



Turbo Microwave Cooker with locking and adjustable vented lid, for heating large quantities of ready prepared food or cooking a variety of fresh food, rice and vegetables.

INSTRUCTIONS FOR USE:

- Wash the Turbo Microwave Cooker before first use.
- To reheat food, cook in short intervals of 1-2 minutes in order to not accidentally overheat food.
- Cut raw food into small, even size pieces to reduce cooking time.
- When cooking time ends, stir food (spoon included) and ensure it is cooked all the way through. Cook in 30 seconds- 1 minute increments until the desired temperature and texture has been achieved.
- Always ensure there is enough moisture either in the food or the microwave cooker.
- Position the lid and clip in place. Open the vent prior to cooking. After cooking **close the vent** and allow the food to rest for approximately 5 minutes – see below for variations.
- Always close the vent if storing food in the Microwave Cooker.

The cooking times are recommended cooking times. Please always check during cooking process as power of microwave ovens vary depending on the wattage of the microwave used.

New potatoes can be cooked to perfection, in about 14 minutes without losing flavour. Whilst, other mixed vegetables will take approximately 6 minutes. Simply add half a cup of water (measuring cup included) to the cooker, position and lock the lid, **open the vent** and place in the microwave for the required cooking time.

It's an excellent rice cooker too – big enough to serve up to 4 people. Pour the measured amount of rice into the pot and add the required quantity of water. Cook as per the instructions on the packaging to achieve delicious, fluffy rice. (Please see table below for cooking quantities and times).

Create mouth-watering casseroles in minutes. First prepare fresh vegetables and then add your favourite meat, fish or poultry. Pour over just enough sauce to cover the ingredients – taking care not to overfill, i.e. 2/3 full. Position the lid and lock into place. Now **open the vent** and cook in the microwave for approximately 15 minutes.

After removing the cooker from the microwave, **close the vent** and allow to stand before serving – approximately 5 minutes for casseroles and vegetables and 2 minutes for rice.

The specially designed lid will separate into two pieces for easy cleaning. Wash by hand or on the top rack of the dishwasher.

Rice

Put the rice and water into the Turbo Microwave Cooker (following the measures and times in the table below). Add salt, oil etc. Stir and lock the lid in place. Place into the microwave at full power with the vent set to open position. After cooking is complete, remove Turbo Microwave Cooker from microwave and leave to stand for 5 minutes. (1 measure = 1 cup)

For 850W microwave:

Measures of rice	Measures of water	Cooking time
1	1 ½ cups	9-11 mins
2	3 ¼ cups	13-15 mins
3	4 ½ cups	15-18 mins
4	5 ¾	18-20 mins

Casseroles

The approximate cooking time for stews and casseroles is 15 minutes for a 850W oven on the high heat setting. The vent should be left open during cooking. After cooking is complete, remove the Turbo Microwave Cooker from the microwave, close the vent and leave to stand for 15 minutes.

Caution

Do not overcook food or use the Turbo Microwave Cooker in the microwave oven without food. Food with high quantities of fat, oil or sugar may cause discolouring.

CARE AND CLEANING INSTRUCTIONS

- Sharp utensils and abrasive scouring materials may damage the surface.
- Hand wash with a dishcloth or place on the top rack of your dishwasher.

DISPOSAL

- Dispose of all packaging, paper, cartons, plastic and plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre.