

intellisteam
the perfectly synchronised meal solution

STEAMED TO PERFECTION

COMPLETE BALANCED MEALS

INTELLISTEAM RECIPE E-BOOK



morphy richards
smart ideas for your home

20 RECIPES FOR YOUR

intelisteam

the perfectly synchronised meal solution

DESSERT RECIPES

Chocolate Fondant

Berry Compote

Cinnamon Pears

Ginger and Banana Sponge Pudding
with Sticky Toffee Sauce

VEGETABLE RECIPES

Potato, Spinach and Chickpea Curry with
Coconut Rice

Leek and Feta Stuffed Capsicum with Spring
Onion and Pine Nut Couscous

Singapore Noodles with a Piquant Sauce

MEAT RECIPES

Penne Pasta with Chilli Chorizo Sauce

Moroccan Lamb with Fruit & Nut Couscous
and Salsa

POULTRY RECIPES

Hoisin Duck with Egg Noodles and
Steamed Chinese

Warm Chicken and Quinoa Walnut Salad

Honey Sriracha Chicken Wraps

Chicken with Creamy Pesto Sauce and
Baby Vegetables

Tandoori Chicken with Zesty Cardamom
Rice

Maple-Glazed Chicken with Corn and
Crushed Butternut

SEAFOOD RECIPES

Prawn and Pea Risotto

Sesame Salmon Noodles and Steamed
Greens with Coconut Milk and Sweet
Chilli Sauce

Tomato and Herb Barramundi with Potato
and Garlic Peas

Steamed Cod and Vegetables with Lemon
Thyme Dressing

Mussels with Garlic and Wine Broth

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Preset Cooking Times

The Intellisteam features 8 preset cooking times as a starting guide to cooking your perfect meal



Leaf/ Pod Veg



Sauce



Rice



Keep Warm



Eggs



Root Vegetables



Poultry



Fish





Preparation

15

Minutes

Cooking

17

Minutes

2

Serves

CHOCOLATE FONDANT

INGREDIENTS:

50g unsalted butter, plus a little extra for greasing

½ tbsp cocoa

50g dark chocolate (85% cocoa)

1 medium egg

1 egg yolk

50g caster sugar

1 tbsp plain flour

METHOD:

Grease the inside of two 200ml pudding moulds or ramekins.

Put the cocoa into one mould and evenly coat the sides and base, then tip into the other mould and repeat.

Put the butter and chocolate into a heatproof bowl and melt over a pan of simmering water. Don't allow the bottom of the bowl to touch the water. Stir occasionally then leave to cool.

Put the egg, egg yolk and sugar into a mixing bowl and whisk on high speed for 3½ -4 minutes until pale in colour and thickened enough to hold the trail of the whisk.

With a spatula, gently fold in the chocolate mixture and then fold in the flour.

Divide the mixture between the two moulds and place in the back container. Cover the pan with the lid.

Set the time using the sauce preset (30 minutes) and adjust to 17 minutes.

When ready remove the moulds using oven gloves and leave to rest for 2 minutes on the work surface.

Put a side plate over the top of the fondant and invert. Put the plate on the work surface and very carefully remove the mould.

Serve warm with cream or ice cream.





Preparation

5

Minutes

Cooking

10

Minutes

2

Serves

BERRY COMPOTE

INGREDIENTS:

100g blueberries

100g strawberries, hulled and halved lengthways

100g blackberries

100g raspberries

1 tbsp caster sugar

To Serve: Crème fraîche, ice cream or fresh cream

METHOD:

Put the fruit in the rice tray and sprinkle on the sugar.

Place in the back container and cover the pan with the lid.

Set the time using the leaf and pod preset (16 minutes) and adjust to 11 minutes.

When ready gently spoon the juices over the fruit.

Serve warm or cold with crème fraîche, ice cream or cream.





Preparation

5

Minutes

Cooking

22

Minutes

2

Serves

CINNAMON PEARS

INGREDIENTS:

2 firm pears

1 tbsp lemon juice

Pinch of cinnamon

To Serve: Crème fraiche or fresh single cream

METHOD:

Peel the pears, cut in half lengthways and remove the core.

Brush all over with a lemon juice and then place on tin foil with the cut side down.

Sprinkle each pear half with a little cinnamon. Make a foil parcel and place in the back container. Cover the pan with the lid.

Set the time for the pears using the leaf and pod preset (16 minutes) adjust to 22 minutes.

