

**mico**  
microwave cookware

# Delicious food made conveniently

MICO MultiPot recipe ebook



**morphyrichards®**  
smart ideas for your home



# morphy richards®

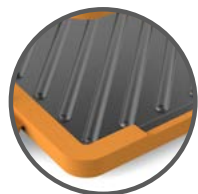
Our MICO cookware  
features include:



Dishwasher Safe



Cool Touch



Non-Stick

**mico**  
microwave cookware

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Love your microwave but  
always achieve mediocre  
cooking results? Rethink how  
you use a microwave, for  
great-tasting food that is quick  
and doesn't compromise on  
quality... **think MICO!**

The MICO cookware range revolutionised microwave cooking for the ages! This microwave cookware will make you rethink how you cook with its innovative heatwave technology, the new method of cooking where you make the perfect meal every time, reinventing the meaning of conventional cooking. Perfect eggs and crispy and gooey toasties... every time! Cook fluffy baked potatoes in a fraction of the time.





## 8 Recipes For Your MICO MultiPot

Banana and Walnut Cakes  
Honey Syrup Peaches  
Lemon, Yoghurt and Blueberry Cakes  
Almond Ricotta Strudels  
Shakshuka  
Hazelnut and Ricotta Domes  
Sweet Potato Hasselback with Aioli  
Ham & Green Onion Omeletes

**morphy richards®**

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## 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.

2

Serve

4

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.



# 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.

2

Serve

4

Minutes

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





## 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

Serve

5

Minutes





# Shakshuka

## Ingredients:

Cooking oil spray  
2 eggs, at room temperature  
400g can diced tomatoes  
1/3 cup mixed canned beans  
1 tablespoon chopped flat-leaf parsley  
2 tablespoons diced marinated feta in oil  
Lemon wedge, to serve

## Method:

Spray each cavity of the MICO Egg accessory with oil. Crack an egg into each cavity.

Pour tomato into MICO pot accessory. Add beans. Stir to combine. Stack the egg accessory on top of the pot accessory. Cover with MICO lid. Microwave on HIGH (100%) for 4 minutes for medium yolks or until cooked to your liking.

Carefully pour the tomato mixture into a shallow serving bowl. Top with eggs, parsley and feta. Serve with lemon.

1

Serve

4

Minutes

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





## 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.

2

Serve

10

Minutes

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





## Sweet Potato Hasselback with Aioli

### Ingredients:

1 small (400g) orange sweet potato

2 tablespoons olive oil

Pinch sea salt flakes

2 teaspoons chopped rosemary

Mixed salad, to serve

Aioli, to drizzle

### Method:

Using a small sharp knife, trim one side of potato to sit flat. Using a small sharp knife, cut potato into 0.5mm slices, not all the way through. Place potato, cut side-up, into the MICO Pot accessory. Drizzle with oil. Sprinkle with salt. Microwave on HIGH (100%) for 5 minutes.

Cover MICO Pot with MICO lid. Microwave on HIGH (100%) for 8 minutes or until potato is cooked and golden.

Transfer potato to a serving plate. Sprinkle with rosemary. Serve with salad. Drizzle with aioli.

1

Serve

13

Minutes

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





## Ham & Green Onion Omeletes

### Ingredients:

2 eggs, at room temperature  
2 tablespoons thickened cream  
Cooking oil spray  
40g shaved ham, chopped  
1 green onion, finely chopped  
1/3 cup grated tasty cheese  
Baby basil leaves, to serve

### Method:

Whisk eggs and cream in a small jug. Season. Spray cavities of egg accessory with oil. Pour half the egg mixture, equally among prepared cavities. Top each with ham and onion. Sprinkle each with 1 tablespoon of cheese. Cover with MICO lid. Microwave on HIGH (100%) for 3 minutes or until set. Stand 1 minute. Transfer to a serving plate.

Repeat with remaining ingredients to make two more omelettes.

Top omelettes with basil to serve.

2

Serve

6

Minutes

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



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