

Tefal[®]

COOK4ME



Intelligent multicooker
That cooks for you



STARTER



Asian pork meatballs
Beef & stuffed peppers
Beetroot dip
Broccoli with almonds
Chilli jam
Coriander prawns
Crab & corn soup
Creamy mashed potatoes
Creamy polenta
Cumin ratatouille
Dahl
Fish & cauliflower soup
Fish cakes
Greek style mushrooms
Hot spicy tom yum soup
Hummus
Lentil & smoked bacon soup
Minestrone
Miso soup
Mushroom soup
Porridge
Potato & leek soup
Pumpkin dip
Pumpkin soup
Sweet potato and chickpea
Vegetarian pumpkin
White sauce



MAIN



Balsamic chicken wings
Beef bolognese sauce
Beef casserole
Beef massaman curry
Beef stroganoff
Beef tacos
Beef teriyaki stir-fry
Bourguignon beef
Chicken cacciatore
Chicken tikka curry
Chicken wings with curry
Chicken with rice
Chilli con carne
Corned beef
Fettuccine carbonara
Fish curry
Fish with lemon & herbs
Gnocchi with pancetta
Greek lamb
Green chicken curry
Ham & parmesan tortellini
Lamb koftas
Lamb rogan josh curry
Lamb shanks
Lamb with rosemary & tomatoes



DESSERT



Ling fillet with prawns
Macaroni cheese
Meatballs with tomato sauce
Mushroom & spinach risotto
Mustard roast beef
Pea & ham risotto
Pesto chicken risotto
Pork spare ribs
Pumpkin risotto
Quinoa salad with cucumber
Saffron salmon
San choy bow
Sausage & bean stew
Savoury mince
Spicy minced pork with beans
Spicy stir-fried chicken
Spring lamb stew
Steamed sweet chilli salmon
Tomato calamari
Tuna mornay
Veal goulash
Veal osso bucco
Veal rolls with bocconcini
& tomato sauce
Veal with lemon & oregano
Whole chicken with potatoes

Bread & butter pudding
Chocolate sponge pudding
Golden syrup steamed puddings
Lemon delicious
Light chocolate cream
Peach puddings
Spiced pears
Steamed Coconut
& Fruit Pudding
Steamed golden cake



PUMPKIN DIP

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Express recipe

	2	4	6
Butternut Pumpkin (diced)	250 g	500 g	750 g
Water	100 ml	200 ml	300 ml
Moroccan Seasoning	1 tsp	2 tsp	2 ½ tsp
Parsley (chopped)	1 tbsp	2 tbsp	¼ cup
Sour cream	2 tbsp	⅓ cup	½ cup
Lemon juice	1 tsp	2 tsp	3 tsp
Crackers (to serve)			

ASIAN PORK MEATBALLS



	2	4	6
Minced Pork	250 g	500 g	750 g
Shitake Mushrooms (chopped)	25 g	50 g	75 g
Shallots (chopped)	1 tsp	1 ½ tsp	2 tsp
Coriander (chopped)	1 tbsp	1 ½ tbsp	2 tbsp
Chilli Paste	½ tsp	1 tsp	1 ½ tsp
Sweet Soy Sauce	1 tbsp	1 ½ tbsp	2 tbsp
Water (for steaming)	200 ml	200 ml	200 ml

BEEF & STUFFED PEPPERS



	2	4	6
Olive Oil	½ tbsp	1 tbsp	1 ½ tbsp
Minced Beef	100 g	200 g	300 g
Onion	50 g	100 g	120 g
Long Grain Rice (cooked)	½ cup	1 cup	1 ½ cup
Tomatoes (med size)	½	1	1 ½
Red Capsicum (med size)	2	4	6
Water	200 ml	200 ml	200 ml
Parsley to garnish	To taste	To taste	To taste

BEETROOT DIP

	2	4	6
Beetroot (chopped)	220 g	440 g	660 g
Water	200 ml	300 ml	400 ml
Greek Yoghurt	½ cup	¾ cup	1 cup
Lemon Juice	2 tsp	1 tbsp	1 ½ tbsp
Dill (chopped)	1 tbsp	2 tbsp	2 ½ tbsp
Salt & Pepper	Pinch	Pinch	Pinch
Crackers (to serve)			

BROCCOLI WITH ALMONDS



Express recipe

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Broccoli	300 g	400 g	500 g
Butter (soft)	80 g	100 g	120 g
Almond meal	30 g	50 g	75 g
Parsley (chopped)	2 tbsp	3 tbsp	4 tbsp
Water	150 ml	250 ml	400 ml
Salt & Pepper	Pinch	Pinch	Pinch

CHILLI JAM



Express recipe

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Onion	100 g	150 g	200 g
Long Red Chillies (sliced, seeds in)	50 g	100 g	150 g
Brown Sugar	¼ cup	½ cup	¾ cup
Canned Diced Tomatoes	200 g	400 g	600 g
Sweet Chilli Sauce	20 ml	40 ml	60 ml
Balsamic Vinegar	20 ml	40 ml	60 ml
Olive Oil (for browning)	1 tbsp	1 tbsp	1 tbsp

CORIANDER PRAWNS



Express recipe

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4

6

Green Prawns (peeled)	12	24	36
Thickened cream	50 ml	100 ml	150 ml
Fish Stock	50 ml	100 ml	150 ml
Coriander Leaves (chopped)	1 tbsp	1 ½ tbsp	2 tbsp
Tomato Pasta Sauce	50 g	100 g	150 g
Garlic (crushed)	1 tsp	1 ½ tsp	2 tsp
Steamed Rice (to serve)	2 cups	4 cups	6 cups

CRAB & CORN SOUP



	2	4	6
Corn Kernels (canned, drained weight)	125 g	250 g	400 g
Flaked Crab	100 g	120 g	150 g
Creamed Corn (canned)	310 g	550 g	780 g
Chicken Stock	375 ml	750 ml	1.2 l
Soy Sauce	2 tsp	3 tbsp	4 tbsp
Ginger (crushed)	1 tsp	2 tsp	3 tsp
Shallots (to serve)	2 tsp	3 tsp	1 tbsp

CREAMY MASHED POTATOES

	2	4	6
Potatoes (diced)	350 g	700 g	1 kg
Butter (softened)	30 g	60 g	90 g
Milk (warm)	30 ml	60 ml	90 ml
Cream (warm)	30 ml	60 ml	90 ml
Salt & Pepper	Pinch	Pinch	Pinch

CREAMY POLENTA



	2	4	6
Vegetable Stock	250 ml	500 ml	750 ml
Milk	250 ml	500 ml	750 ml
Polenta (fine or instant)	½ cup	1 cup	1 ½ cup
Pouring Cream	80 ml	160 ml	250 ml
Parmesan Cheese (grated)	¼ cup	½ cup	¾ cup
Salt & Pepper	Pinch	Pinch	Pinch

CUMIN RATATOUILLE



Express recipe

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Ratatouille (red capsicum,
zucchini, eggplant & red onion)

300 g

600 g

900 g

Passata

50 ml

100 ml

150 ml

Cumin Powder

½ tsp

1 tsp

1 ½ tsp

Basil (chopped)

½ tsp

1 tsp

1 ½ tsp

DAHL



Express recipe

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6

Olive Oil

2 tsp

1 tbsp

1 tbsp

Onion (chopped)

100 g

150 g

150 g

Korma Curry Paste

1 tbsp

2 tbsp

3 tbsp

Tomato Paste

2 tsp

1 tbsp

1 ½ tbsp

Vegetable Stock

325 ml

625 ml

935 ml

Red Lentils (dried)

100 g

200 g

300 g

Coriander (chopped, to serve)

1 tsp

2 tsp

3 tsp

FISH & CAULIFLOWER SOUP



Express recipe

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Butter

10 g

20 g

30 g

Diced Vegetable Medley

100 g

150 g

200 g

Fish or Vegetable Stock

50 ml

1 l

1 ½ l

White Fish Fillets
(chopped, bones removed)

250 g

500 g

750 g

Cauliflower (chopped)

200 g

400 g

600 g

Cannellini Beans
(canned, drained weight)

125 g

250 g

375 g

Dill (to serve)

1 tsp

2 tsp

1 tbsp

Cream (to serve)

40 ml

80 ml

120 ml

Bread (to serve)

FISH CAKES



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Peanut Oil	60 ml	60 ml	60 ml
Boneless White Fish Fillets (Snapper)	200 g	400 g	600 g
Egg White	1	1	1
Fish Sauce	1 tsp	2 tsp	1 tbsp
Red Curry Paste	2 tsp	3 tsp	1 ½ tbsp
Shallots (sliced)	1	2	3
Water	300 ml	300 ml	300 ml
Sweet Chilli Sauce (to serve)	⅓ cup	⅔ cup	1 cup

GREEK STYLE MUSHROOMS



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Button Mushrooms (sliced)	500 g	1 kg	1.2 kg
Olive Oil	40 ml	60 ml	80 ml
Lemon Juice	1 tbsp	2 tbsp	3 tbsp
Oregano Leaves (dried)	1 tsp	2 tsp	3 tsp
Passata	2 tbsp	4 tbsp	6 tbsp
Salt & Pepper	Pinch	Pinch	Pinch

HOT SPICY TOM YUM SOUP



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Raw Prawns (med size)	8	16	24
Shitake Mushrooms (sliced)	50 g	100 g	150 g
Shallots (sliced)	2	4	6
Water	500 ml	1 l	1 ½ l
Tom Yum Soup Spice Paste	1 tbsp	2 tbsp	3 tbsp
Brown Sugar	2 tsp	3 tsp	4 tsp
Coriander (to serve)	1 tsp	2 tsp	3 tsp

HUMMUS

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Chickpeas (dried, soaked)	100 g	200 g	250 g
Water	200 ml	400 ml	600 ml
Cumin (ground)	½ tbsp	1 tbsp	1 ½ tbsp
Garlic (crushed)	1 clove	1 ½ cloves	2 cloves
Tahini	¼ cup	½ cup	¾ cup
Lemon Juice	¼ cup	½ cup	¾ cup
Crackers to serve			

LENTIL & SMOKED BACON SOUP

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Lentils	100 g	150 g	300 g
Potato (peeled & diced)	80 g	100 g	200 g
Vegetable Stock	500 ml	750 ml	1.5 L
Onion (diced)	50 g	70 g	120 g
Vegetable Oil	1 tsp	1 tsp	1 tbsp
Smoked Bacon (diced)	40 g	80 g	150 g
Chives (chopped to serve)	1 tsp	2 tsp	3 tsp

MINESTRONE



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Fresh Vegetable Mix (finely diced)	200 g	300 g	400 g
Onion (diced)	50 g	80 g	100 g
Tomato pasta sauce w/onion & garlic	250 ml	500 ml	750 ml
Vegetable Stock	250 ml	500 ml	750 ml
Canned white beans (drained weight)	100 g	200 g	300 g
Salt & Pepper	Pinch	Pinch	Pinch
Parmesan cheese (grated to serve)	2 tbsp	4 tbsp	6 tbsp

MISO SOUP



	2	4	6
Carrot (grated)	30 g	60 g	90 g
Shallots (sliced)	2	3	4
White Soybean Paste	1 ½ tbsp	2 ½ tbsp	4 tbsp
Water	600 ml	1.2 l	1.8 l
Silken Firm Tofu (diced)	100 g	200 g	300 g
Dashi Granules	1 tsp	1 ½ tsp	2 tsp