When ready serve warm or cold with a little of the juice from the foil and fresh cream or crème fraiche.





Preparation

25

Minutes

Cooking

35

Minutes

2

Serves

GINGER AND BANANA SPONGE PUDDING WITH STICKY TOFFEE SAUCE

INGREDIENTS:

1 piece stem ginger in syrup,
plus 2 tbsp syrup from the jar

35g softened unsalted butter,
plus extra for greasing

35g light muscovado sugar

1 medium egg, beaten

¼ tsp vanilla extract

35g self-raising flour, sifted

¼ level tsp ground ginger

Pinch salt

80g ripe banana, mashed

1 ½ tbsp golden syrup

SAUCE:

10g unsalted butter

10g light muscovado sugar

1 ½ tbsp golden syrup

To Serve: vanilla ice cream
or custard

METHOD:

Lightly grease 2 x 200ml ramekins.

Slice the stem ginger thinly and put into the bottom of the ramekins, then spoon 1 tbsp stem ginger syrup into each ramekin to cover the base.

In a mixing bowl, cream together the butter and sugar until light and fluffy. Gradually beat in the egg, then stir in the vanilla extract.

Combine the flour, ginger and salt and fold into the creamed mixture using a metal tablespoon. Stir in the mashed banana.

Spoon the creamed mixture into each ramekin and level the tops. Cover tightly with pieces of greased foil.

Put the ramekins in the back container.

Position the divider wall in the front container then prepare the sauce: Put the butter, sugar and golden syrup in the sauce tray and place in one compartment. Cover both pans with the lids.

Set time for puddings using the sauce preset (30 minutes) and adjust to 35 minutes.

Set the time for the sauce using the sauce preset (30 minutes).

When ready remove the ramekins using oven gloves and run a knife around the ramekin edge to loosen the puddings. Invert puddings using a side plate over the top of each ramekin.

Stir the sauce thoroughly and spoon over each pudding.

Serve warm with ice cream or custard.





Preparation

15

Minutes

Cooking

60

Minutes

2

Serves

POTATO, SPINACH AND CHICKPEA CURRY WITH COCONUT RICE

INGREDIENTS:

- 200g can chopped tomatoes
- 100g onion, very finely chopped
- 2 garlic cloves, crushed
- 1 tbsp fresh ginger, finely grated
- ¼ tsp salt
- 1 ½ tsp hot chilli powder
- 1 tsp cumin
- 1 tsp turmeric
- 200g peeled Russett potatoes, cut into 10mm cubes
- 400g can chickpeas, drained and rinsed
- 250ml light coconut milk
- 100g basmati rice, rinsed and drained
- 130g baby spinach leaves

To Serve: natural yogurt and naan bread.

METHOD:

In a non-metallic bowl, mix the chopped tomatoes with the onion, garlic, ginger, salt and spices.

Add the potatoes and chick peas, cover with cling film and refrigerate for 30 minutes.

Stir in 100ml of the coconut milk then transfer the tomato mixture to the rice tray and place in the back compartment.

Put the divider into the front compartment. Put the rice and 150ml coconut milk into a sauce dish, stir and place in one compartment. Put the baby spinach into the other compartment. Cover both pans with the lids.

Set time for curry using root vegetables preset (28 minutes) and adjust to 60 minutes.

Set rice preset (40 minutes) and adjust to 28 minutes.

Set the time for the spinach using the leaf and pod preset (16 minutes) and adjust to 12 minutes.

When ready, gently stir the spinach through the curry, fluff the rice with a fork and serve with natural yogurt and naan bread.





Preparation

25

Minutes

Cooking

20

Minutes

2

Serves

LEEK AND FETA STUFFED CAPSICUM WITH SPRING ONION AND PINE NUT COUSCOUS

INGREDIENTS:

- 2 x 110g red capsicum
- 80g white part of leek, finely chopped
- 1 tbsp parsley, chopped
- 1 tbsp olive oil
- 10g Parmesan cheese, finely grated
- 10g fresh white breadcrumbs
- 50g Feta cheese, finely crumbled
- Salt and freshly ground black pepper
- 100g couscous
- 1 level tsp vegetable stock powder
- 90ml water
- 20g spring onions, finely chopped
- 10g pine nuts

Garnish: parsley sprigs

METHOD:

Remove the tops from the capsicum. Then split the capsicum lengthways taking care not to cut in half. Remove the core and seeds and discard.

