 1 | In a bowl, mix the oats, raisins, brown sugar, nuts and cinnamon. Add the melted butter and mix until the ingredients are combined. Set aside.
- 2 | Using a knife, cut off the top of the apple so that you are left with a 2 cm high piece, set this aside. Use a melon baller or a teaspoon to remove all the seeds. Slightly hollow out the core of the apple so that the filling can be placed inside. Completely fill the apples with the oat mixture. Place the top of the apple back on.
- 3 | Turn on the appliance. Turn on bowl 1. Select the DESSERT program at 165 °C for 20 minutes. Place 4 apples on the plate in bowl 1 of the appliance. Turn on bowl 2. Select the DESSERT program at 165 °C for 20 minutes. Place 2 apples on the plate in bowl 2 of the appliance. Press START to begin cooking.
- 4 | Check that the apples are cooked thoroughly and continue to cook if necessary. Cooking time may vary according to the size and the quality of the apples.
- 5 | Serve the apples warm.

TIP

You can substitute the raisins for dried figs or dried apricots.

CHOCOLATE MUFFINS



INGREDIENTS

120 g sugar
2 eggs
90 g plain white flour
20 g unsweetened cocoa powder

11 g baking powder
110 g milk
60 g melted butter
45 g milk chocolate chips

RECIPE

- 1 | In a bowl, whisk together the sugar and egg. Add half the flour, baking powder, cocoa powder and milk. Mix. Add the remaining powders and milk and mix. Finally, add the melted butter and chocolate chips and mix. Divide the mixture between the rigid muffin tins.
- 2 | Turn on the appliance. Turn on bowl 1. Select the DESSERT programme at 150°C for 16 minutes. Add the muffins to the plate in bowl
1. Turn on bowl 2. Select the DESSERT programme at 150°C for 16 minutes. Add the muffins to the plate in bowl 2. Press START to begin cooking.
- 3 | Remove the muffins from the appliance and leave them to cool on a tray.

TIP

Use 50 g of batter for each muffin. Bake again if necessary.

CARAMELISED BANANAS

4 ✨ 10 Min. 🥣 15 Min. ☕



INGREDIENTS

4 bananas
4 tablespoon of melted butter
6 tablespoon brown sugar

50 g granola
Vanilla ice cream

RECIPE

- 1 | Cut the bananas in half lengthwise. Brush the flesh with melted butter and sprinkle with brown sugar.
- 2 | Turn on the appliance. Turn on bowl 1. Select the MANUAL program at 200°C for 15 minutes and place 5 banana halves flesh side up in bowl 1. Turn on bowl 2. Select the MANUAL program at 200°C for 18 minutes and place 3 banana halves flesh side up in bowl 2.
- 3 | Press the SYNC button. Press START to begin cooking.
- 4 | Check that the meatballs are cooked thoroughly and continue to cook for an extra few minutes if necessary.
- 5 | Serve the bananas immediately, sprinkled with granola and accompanied by vanilla ice cream.

TIP

Be careful not to crowd the bananas, or they will not cook evenly. If you would like to make a larger quantity: you can cook in batches. Be sure to serve immediately. For a cinnamon version, mix a tablespoon of ground cinnamon with the brown sugar.