MUSHROOM SOUP

	2	4	6
Button Mushrooms (sliced)	175 g	350 g	525 g
Olive Oil	2 tsp	3 tsp	4 tsp
Potato (peeled & diced)	2	4	6
Onion (diced)	½	1	1 ½
Carrot (diced)	½	1	1 ½
Vegetable Stock	500 ml	1 l	1 ½ l
Thyme Leaves (chopped, to serve)	1 tsp	2 tsp	3 tsp

PORRIDGE



	2	4	6
Traditional Oats	1 cup	2 cups	3 cups
Milk	250 ml	500 ml	750 ml
Water	250 ml	500 ml	750 ml
Brown Sugar (to serve)	Pinch	Pinch	Pinch
Honey (to serve if desired)	1 tsp	2 tsp	3 tsp
Yoghurt (to serve if desired)	1 tbsp	2 tbsp	3 tbsp

POTATO & LEEK SOUP



Express recipe

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Olive Oil	1 tbsp	2 tbsp	2 tbsp
Leek (sliced)	100 g	200 g	300 g
Garlic (crushed)	2 cloves	3 cloves	3 cloves
Rosemary (chopped)	2 tsp	1 tbsp	1 ½ tbsp
Potato (diced)	500 g	1 kg	1 ½ kg
Chicken Stock	500 ml	1 l	1 ½ l
Cream (to serve)	1 tbsp	2 tbsp	¼ cup

PUMPKIN SOUP

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Olive Oil	2 tsp	1 tbsp	1 tbsp
Onion (chopped)	100 g	150 g	200 g
Garlic (crushed)	½ tsp	1 tsp	1 ½ tsp
Butternut Pumpkin (chopped)	500 g	1 kg	1 ½ kg
Potato (chopped)	100 g	150 g	200 g
Vegetable Stock	500 ml	1 l	1 ½ l

SWEET POTATO AND CHICKPEA



Express recipe

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Olive Oil	2 tsp	1 tbsp	1 tbsp
Onion (chopped)	100 g	150 g	200 g
Moroccan Seasoning	3 tsp	1 ½ tbsp	2 tbsp
Sweet Potato (diced)	225 g	450 g	650 g
Chick Peas (canned, drained weight)	125 g	250 g	375 g
Tomato Passata	375 ml	750 ml	1.1 l
Coriander (chopped, to serve)	1 tbsp	2 tbsp	¼ cup
Parsley (chopped, to serve)	1 tbsp	2 tbsp	¼ cup
Cooked Couscous (to serve)	200 g	400 g	600 g

VEGETARIAN PUMPKIN



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Pumpkin (peeled & chopped)	800 g	1 kg	1.2 kg
Cumin (ground)	1 tsp	2 tsp	3 tsp
Orange Zests	1.5 tsp	1 tbsp	1.5 tbsp
Olive Oil	50 ml	60 ml	60 ml
Orange Juice	25 ml	40 ml	40 ml
Salt & Pepper	Pinch	Pinch	Pinch
Parsley (to serve), or	1 tbsp	2 tbsp	3 tbsp
Coriander (to serve)	1 tbsp	2 tbsp	3 tbsp

WHITE SAUCE



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Butter (diced)	20 g	40 g	50 g
Plain Flour	1 tbsp	1 ½ tbsp	2 tbsp
Milk	125 ml	175 ml	250 ml
Thickened Cream	125 ml	175 ml	250 ml
Wholegrain Mustard	2 tsp	3 tsp	1 tbsp
Parsley (chopped)	1 tbsp	1 ½ tbsp	2 tbsp



STEAMED SWEET CHILLI SALMON



Express recipe

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Salmon Fillets (skin off)	2 x 200 g	4 x 200 g	6 x 200 g
Sweet Chili Sauce	2 tbsp	80 ml	100 ml
Lime Juice	2 tsp	1 tbsp	1 ½ tbsp
Coriander (chopped)	2 tsp	1 tbsp	1 ½ tbsp
Water	300 ml	300 ml	300 ml
Steamed Green Vegetables (to serve)	2 cups	4 cups	6 cups

BALSAMIC CHICKEN WINGS



	2	4	6
Chicken Wings	6	12	18
Garlic (fresh or paste)	2 tsp	2 tsp	6 tsp
Balsamic Vinegar	60 ml	60 ml	100 ml
Honey	60 ml	60 ml	80 ml
Tomato Sauce	60 ml	60 ml	100 ml
Water	200 ml	300 ml	425 ml

BEEF BOLOGNAISE SAUCE



	2	4	6
Olive Oil	2 tsp	1 tbsp	1 ½ tbsp
Onion (chopped)	50 g	100 g	150 g
Garlic (crushed)	1 tsp	2 tsp	2 tsp
Beef Mince	300 g	600 g	900 g
Napolitano Pasta Sauce	300 g	600 g	900 g
Bay Leaf	1	2	3
Cooked Pasta (to serve)	375 g	750 g	1.125 kg

BEEF CASSEROLE

	2	4	6
Olive Oil	1 tbsp	2 tbsp	2 tbsp
Chuck Steak (cubed)	500 g	1 kg	1.25 kg
Onion (chopped)	100 g	150 g	200 g
Carrot (sliced)	200 g	400 g	600 g
Canned diced tomatoes with herbs	200 g	400 g	600 g
Beef Consomme	100 ml	200 ml	300 ml
Parsley (chopped)	2 tsp	4 tsp	6 tsp

BEEF MASSAMAN CURRY

	2	4	6
Canola Oil	1 tbsp	1 ½ tbsp	2 tbsp
Onion (sliced)	100 g	150 g	200 g
Chuck Steak (diced)	350 g	700 g	1 kg
Massaman Curry Paste	2 tbsp	½ cup	½ cup
Coconut Cream	125 ml	250 ml	375 ml
Potato (diced)	250 g	500 g	750 g
Steamed Rice (to serve)	2 cups	4 cups	6 cups