Combine leek, parsley and olive oil, add in the Parmesan and breadcrumbs. Mix in the Feta cheese and season with salt and pepper to taste.

Stuff the mixture into the capsicum.

Remove the divider wall from the front container and place the capsicum inside.

Put the couscous, vegetable powder and the water into the rice tray. Stir in the spring onions and pine nuts. Put the rice tray in the back container and cover both pans with the lids.

Set time for couscous using the rice preset (40 minutes) and adjust to 20 minutes.

Set time for capsicum using the leaf and pod preset (16 minutes) and adjust to 20 minutes.

When cooked allow to stand for 5 minutes. Fluff up the couscous with a fork and garnish with the parsley.





Preparation

20

Minutes

Cooking

20

Minutes

2

Serves

SINGAPORE NOODLES WITH A PIQUANT SAUCE

INGREDIENTS:

- 2 x 150g sachets thin hokkien noodles
- 2 tsp mild curry powder
- 2 tbsp water
- 100g onion, sliced
- 80g red capsicum, sliced
- 80g yellow capsicum, sliced
- 100g snow peas
- 50g cashews
- 2 cloves garlic, crushed
- 2 tbsp sesame oil

SAUCE:

- 2 tbsp light soy sauce
- 3 tbsp Sriracha hot chilli sauce
- 4 tbsp lime juice
- 2 tsp clear honey

METHOD:

Gently loosen the noodles and put into the rice tray. Sprinkle on the curry powder and add the water, mix gently. Put into the back container.

Put the onion, capsicum, snow peas, cashew nuts and garlic in a mixing bowl and add the sesame oil. Stir well so that all the vegetables are coated. Fit the divider wall to the front container and put the vegetables in one compartment.

Mix the sauce ingredients in a sauce dish and place in the other compartment. Cover both pans with the lids.

Set the time for the noodles using the rice preset (40 minutes) and adjust to 15 minutes.

Set the time for the vegetables using the leaf and pod preset (16 minutes) and adjust to 18 minutes.

Set the time for the sauce using the sauce preset (30 minutes) and adjust to 20 minutes.

When ready, gently stir the noodles and divide between two plates. Stir the sauce then spoon 1 tbsp over the noodles. Serve the vegetables on top with another spoonful or two of the sauce.





Preparation

15

Minutes

Cooking

45

Minutes

2

Serves

PENNE PASTA WITH CHILLI CHORIZO SAUCE

INGREDIENTS:

150g Penne pasta

SAUCE:

50g onion, very finely chopped

1 garlic clove, crushed

7g green chilli, very finely chopped with seeds

75g chorizo, chopped

3 tbsp parsley, chopped

500g tomato passata

Freshly ground black pepper

To Serve: Parmesan cheese, garlic bread

METHOD:

Prepare the sauce: Mix the onion, garlic, chilli, chorizo and parsley with the passata and add freshly ground black pepper.

Remove the divider wall from the front container. Divide the tomato sauce equally between the two sauce dishes and place in the front container.

Put the penne into the rice tray, cover with boiling water, stir and then carefully place in the back container. Cover both pans with the lids.

Set time for penne using rice preset (40 minutes) and adjust to 29 minutes.

Set time for sauce using the dual button and sauce preset (30 minutes) and adjust to 45 minutes.

When ready, carefully drain the penne, then return to the rice tray. Pour over the sauce, adjust the seasoning if necessary and serve sprinkled with a little Parmesan cheese.





Preparation

30

Minutes

Cooking

30

Minutes

2

Serves



MOROCCAN LAMB WITH FRUIT & NUT COUSCOUS AND SALSA

INGREDIENTS:

300g lamb leg steaks, cut into thin slices
140g couscous, rinsed and drained
50g red onion, finely chopped
75g ready to eat soft dried apricots, chopped
35g almonds, roughly chopped
½ tsp vegetable stock powder
120ml water
Salt and freshly ground black pepper

MARINADE

2 tbsp extra virgin olive oil
1 tbsp fresh orange juice
1 tsp cumin
¼ tsp turmeric
2 tsp harissa paste
5g fresh coriander, chopped
Salt and freshly ground black pepper

SALSA

2 medium oranges, peeled, and finely chopped
Juice of half an orange
10g red onion, finely chopped
2g coriander leaves, chopped

Garnish: Watercress

METHOD:

Prepare the marinade: mix the olive oil, orange juice, spices and coriander in a shallow dish and season with salt and pepper.

