

mico
microwave cookware

Delicious food made conveniently

MICO Potato recipe e-book



morphy richards
smart ideas for your home

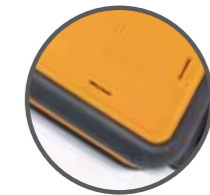


morphy richards®

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

8 recipes for your MICO Potato

Make more than just delicious baked potatoes

Chargrilled Veggies with Feta Baguettes

Garlic Sesame Asparagus

Garlic Bread

Caramelised Sweet Potato and Onion

Garlic and Rosemary Roasted Veggies

Reuben Roll

Omelette with Leftover Veggies

Chili Bean Burrito

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Chargrilled Veggies with Feta Baguettes

Ingredients:

25cm baguette
2 tablespoons pesto
Handful baby spinach leaves
300g chargrilled vegetables, drained on paper towel
100g feta cheese, crumbled

Method:

Trim ends from baguette then cut in half; cut the baguettes in half horizontally.

Spread two baguette halves with butter and divide spinach, chargrilled vegetables and feta between each.

Place the other baguette halves on top.

Place one baguette into the MICO Potato and place the lid onto the base; microwave for 5 minutes*, or until baguette is golden brown.

Remove baguette from pot and repeat with other baguette.

2

Serves

5

Minutes

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



Garlic Sesame Asparagus

Ingredients:

- 2 bunch asparagus, trimmed and halved
- 1 clove garlic, thinly sliced
- 2 teaspoons soy sauce
- 1/2 teaspoon sesame oil
- Sesame seeds, to serve

Method:

- Add asparagus, garlic, soy sauce and sesame oil to a bowl; mix to combine.
- Add into the MICO Potato and place the lid onto the base; microwave for 5 minutes*, or until asparagus is just tender.
- Remove asparagus from pot and serve with a sprinkle of sesame seeds.

2-4
Serves

5
Minutes

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



Garlic Bread

Ingredients:

25cm baguette

Garlic butter

Method:

Trim ends from baguette then cut in half.

Slice baguettes vertically, into 2cm slices (do not cut all the way through).

Spread garlic butter on cut sides of bread.

Place one baguette into the MICO Potato and place the lid onto the base; microwave for 6 minutes*, or until baguette is golden brown.

Remove baguette from pot and repeat with other baguette (or freeze for later).

2

Serves

6

Minutes

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



Caramelised Sweet Potato and Onion

Ingredients:

350g sweet potato, peeled and cut into 2cm pieces

1 small onion, cut into eighths

3 teaspoons olive oil

2 teaspoons brown sugar

1/2 teaspoon ground cumin

Method:

Add sweet potato, onion, oil, sugar and cumin into a bowl; mix to combine.

Pour vegetable mixture into the MICO Potato and place the lid onto the base; microwave for 15 minutes*, or until vegetables are tender and caramelised.

2

Serves

15

Minutes

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



Garlic and Rosemary Roasted Veggies

Ingredients:

- 1 small onion, quartered
- 1 small red capsicum, diced
- 2 small zucchinis, sliced
- 1 clove garlic, chopped
- 1/2 teaspoon dried rosemary
- 1 teaspoon olive oil

Method:

Add onion, capsicum, zucchini, garlic, rosemary and oil into a bowl; mix to combine.

Pour vegetable mixture into the MICO Potato and place the lid onto the base; microwave for 7 minutes, or until vegetables are tender.

2

Serves

7

Minutes

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



Reuben Roll

Ingredients:

25cm baguette
6 slices ham
1 cup slaw
4 gherkins, sliced in half horizontally
2 slices Swiss cheese
Butter

Method:

Trim ends from baguette then cut in half; cut the baguettes in half horizontally.

Divide ham, slaw, gherkins, and cheese between two baguette halves.

Place the other baguette halves on top and spread with butter.

Place one baguette into the MICO Potato and place the lid onto the base; microwave for 5 minutes*, or until baguette is golden brown.

Remove baguette from pot and repeat with other baguette.

2

Serves

5

Minutes

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



Omelette with Leftover Veggies

Ingredients:

- 3 eggs, beaten
- 1/2 cup chopped leftover vegetables, roasted or steamed
- 1/3 cup grated cheddar cheese
- Salt and freshly ground pepper, to taste
- Cooking spray oil (of your choice)
- Chives, chopped and to serve (optional)
- Baby spinach, to serve (optional)
- Toast, to serve (optional)

Method:

- Add eggs, vegetables, cheese, salt and pepper into a bowl; mix to combine.
- Spray the inner pot of the MICO Potato with cooking oil and pour in egg mixture.
- Place the lid onto the base and microwave for 7 minutes*, or until omelette is just cooked through.
- Remove omelette from pot; sprinkle with chives and serve with baby spinach and toast.

1

Serve

7

Minutes

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



Chili Bean Burrito

Ingredients:

- 2, 25cm/10" soft wraps
- 1 cup baby spinach
- 2/3 cup grated cheddar cheese
- 425g can chili with beans
- Cooking spray oil (of your choice)

Method:

Divide spinach, cheese and chili beans between each wrap.

Fold the left and right sides of one wrap in towards the center; fold the bottom of the wrap over and continue tightly rolling into a burrito.

Repeat with the other wrap.

Place one burrito into the MICO Potato and spray with cooking oil.

Place the lid onto the base; microwave for 6 minutes*, or until burrito is golden brown.

Remove burrito from pot and repeat with other burrito.

2

Serves

6

Minutes

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

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