

mico
microwave cookware

Delicious food made conveniently

MICO Egg recipe e-book



morphy richards
smart ideas for your home

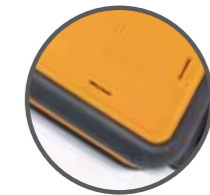


morphy richards®

Our MICO cookware features include:



Dishwasher Safe



Cool Touch



Non-Stick

MICO Toastie

Tasty, crispy toasties

Simply place a buttered sandwich within the hot plates of the **MICO Toastie** and microwave for **5 minutes** (flipping midway).

MICO Potato

Delicious baked potatoes

Simply pop pricked potatoes into the inner pod of the **MICO Potato** and microwave for **8 minutes with the lid off** and **10 minutes with the lid on**.

MICO Egg

Perfectly cooked eggs

Simply crack eggs into the inner pods of the **MICO Egg** (with water if poaching or oil if frying) and microwave for **2 minutes and 30 seconds**.



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www.morphyrichards.com.au

7 recipes for your MICO Egg

Make more than just perfectly cooked eggs

Tortilla Egg Cups with Spinach and Ham

Honey Syrup Peaches

Cheesy Noodle Omelettes with Peas

Banana and Walnut Cakes

Lemon, Yoghurt and Blueberry Cakes

Almond Ricotta Strudels

Hazelnut and Ricotta Domes

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Tortilla Egg Cups with Spinach and Ham

Ingredients:

- 2 mini 'Stand N Stuff' soft tortilla shells
- 2 slices ham, folded in half
- 4 baby spinach leaves
- 2 eggs
- Salt and freshly ground pepper, to taste
- Feta cheese, crumbled
- Chives, chopped
- Rocket leaves, to serve
- Halved cherry tomatoes, to serve

Method:

Place a tortilla shell into each inner pod of the MICO Egg; divide ham and spinach between tortillas.

Crack eggs over the ham and spinach; season with salt and pepper.

Place the lid onto the base and microwave for 5 minutes* or until eggs are cooked to your liking.

Remove egg cups from pods with a spoon; sprinkle with feta and chives.

Serve with rocket and cherry tomatoes.

2
Serves

5
Minutes

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



Honey Syrup Peaches

Ingredients:

- 1 ripe peach, halved and stone removed
- 2 teaspoons honey
- 1 teaspoon butter
- Cinnamon sugar (optional)
- Whipped thickened cream, to serve
- Fresh mixed berries, to serve

Method:

Place a peach half into each inner pod of the MICO Egg; divide honey and butter between peach halves.

Place the lid onto the base and microwave for 6 minutes*.

Remove peaches from pods with a spoon and dust with cinnamon sugar.

Serve with cream and berries.

1

Serve

6

Minutes

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



Cheesy Noodle Omelettes with Peas

Ingredients:

- 1 packet chicken flavoured 2 minute noodles
- 2 eggs, whisked
- 1/4 cup grated cheddar cheese
- 1/3 cup frozen peas, thawed
- Cooking spray oil (of your choice)
- Rocket leaves, to serve (optional)
- Halved cherry tomatoes, to serve (optional)

Method:

- Break the noodle cake into quarters and place in a microwave-safe bowl.
- Pour in boiling water (enough to cover noodles); microwave on high for 2 minutes.
- Drain noodles and stir in contents of flavour sachet, eggs, cheese and peas.
- Spray each inner pod of the MICO Egg with cooking oil and divide egg mixture evenly.
- Place the lid onto the base and microwave for 4 minutes and 30 seconds*, or until omelettes are just cooked through.
- Remove omelettes from pods with a spoon; serve with rocket and cherry tomatoes.

2
Serves

4.5
Minutes

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.

Banana and Walnut Cakes

Ingredients:

- 1 egg, whisked
- 1 tablespoon milk
- 2 tablespoons vegetable oil
- 2 tablespoons brown sugar
- 1/4 cup self-raising flour
- 1/4 teaspoon cinnamon
- 1/2 medium banana, chopped
- 2 tablespoons chopped walnuts
- Cooking spray oil (of your choice)
- Whipped ricotta, to serve

Method:

Add egg, milk, oil and sugar into a bowl; whisk to combine.

Add sifted flour and cinnamon; mix well.

Fold in banana and walnuts.

Spray each inner pod of the MICO Egg with cooking oil and divide cake mixture evenly.

Place the lid onto the base and microwave for 4 minutes*, or until cakes are just cooked through.

Remove cakes from pods with a spoon and serve with ricotta.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.

2

Serves

4

Minutes

Lemon, Yoghurt and Blueberry Cakes

Ingredients:

- 1 tablespoon natural yoghurt
- 1 egg, whisked
- 2 tablespoons vegetable oil
- 2 tablespoons caster sugar
- 1/4 cup self-raising flour
- 1 teaspoon grated lemon rind
- 2 tablespoons blueberries
- Cooking spray oil (of your choice)
- Natural yoghurt, to serve (optional)

Method:

Add yoghurt, egg, oil and sugar into a bowl; whisk to combine.

Add sifted flour and lemon rind; mix well.

Fold in blueberries.

Spray each inner pod of the MICO Egg with cooking oil and divide cake mixture evenly.

Place the lid onto the base and microwave for 4 minutes*, or until cakes are just cooked through.

Remove cakes from pods with a spoon and serve with yoghurt.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.

2

Serves

4

Minutes



Almond Ricotta Strudels

Ingredients:

- 1/4 cup almond meal
- 1 tablespoon caster sugar
- 1/2 cup ricotta
- 4 sheets filo pastry
- 2 tablespoons butter, melted
- Cooking spray oil (of your choice)
- 1 tablespoon almond flakes
- Icing sugar, to serve

Method:

Add almond meal, sugar and ricotta into a bowl; mix well to combine.

Place one sheet of filo onto a flat surface; brush with butter and place another sheet of filo on top.

Repeat layering with the other two sheets of filo then cut layers in half crosswise.

Spray each inner pod of the MICO Egg with cooking oil and line each pod with filo layers, leaving excess pastry to overhang.

Divide ricotta mixture evenly between each pod; fold excess pastry over, pinching the sides together to enclose the filling.

Brush the pastry with butter and sprinkle with almond flakes.

Microwave for 5 minutes* (do not place the lid onto the base), or until strudels are just cooked through.

Allow strudels to stand for 1 minute before removing from pods with a spoon. Serve with a dusting of icing sugar.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.

2

Serves

5

Minutes



Hazelnut and Ricotta Domes

Ingredients:

- 1 tablespoon hazelnut meal
- 1 tablespoon ricotta
- 1 tablespoon chocolate hazelnut spread
- 1 sheet frozen puff pastry, thawed
- 2 tablespoons butter, melted
- Cooking spray oil (of your choice)
- Vanilla ice cream, to serve (optional)
- Fresh raspberries, to serve (optional)

Method:

Add hazelnut meal, ricotta and hazelnut spread into a bowl; mix well to combine.

Using a 8cm round cutter and a 10cm round cutter, cut 2 circles of each size from the pastry.

Spray each inner pod of the MICO Egg with cooking oil and line each pod with the larger pastry circles.

Divide ricotta mixture evenly between each pod and place the smaller pastry circles on top.

Using a fork, press the pastry edges together to seal and enclose the filling.

Spray the lid of the Mico Egg with cooking oil and place onto the base; microwave for 10 minutes*.

Allow pastry to stand for 1 minute before removing from pods with a spoon.

Serve pastry dome side up with ice cream and raspberries.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.

2

Serves

10

Minutes

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