Place the sliced lamb in the dish and turn to evenly coat. Cover and refrigerate for at least 30 minutes.

When ready to cook, put the meat into a foil parcel and discard leftover marinade. Remove the divider wall from the front container and put the parcel in.

Put the couscous in the rice tray and add the onion, apricots, almonds and stock powder. Season with salt and pepper and add the water and stir. Put into the back container and cover both pans with the lids.

Set the time for the couscous using the rice preset (40 minutes) and adjust to 24 minutes.

Set the time for the meat using the chicken preset (28 minutes) and adjust to 30 minutes.

Make the salsa: combine all the ingredients into a small serving bowl and mix well.

When ready to serve, fluff the couscous using a fork, check the seasoning and serve the meat with the juices poured over. Garnish with a few sprigs of watercress and serve the salsa.





Preparation

10

Minutes

Cooking

28

Minutes

2

Serves

HOISIN DUCK WITH EGG NOODLES AND STEAMED CHINESE-SPICED VEGETABLES

INGREDIENTS:

- 2 x 150g skinless duck breasts, thinly sliced
- 2 tbsp hoisin sauce
- 150g head Pak Choi
- 180g pack fresh stir-fry vegetables
- 1 tbsp sesame oil
- ¼ level tsp Chinese 5 spice powder
- 2 sheets medium egg noodles
- Boiling water to cover

To Serve: 2 spring onions, thinly sliced and ½ tsp sesame seeds

METHOD:

Coat the sliced duck breasts in the hoisin sauce. Cover and refrigerate for at least 30 minutes.

Make a foil parcel for the duck and marinade. Position the divider wall in the front container and place the duck parcel in one of the front compartments.

Separate and rinse the Pak Choi, slice the stalks and roughly cut the leaves.

In a bowl, toss the Pak Choi and stir-fry vegetables with the sesame oil and Chinese 5 spice powder. Place into the other front compartment.

Put the noodles into the rice tray in the back container and cover them with boiling water. Cover both pans with the lids.

Set the time for the noodles using the rice preset (40 minutes) and adjust to 20 minutes.

Set time for the duck using the chicken preset (28 minutes).

Set time for the stir-fry vegetables using the leaf and pod preset (16 minutes) and adjust to 12 minutes.

When ready stir the noodles and carefully drain before serving.

Serve the meat with the hoisin juices. Sprinkle with sesame seeds and garnish with spring onions.





Preparation

30

Minutes

Cooking

30

Minutes

2

Serves

WARM CHICKEN AND QUINOA WALNUT SALAD

INGREDIENTS:

300g skinless boneless chicken thigh fillets
120g quinoa, rinsed and drained
300ml boiling water
2 tbsp extra virgin olive oil
Juice of 1 lemon
3 tbsp mint, chopped
1 tbsp parsley, chopped
50g spring onions, chopped
100g cucumber, peeled, deseeded and diced (prepared weight)
50g walnuts, roughly chopped

MARINADE:

Juice and zest of 1 lemon
2 tbsp extra virgin olive oil
1 clove garlic, crushed
2 tsp fresh mint, chopped
1 tbsp fresh parsley, chopped
Salt and freshly ground black pepper

To Serve: lemon yogurt dressing, flatbread

METHOD:

Combine the marinade ingredients in a bowl and mix well.

Chop the chicken into bitesize pieces and add to the marinade and turn to coat. Cover and refrigerate for at least 30 minutes, longer if possible.

When ready to cook, remove the divider wall from the front container. Make a foil parcel for the chicken pieces and place in the front container.

Put the quinoa into the rice tray and cover with the boiling water. Cover both pans with the lids.

Set the time for the quinoa using the rice preset (40 minutes) and adjust to 30 minutes.

Set the time for the chicken using the chicken preset (28 minutes) and adjust to 25 minutes.

When ready allow the quinoa to stand for 10 minutes before draining off any water.

To assemble the salad: put the quinoa in a large bowl, add 2 tbsp oil and the juice of a lemon, stir in the chopped herbs. Add the drained chicken, spring onions, walnuts and cucumber and serve immediately. Garnished with a few walnut halves and lemon wedges.





Preparation

15

Minutes

Cooking

25

Minutes

2

Serves

HONEY SRIRACHA CHICKEN WRAPS

INGREDIENTS:

300g skinless, boneless chicken thigh fillets, cut into bitesize pieces.