BEEF STROGANOFF



	2	4	6
Sliced Beef	300 g	600 g	900 g
Flour	1 tbsp	2 tbsp	3 tbsp
Sour Cream	2 tbsp	3 tbsp	4 ½ tbsp
Sweet Paprika	½ tbsp	1 tbsp	1 ½ tbsp
Button Mushrooms (sliced)	100 g	200 g	300 g
Beef Consomme	125 ml	250 ml	375 ml
Olive Oil	1 tbsp	1 ½ tbsp	2 tbsp
Extra Flour (to roll beef)	20 g	40 g	60 g
Steamed Rice (to serve)	2 cups	4 cups	6 cups

BEEF TACOS



	2	4	6
Canola Oil	2 tsp	1 tbsp	1 tbsp
Beef Mince	250 g	500 g	750 g
Onion (finely chopped)	100 g	150 g	200 g
Taco Seasoning	15 g	30 g	45 g
Canned Diced Tomatoes	200 g	400 g	600 g
Tomato Paste	1 tbsp	2 tbsp	¼ cup
Taco Shells (to serve)	4	8	12
Lettuce (to serve)	½ cup	1 cup	1 ½ cups
Tomatoes (to serve)	½ cup	1 cup	1 ½ cups
Sour Cream (to serve)	2 tbsp	¼ cup	½ cup

BEEF TERIYAKI STIR-FRY



	2	4	6
Peanut Oil	1 tbsp	2 tbsp	2 tbsp
Beef Stir Fry Strips	300 g	600 g	900 g
Long Red Chilli (thinly sliced, deseeded)	1	2	2
Teriyaki Marinade	2 tbsp	80 ml	⅓ cup
Water	50 ml	100 ml	150 ml
Pak Choy (sliced)	150 g	300 g	400 g
Cooked Noodles (to serve)	100 g	200 g	300 g

BOURGUIGNON BEEF

	2	4	6
Diced Beef	600 g	800 g	1 kg
Mushrooms (sliced)	100 g	200 g	300 g
Beef Consomme	100 ml	150 ml	150 ml
Red Wine	100 ml	150 ml	150 ml
Bacon (diced)	100 g	150 g	200 g
Onion	100 g	150 g	200 g
Flour (to roll beef)	20 g	40 g	60 g

CHICKEN CACCIATORE

	2	4	6
Chicken Drumsticks	4 x 130 g	8 x 130 g	12 x 130 g
Mushrooms (chopped)	150 g	300 g	450 g
Onion (chopped)	100 g	150 g	200 g
Red Capsicum (chopped)	150 g	300 g	450 g
Tomato Pasta Sauce	250 ml	500 ml	750 ml
Water	2 tbsp	80 ml	125 ml
Pitted Kalamata Olives (to serve)	50 g	100 g	150 g
Basil (shredded, to serve)	2 tbsp	½ cup	½ cup
Cooked Risoni Pasta (to serve)	200 g	400 g	600 g

CHICKEN TIKKA CURRY



Express recipe

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Green Beans	200 g	400 g	500g
Onion (sliced)	200 g	400 g	500 g
Chicken Thigh Fillets (chopped)	300 g	600 g	900 g
Tikka Curry Paste	2 tbsp	⅓ cup	½ cup
Tomato Paste	2 tbsp	2 tbsp	¼ cup
Thickened Cream	125 ml	250 ml	375 ml
Coriander (chopped)	1 tbsp	2 tbsp	3 tbsp
Steamed Rice (to serve)	2 cups	4 cups	6 cups

CHICKEN WINGS WITH CURRY



Express recipe

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Chicken Wings	6	8	12
Korma Curry Paste	1 tbsp	2 tbsp	2 tbsp
Onion (sliced)	100 g	150 g	200 g
Coconut Cream	60 ml	80 ml	120 ml
Chicken Consomme	150 ml	250 ml	375 ml
Coriander	Pinch	Pinch	Pinch
Steamed Rice (to serve)	2 cups	4 cups	6 cups

CHICKEN WITH RICE



Express recipe

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Minced chicken	150 g	300 g	450 g
Rice	150 g	300 g	450 g
Chicken stock	300 ml	550 ml	850 ml
Chopped onion	50 g	100 g	150 g
Diced carrot	50 g	100 g	150 g
Frozen peas & corn	50 g	100 g	150 g

CHILLI CON CARNE



	2	4	6
Minced Beef	300 g	600 g	900 g
Chilli Spice Mix	17 g	35 g	52 g
Tinned Kidney Beans (drained weight)	150 g	300 g	450 g
Tinned Tomatoes (diced)	200 g	400 g	600 g
Onion	50 g	100 g	200 g
Salt & Pepper	Pinch	Pinch	Pinch

CORNERED BEEF

	2	4	6
Water	500 ml	500 ml	500 ml
Brown Sugar	2 tbsp	2 tbsp	2 tbsp
Brown or Malt Vinegar	2 tbsp	2 tbsp	2 tbsp
Bay Leaf	1	1	1
Corned Beef	750 g	1 kg	1 ½ kg
Onion (quartered)	1	1	1
Steamed Vegetables (to serve)			

FETTUCCHINE CARBONARA



	2	4	6
Olive Oil	2 tsp	1 tbsp	1 tbsp
Bacon (diced)	100 g	200 g	300 g
Thickened Cream	185 ml	375 ml	550 ml
Eggs	1	2	3
Fresh Egg Fettuccine (cooked)	375 g	750 g	1.125 kg
Parmesan Cheese (grated)	½ cup	1 cup	1 ½ cups

