



100  
RECIPES  
INSIDE

*Optimum*

# THERMOCOOK PRO M2.0

## MULTI-FUNCTION COOKING APPLIANCE

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YOUR PROFESSIONAL KITCHEN ASSISTANT

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*Welcome to the Froothie family and  
congrats on your new ThermoCook!*

If you require any assistance or would like to see more recipes  
check us out on Youtube, Facebook and Instagram or  
submit a ticket here:

<https://athenasolutions.zendesk.com/hc/en-us/requests/new>

You can even Whatsapp us at: +61 3 8609 2210 or  
simply contact us at: 1300 309 900

We'd love to see your beautiful and delicious creations so  
don't forget to tag #Froothie @Froothie when you  
post something on Instagram, Facebook or Youtube for a  
chance to win prizes, we're always watching!!

Here are some handy tips that will allow you to make the best use of your brand new Thermocook Pro M2.0!

1. To get the last bit of food off your butterfly, tap it gently back and forth inside your bowl. Then place it back on top of the blade, turn on speed 4 to flick any excess ingredients to the side of the bowl, then scrape the last bits out with your spatula. **Remember that the butterfly should never be used above speed 4.**
2. To save on cleaning. Try to prepare dry ingredients before the wet ones – this ensures that you can skip a step of cleaning the bowl!
3. Ensure that when pureeing your hot soups or stocks, to always start on the low speeds and slowly work your way up to higher speeds. This ensures that you get a consistent puree as well as preventing any hot food spatter. **Your machine will not go above speed 4 for hot liquids.**
4. It is a good idea to get into the habit of removing your ingredients from the bowl with the included spatula by moving it in a **clockwise direction**. This ensures that the spatula is coming in contact with the blunt side of the blade, preventing it from getting damaged.
5. Think out of the box - the TC PRO M2.0 is such a versatile machine which allows you to do more than just cook. You can knead bread dough, prepare cakes and desserts easily without having to lug out inconvenient cake mixers or food processors.
6. If you have to attach your butterfly whilst the TC PRO M2.0 bowl has ingredients in it, **simply use the provided spatula** to move ingredients around until the butterfly snaps on securely.
7. To **remove odours and tastes** such as onion from your TC PRO M2.0, fill the bowl to about a liter with water and 60-70ml of vinegar. Give it a wash with warm water and then turn it to turbo for a few seconds.

8. To ensure your bowl remains shiny for a long time, wipe it gently with a soft cloth that has been immersed in a paste made of baking soda & water. Alternatively, use something not abrasive like marble paste, that'll **help get it like brand new!**

## THERMOCOOK PRO M2.0 TIPS

 grated fruit/veg speed 5-8, 5 seconds	 chopped garlic peel, mince, speed 6 3 seconds	 grated ginger peel, mince, speed 6 3 seconds	 onion, chopped halve, chop speed 5 5 seconds
			
ground spices speed 12, 1 minute	hot soup puree, 2 minutes speed 1-4 gradually	smoothies speed 9, 1 minute	coffee grounds mill, speed 12 1 minute
			
whipped cream butterfly, speed 4 30 seconds	grated chocolate break, speed 8 5 seconds	melted butter cubes, speed 1, 37 degrees 3 minutes	grated cheese cubes, speed 8 10 seconds
			
steamed rice water + rice in steamer basket, 100°C, speed 3, 14 minutes	warm milk for coffee 70 degrees celcius, speed 1 5 minutes	steamed veg 100°C, speed 3 10 minutes	fresh breadcrumbs frozen bread, speed 8 5 seconds



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# BREAKFASTS





01

## CHOCOLATE CHIA PUDDING

**Vegetarian - Gluten Free**

**Servings: 2**

**Difficulty: 1/5**

**Ingredients:**

**300g Milk**

**60g chia seeds**

**1 tbsp Cocoa powder**

**1 tbsp Maple syrup**

**0.5 tsp Cinnamon**

**Steps:**

Place 300g milk, 60g chia seeds, 1 tbsp cocoa powder, 1 tbsp maple syrup and 1/2 tsp cinnamon into the TC ProM2.0 bowl.

Blend for 10 seconds on reverse speed 3.

Pour into two glasses or ramekins and cover with plastic wrap.

Chill in the fridge for at least 4 hours or overnight.

Top with your favourite toppings and enjoy.

**Tips:** Use any milk of choice if you want dairy free.

Try adding pumpkin seeds and toasted granola with yoghurt to serve.