1 red capsicum, core and seeds removed

1 green capsicum, core and seeds removed

100g red onion, peeled and thinly sliced

1 tbsp extra virgin olive oil

MARINADE

1 small clove garlic, crushed

1 tbsp light soy sauce

1 ½ tbsp hot sriracha sauce

1 tsp white wine vinegar

2 tbsp clear honey

Salt and freshly ground black pepper

SRIRACHA SAUCE

4 heaped tbsp soured cream

½ tsp sriracha sauce

Pinch salt

To Serve: 4 regular flour tortillas, shredded Iceberg lettuce, sliced tomatoes

METHOD:

Prepare the marinade: Mix together the garlic, soy sauce, sriracha, vinegar and honey in a bowl, season with salt and pepper. Stir in the chicken, cover and refrigerate for at least 30 minutes.

Place chicken pieces in a foil parcel and put into the back container. Discard remaining marinade.

Cut the capsicum into strips and place in a mixing bowl with the onion. Add 1 tbsp oil. Remove the divider wall from the front container and place the vegetables into it. Cover both pans with the lids.

Set the time for the chicken using the chicken preset (28 minutes) and adjust to 25 minutes.

Set the time for the vegetables using the leaf and pod preset (16 minutes) and adjust to 15 minutes.

Meanwhile, mix the sriracha sauce ingredients together in a small serving dish.

To serve, discard the liquid from the chicken. Divide the chicken and vegetables between the tortilla wraps, add salad and sauce and serve immediately.





Preparation

10

Minutes

Cooking

24

Minutes

2

Serves

CHICKEN WITH CREAMY PESTO SAUCE AND BABY VEGETABLES

INGREDIENTS:

2x 150g skinless and boneless
chicken breasts

350g baby potatoes

180g sugar snap peas, trimmed
green beans and broccolini

SAUCE:

2 tbsp dry white wine

100ml whipping cream

1 ½ tbsp pesto

Salt and freshly ground black pepper

METHOD:

Put the chicken breasts side by side on foil and make into a parcel. Place in the back container leaving room for the sauce dish.

Put the divider into the front container and put the potatoes in one side and the green vegetables in the other.

Mix the wine, cream and pesto in the sauce dish and season with salt and pepper. Put the sauce dish in the back compartment next to the chicken. Cover the pans with the lids.

Set the time for the chicken and sauce using the chicken preset (28 minutes) and adjust to 23 minutes.

Set the time for the potatoes using the root vegetable preset (28 minutes) and adjust to 24 minutes.

Set the time for the green vegetables using the leaf and pod preset (16 minutes) and adjust to 12 minutes.

When ready, stir the sauce and check the seasoning then serve spooned over the chicken.





Preparation

10

Minutes

Cooking

28

Minutes

2

Serves

TANDOORI CHICKEN WITH ZESTY CARDAMOM RICE

INGREDIENTS:

- 2 tbsp low fat natural yogurt
- 2 tbsp Tandoori spice marinade
- 1 ½ tbsp fresh coriander leaves, chopped
- 2 x 150g skinless, boneless chicken breasts, cut into bitesize chunks
- Salt and freshly ground black pepper

RICE:

- 150g basmati rice
- 200ml water
- 1 level tsp vegetable stock powder
- 1 strip pared lemon zest
- 4 green cardamom pods, lightly crushed

To Serve: lemon wedges, chopped fresh coriander and lemon yogurt dressing

METHOD:

Mix the yogurt, spice marinade and coriander in a non-metallic bowl and stir in the chicken. Season with salt and pepper, cover and refrigerate for at least 30 minutes.

Rinse the rice under cold running water and then place into the rice tray. Add the water. Stir in the vegetable stock powder and add the lemon zest and cardamom pods. Place the rice tray into the rear container.

Place the chicken and marinade onto some tin foil, spread out well and make a parcel. Remove the divider from the front container and put the parcel in. Cover both pans with lids.

Set time for rice using rice preset (40 mins) and adjust to 25 minutes.

Set chicken preset 28 minutes using the front dual heater button.

Make Lemon Yogurt dressing: add a little lemon juice to 2 tablespoons of natural yogurt and stir.

When ready, discard the lemon zest.

Serve garnished with lemon wedges, fresh coriander and drizzle with lemon yogurt dressing.