FISH CURRY



Express recipe

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Red Curry Paste	1 ½ tbsp	½ cup	⅓ cup
Coconut Cream	125 ml	250 ml	375 ml
White Firm Fish Fillets (Ling, diced)	350 g	700 g	1 kg
Brown Sugar	1 tsp	2 tsp	3 tsp
Snow Peas (sliced)	100 g	200 g	375 g
Shallots (sliced)	2	4	4
Coriander (chopped, to serve)	1 tsp	2 tsp	3 tsp
Steamed Rice (to serve)	2 cups	4 cups	6 cups

FISH WITH LEMON & HERBS



Express recipe

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Olive Oil	1 tbsp	2 tbsp	2 ½ tbsp
Lemon Juice	2 tbsp	60 ml	80 ml
Dill & Chives (chopped)	1 tbsp	1 ½ tbsp	2 tbsp
Capers (chopped)	2 tsp	2 tsp	1 tbsp
Caster Sugar	¼ tsp	¼ tsp	½ tsp
Ling Fish Fillets	2 x 250 g	4 x 250 g	6 x 250 g
Water	300 ml	300 ml	300 ml
Cooked Baby Potatoes (to serve)	8	16	24

GNOCCHI WITH PANCETTA



Express recipe

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6

Fresh Potato Gnocchi	250 g	500 g	750 g
Arrabbiata Pasta Sauce	250 ml	500 ml	750 ml
Water	⅓ cup	⅔ cup	1 cup
Pancetta (chopped)	50 g	100 g	150 g
Parsley (chopped)	2 tbsp	3 tbsp	3 tbsp

GREEK LAMB

	2	4	6
Lamb Leg Roast	600 g	1.2 kg	1.5 kg
Garlic (chopped)	1 clove	1 clove	2 cloves
Lemon Juice	2 tbsp	60 ml	80 ml
Onion (sliced)	100 g	150 g	200 g
Oregano leaves (dried)	½ tsp	1 tsp	1 ½ tsp
Chicken Stock	200 ml	300 ml	400 ml
Vegetable Oil (for browning)	1 tbsp	1 tbsp	2 tbsp
Steamed Vegetables (to serve)	2 cups	4 cups	6 cups

GREEN CHICKEN CURRY



	2	4	6
Peanut Oil	1 tbsp	1 ½ tbsp	2 tbsp
Onion (chopped)	100 g	150 g	200 g
Chicken Breast Fillets (chopped)	300 g	600 g	900 g
Thai Green Curry Paste	1 tbsp	1 ½ tbsp	2 tbsp
Coconut Cream	125 ml	250 ml	375 ml
Sliced Beans & Zucchini	150 g	200 g	250 g
Brown Sugar (to serve)	1 tsp	2 tsp	1 tbsp
Coriander (chopped, to serve)	1 tbsp	2 tbsp	3 tbsp
Steamed Rice (to serve)	2 cups	4 cups	6 cups

HAM & PARMESAN TORTELLINI



	2	4	6
Fresh Ham Tortellini	240 g	480 g	720 g
Liquid Cream	150 ml	300 ml	450 ml
Olive Oil	20 ml	20 ml	30 ml
Button Mushrooms (sliced)	100 g	200 g	300 g
Parmesan Cheese (grated)	30 g	60 g	90 g
Salt & Pepper	Pinch	Pinch	Pinch

LAMB KOFTAS



	2	4	6
Canola Oil	2 tbsp	¼ cup	¼ cup
Lamb Mince	350 g	700 g	1 kg
Shallots	1	2	3
Garlic (crushed)	1 clove	2 cloves	2 cloves
Cumin & Coriander combined (ground)	2 tsp	1 tbsp	1 ½ tbsp
Parsley & Mint combined (chopped)	1 tbsp	2 tbsp	¼ cup
Water (for steaming)	300 ml	300 ml	300 ml
Tzatziki (to serve)	½ cup	1 cup	1 ½ cups

LAMB ROGAN JOSH CURRY

	2	4	6
Canola Oil	1 tbsp	2 tbsp	2 tbsp
Lamb (diced)	350 g	700 g	1.05 kg
Onion (sliced)	100 g	150 g	200 g
Rogan Josh Paste	2 tbsp	½ cup	½ cup
Canned Diced Tomatoes	400 g	800 g	1.2 kg
Spinach (chopped)	100 g	200 g	300 g

LAMB SHANKS

	2	4	6
Olive Oil	1 tbsp	1 ½ tbsp	2 tbsp
Lamb Shanks (Frenched)	2 x 320 g	4 x 320 g	6 x 320 g
Onion (chopped)	100 g	150 g	200 g
Carrot (Diced)	100 g	150 g	200 g
Celery (Diced)	50 g	75 g	100 g
Canned Diced Tomatoes with Herbs	400 g	800 g	1.2 kg
Parsley (to serve)	1 tbsp	2 tbsp	3 tbsp
Mashed Potato (to serve)	200 g	400 g	600 g

LAMB WITH ROSEMARY & TOMATOES

	2	4	6
Olive Oil	1 tbsp	1 tbsp	1 tbsp
Lamb Leg Mini Roast	400 g	800 g	1.2 kg
Garlic (crushed)	1 tsp	1 ½ tsp	2 tsp
Rosemary (chopped)	1 tbsp	1 ½ tbsp	2 tbsp
Grape Tomatoes	100 g	150 g	200 g
Chicken Consomme	100 ml	150 ml	200 ml
Cooked Roast Vegetables (to serve)	300 g	600 g	900 g

LING FILLET WITH PRAWNS



	2	4	6
Ling Fillets	2 x 175 g	4 x 175 g	6 x 175 g
Raw Prawns (med size)	120 g	180 g	270 g
Button Mushrooms (chopped)	60 g	120 g	150 g
Fish Stock	50 ml	100 ml	150 ml
Thickened Cream	50 ml	75 ml	100 ml
Salt & Pepper	Pinch	Pinch	Pinch