02

## GLUTEN FREE CREPES

**Vegetarian - Gluten Free**

Servings: 2

Difficulty: 2/5

### Ingredients:

170g Gluten free flour with xanthan  
gum  
280g Milk  
225g Filtered water  
30g Coconut oil  
60g Maple syrup (optional)  
1 tsp Vanilla extract (optional)  
0.5 tsp Salt

### Steps:

Place 170g gf flour, 280g milk, 225g filtered water, 30g coconut oil, 60g maple syrup, 1 tsp vanilla and 1/2 tsp salt into the TC ProM2.0 bowl.

Blend for 25 seconds, speed 6.  
Heat a shallow frying pan with a dash of coconut oil, when hot, pour in crepe mixture enough to cover the pan. Turn over when bubbles start to form and edges start to lift.

Serve immediately with your favourite toppings.

**Tips:** If you only have gf plain flour, add a small tsp of xanthan gum.

Serve fresh berries and yoghurt or any other toppings you like and a drizzle of maple syrup to finish.

# GLUTEN FREE CRUMPETS

## Vegetarian - Gluten Free

Servings: 4

Difficulty: 2/5

### Ingredients:

300g Hot water

200g Milk

1 tbsp Dried yeast

2 tsp sugar

250g Gluten Free plain flour

1 tsp Xanthan gum

1 tsp Baking powder

2 tsp Bicarb soda dissolved in

3 tbsp water

1 tsp salt

### Steps:

Place water, milk, dried yeast, sugar, plain flour, xanthan gum, baking powder, bicarb soda dissolved in water, and salt into the TC ProM2.0 bowl in order listed.

Blend for 30 seconds, speed 7 (it will be a wet mix)

Tip into a bowl and prove 30-45 minutes.

Heat a heavy based frypan to medium heat and grease well.

Grease crumpet rings well and place into the heated pan.

Fill rings approx 2/3 full. Sprinkle a little water around the rings to create steam and cover with a lid if possible.

Cook for 10 minutes before flipping to the other side. Remove the rings to use on remainder of mixture. Sprinkle with water again and cook a further 5 minutes or until golden and sides are firm.

Serve immediately or freeze for later.

**Tips:** Serve warm with butter and honey or maple syrup.

Great toasted the next day.

03





04

## PORRIDGE

**Vegetarian**

Servings: 4

Difficulty: 1/5

**Ingredients:**

**160g Rolled oats**

**480g Full cream milk**

**380g Water**

**1 pinch salt (optional)**

**Steps:**

Place 160g rolled oats, 480g milk, 380g water and pinch of salt into the TC ProM2.0 bowl.

Cook 12 minutes, 90°C on reverse speed 2.

Serve immediately with your favourite toppings.

**Tips:** Use any milk of choice if you want dairy free.

# SOUPS





05

## 5 INGREDIENT ROAST PUMPKIN SOUP

**Vegetarian - Gluten Free**

Servings: 2

Difficulty: 2/5

### Ingredients:

2 Onions, peeled and quartered

1000g Butternut Pumpkin, peeled and  
chopped into 3cm cubes

2 tsp Chicken or vegetable stock  
powder

0.5 tsp Ground nutmeg

150g Cream

### Steps:

Preheat oven to 180°C.

Place 1000g chopped pumpkin and 2 onions quartered on a roasting tray. Season with salt and pepper and drizzle with olive oil.

Roast for 20-30 minutes until lightly roasted.

Add roasted onions to TC bowl and chop for 5-10 seconds at speed 6.

Place roasted pumpkin and onion into the TC ProM2.0 bowl.

Add 600g water and stock powder. Set the temperature to 100°C, 20 minutes, speed 2.

Add cream and nutmeg, blend for 30 seconds, speed 4.

Serve immediately with crusty bread.

**Tips:** Use any pumpkin as you like.

Make dairy free and use coconut cream instead of cream.

# CAULIFLOWER SOUP

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 2/5

## **Ingredients:**

**2 tsp Ground cumin  
1 tsp Ground coriander  
1 tsp Ground cardamom  
0.25 tsp Chilli flakes  
1 tsp Tumeric  
2 Onions  
4 Garlic cloves  
1 tbsp olive oil  
750g water  
2 tsp Vegetable stock  
450g Coconut cream  
1 tbsp Apple cider viegar  
1 Large head of cauliflower**

## **Steps:**

Cut onions into quarters and add with garlic cloves to the TC ProM2.0 bowl.