Preparation

15

Minutes

Cooking

30

Minutes

2

Serves

MAPLE-GLAZED CHICKEN WITH CORN AND CRUSHED BUTTERNUT PUMPKIN

INGREDIENTS:

2 x 150g skinless boneless chicken breasts

Finely grated zest and juice of ½ an orange

1 tbsp maple syrup

1/8 tsp dried chilli flakes

Salt and freshly ground black pepper

1 corn on the cob, halved

300g butternut pumpkin, peeled deseeded and cut into chunks

7g butter

½ tsp fresh rosemary, finely chopped

100g white and wild rice

150ml water

½ level tsp vegetable stock powder

METHOD:

Put the orange zest, juice, maple syrup and chilli flakes into a non-metallic bowl, add salt and pepper, add chicken and turn to coat with the glaze. Cover and refrigerate for at least 30 minutes, turning occasionally.

Put the chicken into a foil parcel, discard the glaze and place in the back compartment. Put the butternut pumpkin cubes next to the chicken.

Position the divider wall in the front container. Rinse the rice under cold running water and place in the sauce dish. Cover with the water, add the vegetable stock powder and stir. Place the sauce dish in one front compartment. Put the corn on the cob into the other compartment. Cover both pans with the lids.

Set the time for the chicken and pumpkin using the chicken preset (28 minutes) and adjust to 24 minutes.

Set the time for the corn using root vegetables preset (28 minutes) and adjust to 16 minutes.

Set time for rice using the rice preset (40 minutes) and adjust to 30 minutes.

When ready, add butter and rosemary to butternut pumpkin in a bowl and crush lightly with a fork.





Preparation

10

Minutes

Cooking

40

Minutes

2

Serves

PRAWN AND PEA RISOTTO

INGREDIENTS:

165g raw king prawns
100g frozen peas
150g Arborio risotto rice
100g onion, very finely chopped
6 tbsp dry white wine
2 level tsp vegetable stock powder
Zest and juice ½ lemon
Salt and freshly ground black pepper
25g unsalted butter
250ml boiling water

Garnish: chopped fresh parsley

METHOD:

Fit the divider wall in the front container. Make a foil parcel for the prawns and put into one compartment. Put the peas into the sauce dish and put in the other side.

Put the rice and onion in the rice tray, add the wine and stir.

Sprinkle on the stock powder, add lemon juice and zest, season with pepper and stir again. Evenly dot the butter on the surface.

Add the water to the rice mixture and stir well. Place the rice tray into the back container and cover both pans with the lids.

Set the time for the rice using the rice preset (40 minutes).

Set the time for the prawns using the fish preset (20 minutes) and adjust to 9 minutes.

Set the time for the peas using the leaf and pod preset (16 minutes) and adjust to 19 minutes.

When ready, remove the prawns from the container to stop them cooking. Stir the rice, add the prawns with 2 tbsp of the prawn juices. Drain the peas of any liquid, then stir them into the rice. Adjust the seasoning if necessary and then serve the risotto with a sprinkling of chopped parsley.





Preparation

15

Minutes

Cooking

30

Minutes

2

Serves

SESAME SALMON NOODLES AND STEAMED GREENS WITH COCONUT MILK AND SWEET CHILLI SAUCE

INGREDIENTS:

- 2 x 130g salmon fillets
- 1½ tsp sesame oil
- 1 tsp sesame seeds
- 1 x 150g sachet ready to wok noodles
- 2 tbsp boiling water
- ¼ tsp vegetable stock powder
- 75g sugar snap peas, halved
- 35g spring onions, thinly sliced
- 60g carrot, cut into strips

SAUCE:

- 150ml light coconut milk
- 1 tbsp sweet chilli sauce
- ½ tsp fresh ginger, finely grated
- 1 tbsp coriander leaves, chopped

METHOD:

Brush a piece of foil with ½ tsp oil then place down salmon. Brush with the remaining oil and sprinkle with sesame seeds. Form a parcel and place in the back container leaving room for a sauce tray.

Gently break up the noodles and place in a sauce tray. Mix the water and stock powder together and add to the noodles. Place in the back container next to the fish parcel.

Position the divider wall in the front container. Mix the vegetables together and put into one compartment.

Make the sauce: In a sauce tray combine the coconut milk, sweet chilli sauce, ginger and coriander. Place the tray in the remaining compartment. Cover both pans with the lids.

Set the time for the fish and noodles using the fish preset (20 minutes) and adjust to 19 minutes.

Set the time for the vegetables using the leaf and pod preset (16 minutes) and adjust to 14 minutes.