MACARONI CHEESE



	2	4	6
Butter (diced)	25 g	50 g	75 g
Plain Flour	1 tbsp	2 tbsp	¼ cup
Milk	250 ml	500 ml	750 ml
Dijon Mustard	1 tsp	2 tsp	3 tsp
Tasty & Parmesan Cheese (grated)	1 cup	2 cups	3 cups
Macaroni Pasta (cooked)	500 g	1 kg	1.5 kg
Chives (chopped, to serve)	1 tbsp	2 tbsp	3 tbsp

MEATBALLS WITH TOMATO SAUCE

2

4

6

Lean Beef Mince	300 g	600 g	900 g
Fresh Breadcrumbs	⅓ cup	⅓ cup	⅓ cup
Egg (beaten)	½	1	1
Tuscan Seasoning	2 tsp	1 tbsp	1 ½ tbsp
Olive Oil	40 ml	60 ml	80 ml
Tomato Pasta Sauce with onion, garlic & herbs	250 ml	500 ml	750 ml
Cooked Pasta (to serve)	375 g	750 g	1.125 kg

MUSHROOM & SPINACH RISOTTO

2

4

6

Olive Oil	2 tsp	1 tbsp	1 ½ tbsp
Leek (thinly sliced)	100 g	150 g	200 g
Arborio Rice	150 g	300 g	450 g
Button & Swiss Mushrooms (sliced)	125 g	250 g	375 g
Vegetable or Chicken Stock	375 ml	750 ml	1.2 l
Baby Spinach Leaves	40 g	75 g	150 g
Parmesan (grated, to serve)	¼ cup	½ cup	¾ cup

MUSTARD ROAST BEEF

2

4

6

Roast Beef	600 g	800 g	1 kg
Dry White Wine	150 ml	150 ml	150 ml
Mustard	½ tbsp	1 tbsp	1 ½ tbsp
Onion (chopped)	100 g	150 g	150 g
Vegetable Oil	1 tbsp	1 tbsp	1 tbsp
Water	200 ml	350 ml	450 ml
Salt & Pepper	Pinch	Pinch	Pinch

PEA & HAM RISOTTO



	2	4	6
Olive Oil	2 tsp	1 tbsp	1 ½ tbsp
Leek (thinly sliced)	100 g	150 g	200 g
Arborio Rice	150 g	300 g	450 g
Diced Ham	100 g	200 g	200 g
Chicken Stock	375 ml	750 ml	1.2 l
Frozen Peas (thawed)	50 g	100 g	150 g
Parmesan (grated, to serve)	¼ cup	½ cup	¾ cup

PESTO CHICKEN RISOTTO



	2	4	6
Olive Oil	2 tsp	1 tbsp	1 ½ tbsp
Onion (chopped)	100 g	150 g	200 g
Chicken Thigh Fillets (diced)	125 g	250 g	375 g
Basil Pesto	1 ½ tbsp	¼ cup	⅓ cup
Arborio Rice	150 g	300 g	450 g
Chicken Stock	375 ml	750 ml	1.1 l
Cherry Tomatoes (chopped, to serve)	75 g	150 g	225 g
Parmesan (grated, to serve)	¼ cup	½ cup	¾ cup

PORK SPARE RIBS

	2	4	6
Pork Spare Ribs	2 x 200 g	4 x 200 g	6 x 200 g
Garlic (crushed)	1 tsp	1 ½ tsp	2 tsp
Soy Sauce	1 tbsp	1 ½ tbsp	2 tbsp
Honey	3 tbsp	4 tbsp	4 tbsp
Water	125 ml	175 ml	175 ml
Ginger (crushed)	1 tsp	1 ½ tsp	2 tsp

PUMPKIN RISOTTO



	2	4	6
Olive Oil	2 tsp	1 tbsp	1 ½ tbsp
Leek (thinly sliced)	100 g	150 g	200 g
Arborio Rice	150 g	300 g	450 g
Butternut Pumpkin (diced)	200 g	400 g	600 g
Vegetable Stock	375 ml	750 ml	1.2 l
Parmesan Cheese	¼ cup	½ cup	¾ cup
Parsley (to serve)	1 tbsp	2 tbsp	3 tbsp

QUINOA SALAD WITH CUCUMBER



	2	4	6
Quinoa	100 g	200 g	300 g
Water	250 ml	500 ml	750 ml
Lebanese Cucumber (diced)	75 g	150 g	225 g
Cherry Tomatoes (diced)	100 g	200 g	300 g
Shallots (sliced)	2	6	4
Parsley & Mint (chopped)	¼ cup	½ cup	¾ cup

SAFFRON SALMON



	2	4	6
Salmon Fillets	2 x 200 g	4 x 200 g	6 x 200 g
Fish Stock	250 ml	375 ml	500 ml
Saffron	½ tsp	½ tsp	½ tsp
Coriander (ground)	½ tsp	1 tsp	1 ½ tsp
Leek (sliced)	100 g	200 g	300 g
Parsley	1 tbsp	1 ½ tbsp	2 tbsp

SAN CHOY BOW



	2	4	6
Chicken Mince	400 g	700 g	1 kg
Sweet Chilli Sauce	60 ml	120 ml	180 ml
Soy Sauce	1 tbsp	2 tbsp	2 ½ tbsp
Carrot (grated)	1 cup	2 cups	3 cups
Green Cabbage (shredded)	1 cup	2 cups	3 cups
Shallots (sliced)	2	4	6
Lettuce Cups (to serve)	4	8	12

SAUSAGE & BEAN STEW



	2	4	6
Olive Oil	2 tsp	1 tbsp	1 tbsp
Beef Chipolata Sausages	8	16	24
Onion (chopped)	100 g	150 g	200 g
Yellow Capsicum (Sliced)	75 g	150 g	200 g
Canned 4 Bean Mix (drained weight)	250 g	400 g	600 g
Canned Diced Tomatoes	400 g	800 g	1.2 kg
Parsley (chopped, to serve)	1 tbsp	2 tbsp	¼ cup