Set the time for the sauce using the sauce preset (30 minutes).

When ready, stir the noodles before serving.





Preparation

15

Minutes

Cooking

30

Minutes

2

Serves

TOMATO AND HERB BARRAMUNDI WITH POTATO AND GARLIC PEAS

INGREDIENTS:

- 2 x 100g Barramundi fillets
- 350g new potatoes
- 120g frozen peas
- 30g onion, very finely chopped
- ½ tsp vegetable stock powder
- 1 clove garlic, crushed
- 50ml water

SAUCE:

- 180g ripe fresh tomatoes
- ½ clove garlic, crushed
- 1 tbsp fresh parsley, chopped
- ½ tsp olive oil
- Salt and freshly ground black pepper

To Serve: fresh lemon

METHOD:

Prepare the sauce: Place the tomatoes into a bowl and pour boiling water over them. When the skin splits, remove it and discard. Cut open the tomatoes and discard the seeds and core.

Finely chop the tomato flesh and mix with ½ a crushed garlic clove, parsley, olive oil, salt and pepper.

Lightly grease a piece of foil and lay the two fish fillets on it side by side. Spoon the tomato mixture over them and make into a parcel. Place in the back container on the fish tray.

Put the divider wall into the front container. Put the peas, onion and crushed garlic into a sauce dish with the vegetable stock powder and water. Put into one side and the new potatoes in the other side.

Set time for fish using fish preset (20 minutes).

Set time for peas using the leaf and pod preset (16 minutes) and adjust to 30 minutes.

Set the time for the potatoes using the root vegetables preset (28 minutes) and adjust to 25 minutes.

When ready drain the liquid from the peas and serve with a little fresh lemon.





Preparation

10

Minutes

Cooking

25

Minutes

2

Serves

STEAMED COD AND VEGETABLES WITH LEMON THYME DRESSING

INGREDIENTS:

2 x 140g thick cod fillets
4g butter
2 small fresh thyme sprigs
350g small new potatoes
100g leek thinly sliced
50g carrot sliced into fine strips
75g fine green beans, trimmed and halved
Salt and freshly ground black pepper

SAUCE:

25g butter
Finely grated zest and juice of half a lemon
½ tbsp fresh thyme leaves

METHOD:

Lightly grease a piece of foil big enough to make a parcel, place the fish on it side by side. Add a 2g knob of butter to each, add the thyme sprigs and season with salt and pepper. Seal the foil parcel and place in the back compartment, leaving room on one side for the sauce dish.

Make the sauce: place 25g butter, lemon zest and juice and the thyme leaves into the sauce dish and place next to the fish parcel.

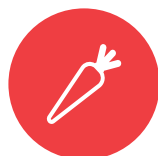
Position the divider wall in the front container. Put the potatoes into one compartment. Mix the leek, carrot and beans together and put in the remaining compartment. Cover both pans with the lids.

Set the time for the fish and sauce using the fish preset (20 mins) and adjust to 19 minutes.

Set the time for the potatoes using the root vegetables preset (28 mins) and adjust to 25 minutes.

Set the time for the vegetables using the leaf and pod vegetables preset (16 minutes) and adjust to 15 minutes.

To serve pour sauce over fish.





Preparation

20

Minutes

Cooking

25

Minutes

2

Serves

MUSSELS WITH GARLIC & WINE BROTH

INGREDIENTS:

350g fresh mussels, cleaned with beard removed

BROTH:

1 shallot, very finely chopped

2 cloves garlic, crushed

30g unsalted butter

Zest of 1 lemon

3 tbsp lemon juice

250ml dry white wine

1 tbsp chopped parsley

Salt and freshly ground black pepper

To Serve: chopped parsley, lemon wedges, crusty bread

METHOD:

Prepare the broth: divide the ingredients equally between the two sauce trays, stir gently and then put them into the front container with the divider wall removed.

Ensure the cleaned mussels are all fully closed (tap gently on a chopping board). Discard any that remain open or any with damaged shells.

Put the mussels into the back container. Cover both pans with the lids.

Set the time for the mussels using the fish preset (20 minutes) and adjust to 12 minutes.

Set the time for the sauce using the sauce preset (30 minutes) and the dual button and adjust to 25 minutes.

When ready, discard any mussels that have not opened. Serve the mussels with the broth poured over them, sprinkled with a little extra chopped parsley and some fresh bread for dipping.



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