SAVOURY MINCE



	2	4	6
Olive Oil	2 tsp	1 tbsp	1 ½ tbsp
Diced Vegetable Medley	150 g	250 g	300 g
Beef Mince	300 g	600 g	900 g
Beef Consomme	60 ml	125 ml	185 ml
Tomato Pasta Sauce	200 ml	400 ml	600 ml
Frozen Peas & Corn	100 g	200 g	300 g
Parsley (chopped, to serve)	1 tbsp	2 tbsp	¼ cup
Mashed Potato (to serve)	200 g	400 g	600 g

SPICY MINCE PORK WITH BEANS



Express recipe

2

4

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Pork Mince	300 g	600 g	900 g
Red Capsicum (cut into strips)	50 g	100 g	150 g
Green Beans (thinly sliced)	50 g	100 g	150 g
Red Curry paste	1 tbsp	2 tbsp	3 tbsp
Sweet Soy Sauce	1 ½ tbsp	3 tbsp	4 ½ tbsp
Veal Stock	75 ml	150 ml	200 ml
Cooked Noodles (to serve)	100 g	200 g	300 g

SPICY STIR-FRIED CHICKEN



Express recipe

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Peanut Oil	2 tsp	1 tbsp	1 ½ tbsp
Onion (thinly sliced)	100 g	150 g	200 g
Chicken Breast Fillets (sliced)	300 g	600 g	900 g
Thai Red Curry Paste	1 ½ tbsp	2 ½ tbsp	¼ cup
Red Capsicum (sliced)	75 g	150 g	200 g
Water	120 ml	150 ml	180 ml
Coriander (chopped, to serve)	1 tsp	2 tsp	1 tbsp
Steamed Rice (to serve)	2 cups	4 cups	6 cups

SPRING LAMB STEW

2

4

6

Lamb (diced)	500 g	1 kg	1.25 kg
Vegetable Stock	200 ml	300 ml	400 ml
Green Peas (fresh or frozen)	150 g	300 g	500 g
Carrot (sliced)	100 g	150 g	200 g
Vegetable Oil	1 tbsp	1 tbsp	1 tbsp
Onion (sliced)	75 g	150 g	200 g

TOMATO CALAMARI



	2	4	6
Calamari Slices (fresh or frozen)	400 g	800 g	1.2 kg
Tomato Sauce	100 ml	150 ml	200 ml
White Wine	50 ml	50 ml	50 ml
Basil (chopped)	1 tbsp	1 tbsp	1 ½ tbsp
Garlic (crushed)	1 tbsp	1 tbsp	1 ½ tbsp
Red Chilli (chopped)	1 tsp	1 tsp	1 ½ tsp

TUNA MORNAY



	2	4	6
Butter (diced)	25 g	50 g	75 g
Plain Flour	1 ½ tbsp	¼ cup	⅓ cup
Milk	250 ml	500 ml	625 ml
Tuna (canned, drained weight)	175 g	350 g	525 g
Corn Kernels (canned, drained weight)	125 g	250 g	375 g
Tasty Cheese (grated)	⅓ cup	⅔ cup	1 cup
Chives (chopped, to serve)	1 tbsp	2 tbsp	3 tbsp
Steamed Rice (to serve)	2 cups	4 cups	6 cups

VEAL GOULASH

	2	4	6
Veal (diced)	350 g	700 g	1 kg
Onion (sliced)	100 g	150 g	200 g
Sweet paprika	3 tsp	1 ½ tbsp	2 tbsp
Tomato Paste	1 tbsp	2 tbsp	¼ cup
Beef Consomme	175 ml	325 ml	450 ml
Potatoes (diced)	250 g	500 g	750 g
Sour Cream (to serve)	1 tbsp	2 tbsp	¼ cup

VEAL OSSO BUCCO

	2	4	6
Veal Osso Bucco	2 x 185 g	4 x 185 g	6 x 185 g
Onion (chopped)	200 g	400 g	600 g
Thyme Leaves (chopped)	2 tsp	1 tbsp	1 ½ tbsp
Chicken Stock	185 ml	375 ml	560 ml
Tomato Pasta Sauce	185 ml	375 ml	560 ml
Cannellini Beans (canned, drained weight)	125 g	250 g	375 g
Cooked Pasta (to serve)	200 g	400 g	600 g

VEAL ROLLS WITH BOCCONCINI & TOMATO SAUCE



	2	4	6
Olive Oil	1 tbsp	1 tbsp	1 ½ tbsp
Veal Schnitzel	4 x 75 g	8 x 75 g	12 x 75 g
Bocconcini (sliced)	100 g	200 g	300 g
Roasted Red Capsicum (sliced)	35 g	70 g	125 g
Basil Leaves	8	16	24
Tomato Pasta Sauce	250 ml	500 ml	750 ml
Cooked Pasta (Orecchiette or Farfalle, to serve)	200 g	400 g	600 g
Toothpicks (to secure)	8	16	24

VEAL WITH LEMON & OREGANO



	2	4	6
Olive Oil	1 tbsp	2 tbsp	2 tbsp
Veal Steak or Schnitzel	2 x 120 g	4 x 120 g	6 x 120 g
Chicken Stock	100 ml	200 ml	300 ml
Dijon Mustard	½ tsp	1 tsp	1 ½ tsp
Lemon Juice	1 tbsp	2 tbsp	2 ½ tbsp
Oregano Leaves	2 tsp	1 tbsp	1 tbsp
Cooked Baby Potatoes (to serve)	6	12	18

WHOLE CHICKEN WITH POTATOES



Olive Oil

1 tbsp

1 tbsp

1 tbsp

Whole Chicken

1 kg

1 ½ kg

2 kg

Lemon (juiced, cut in half)

½ lemon

½ lemon

1 lemon

Dried Mixed Herbs

½ tsp

1 tsp

1 ½ tsp

Chicken Stock

300 ml

500 ml

750 ml

Potatoes (cut into wedges)

300 g

600 g

900 g



SPICED PEARS



	2	4	6
Pears (peeled)	2	4	6
Red Wine	250 ml	500 ml	750 ml
Granulated Sugar	50 g	100 g	150 g
Star Anise	1	2	3
Cinnamon Stick	½	1	1 ½
Ice Cream (to serve)	2 scoops	4 scoops	6 scoops

BREAD & BUTTER PUDDING

	2	4	6
Raisin Toast (sliced & quartered)	2 slices	4 slices	5 slices
Butter (softened)	20 g	40 g	50 g
Sweetened Condensed Milk	75 ml	150 ml	180 ml
Eggs	2	2	3
Thickened Cream	125 ml	250 ml	375 ml
Vanilla Essence	½ tsp	½ tsp	1 tsp
8 cm Ramekins (to steam)	2	4	6
Water (to steam)	300 ml	300 ml	300 ml

CHOCOLATE SPONGE PUDDING

	2	4	6
Greens Chocolate Pudding Mix	85 g	170 g	260 g
Eggs	½	½	1
Water	3 tsp	1 ½ tbsp	2 tbsp
Sauce Mix (in Greens Chocolate Pudding Mix Pack)	⅓ packet	⅔ packet	1 packet
Boiling Water	150 ml	300 ml	400 ml
8cm Ramekins (to steam)	2	4	6
Water (to steam)	300 ml	300 ml	300 ml
Baking Paper (to cover)	½ m	½ m	½ m
Aluminium Foil (to cover)	½ m	½ m	½ m

GOLDEN SYRUP STEAMED PUDDINGS

	2	4	6
Golden Syrup	1 ½ tbsp	¼ cup	½ cup
Self Raising Flour	½ cup	1 cup	1 ½ cups
Butter (softened)	43 g	85 g	125 g
Eggs	1	2	3
Vanilla Extract	¼ tsp	½ tsp	1 tsp
Brown Sugar	¼ cup	½ cup	¾ cup
8cm Ramekins (to steam)	2	4	6
Water (to steam)	300 ml	300 ml	300 ml
Baking Paper (to cover)	½ m	½ m	½ m
Aluminium Foil (to cover)	½ m	½ m	½ m
Cream (to serve)	2 dollops	4 dollops	6 dollops

LEMON DELICIOUS

	2	4	6
Butter (melted)	100 g	150 g	150 g
Lemon (finely grated rind & juice)	½	1	1
Caster Sugar	½ cup	1 cup	1 ½ cups
Self Raising Flour	¼ cup	½ cup	¾ cup
Milk	125 ml	250 ml	375 ml
Eggs (separated)	1	2	3
8cm Ramekins (to steam)	2	4	6
Water (to steam)	300 ml	300 ml	300 ml
Extra Butter (to grease)	5 g	10 g	15 g
Baking Paper (to cover)	½ m	½ m	½ m
Aluminium Foil (to cover)	½ m	½ m	½ m

LIGHT CHOCOLATE CREAM



	2	4	6
Milk	250 ml	500 ml	750 ml
Eggs	1	1	2
Granulated Sugar	37 g	75 g	112 g
Corn Starch	11 g	22 g	33 g
Cocoa Powder	11 g	22 g	33 g

PEACH PUDDINGS

	2	4	6
Butter (softened)	30 g	60 g	90 g
Caster Sugar	2 tbsp	½ cup	½ cup
Self Raising Flour	½ cup	1 cup	1 ½ cups
Milk	90 ml	180 ml	300 ml
Eggs	½	1	2
Sliced Peaches (canned, drained weight)	200 g	400 g	600 g
8 cm Ramekins (to steam)	2	4	6
Water (to steam)	300 ml	300 ml	300 ml
Extra Butter (to grease)	5 g	10 g	15 g
Baking Paper (to cover)	½ m	½ m	½ m
Aluminium Foil (to cover)	½ m	½ m	½ m
Cream or Ice Cream (to serve)	2 dollops/2 scoops	4 dollops/4 scoops	6 dollops/6 scoops

STEAMED COCONUT & FRUIT PUDDING

	2	4	6
Brown Sugar	2 tbsp	⅓ cup	½ cup
Dessicated Coconut	⅓ cup	⅔ cup	1 cup
Honey	1 tbsp	2 tbsp	¼ cup
Dried Mixed Fruit	40 g	80 g	125 g
Milk (Hot)	100 ml	200 ml	310 ml
Wholemeal Self Raising Flour	⅓ cup	⅔ cup	1 cup
8cm Ramekins (to steam)	2	4	6
Water (to steam)	300 ml	300 ml	300 ml
Baking Paper (to cover)	½ m	½ m	½ m
Aluminium Foil (to cover)	½ m	½ m	½ m
Cream (to serve)	2 dollops	4 dollops	6 dollops

STEAMED GOLDEN CAKE

	2	4	6
Eggs	1	2	3
Brown Sugar	2 tbsp	⅓ cup	½ cup
Milk	30 ml	60 ml	80 ml
Butter (melted)	20 g	40 g	60 g
Self Raising Flour	¼ cup	½ cup	¾ cup
Bicarbonate of Soda	¼ tsp	½ tsp	½ tsp
8cm Ramekins (to steam)	2	4	6
Water (to steam)	300 ml	300 ml	300 ml
Baking Paper (to cover)	½ m	½ m	½ m
Aluminium Foil (to cover)	½ m	½ m	½ m



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