Chop for 5 seconds, speed 5.  
Scrape down the sides.

Add olive oil and saute on temperature 120°C, 4 minutes, speed 2.

Add ground cumin, ground coriander, ground cardamom, tsp chilli flakes and tumeric. Saute at 120°C, 4 minutes, speed 2.

Add roughly chopped cauliflower.  
Chop 10 seconds, speed 4.

Add water, vegetable stock powder, coconut cream and apple cider vinegar.  
Simmer at 100°C, speed 2 for 25 minutes. Place simmering basket on top instead of measuring cup.

Blend for 2 minutes, speed 4 until creamy.

Serve immediately with crusty bread.

**Tips:** Top with fresh herbs for a tasty finish.

06





07

## HEARTY VEGETABLE SOUP

**Vegetarian**

Servings: 4

Difficulty: 2/5

**Ingredients:**

1 Onion

2 Garlic cloves

20g Olive oil

1 Carrot

1 Zucchini

2 Celery sticks

250g Pumpkin

1000g water

3 tsp Vegetable stock

150g Soup mix packet or pearl barley

**Steps:**

Cut carrot and zucchini lengthwise then chopped into chunks, chop celery and pumpkin into small chunks, set aside.

Cut onion into quarters and add with 2 garlic cloves to the TC ProM2.0 bowl. Chop for 4 seconds, speed 5, scrape down sides of bowl.

Add 20g olive oil and saute for 2 minutes, 100°C, on reverse speed 1.

Add 1000g water, 3 tsp vegetable stock, carrot, zucchini, celery, pumpkin and soup packet mix. Cook for 30 minutes, 100°C, on reverse speed 1.

Serve hot with fresh bread.

**Tips:** To make this soup gluten free, omit the soup packet mix and add lentils instead.

# LETTUCE SOUP

**Vegetarian - Gluten Free**

Servings: 2

Difficulty: 2/5

## **Ingredients:**

**500g Water**

**2 tsp Vegetable stock**

**10 Lettuce leaves, roughly chopped**

**2 Spring onions, roughly chopped**

**30g Butter**

**1 Large Potato, peeled and roughly  
chopped**

**1 Pinch Salt & Pepper**

**1 Measuring cup of cream or yoghurt**

## **Steps:**

Place 400g water, 2 tsp vegetable stock, lettuce leaves, 2 spring onions and 30g butter into the TC ProM2.0 bowl and mix for 10 seconds, speed 9.

Add chopped potato and set temperature to 100°C, 15 minutes, speed 2.

Check potato, if cooked, add salt and pepper to taste, 1 measuring cup of cream or yoghurt and remaining 100g water, and puree for 30 seconds, speed 4.

Serve hot, garnished with mint leaves and crusty bread.

**Tips:** Best lettuce to use is butter or gourmet lettuces.

Serve either with crusty bread on the side or with toasty croutons.

**08**





09

## MUSHROOM SOUP

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 2/5

### Ingredients:

**1 Medium onion, peeled and quartered**

**3 Garlic cloves**

**40g Butter**

**400g Button mushrooms**

**140g Potato, roughly chopped**

**10g Chicken stock powder**

**600g water**

**100g Fresh cream**

### Steps:

Place 1 onion and 3 cloves garlic into the TC ProM2.0 bowl and chop 5 seconds, speed 5.

Saute the onion and garlic with 40g butter on temperature 120°C, 2 minutes, speed 2.

Add 200g diced mushroom, potato and 10g chicken stock powder into the bowl and saute on temperature 120°C, 2 minutes, speed 2.

Blend for 20 seconds, speed 4

Add remaining 200g diced mushroom and 600g water into the bowl and cook on temperature 120°C, 20 minutes, speed 1.

Add 100g fresh cream, 1 tsp chopped parsley, salt and pepper to taste. Blend for 10 seconds, speed 5.

Serve hot.

# SATAY SWEET POTATO SOUP

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

## **Ingredients:**

**1 Medium onion, peeled and quartered**

**2 Garlic cloves**

**50g Butter**

**2 tsp Ground cumin**

**20g Olive oil**

**40g Crunchy peanut butter**

**40g Sweet Chilli Sauce**

**800g Sweet Potato, cut into 2-3 cm cubes**

**600g Chicken stock**

## **Steps:**

Add Onion and garlic to TC ProM2.0 bowl. Chop 5 seconds, speed 7, scrape down the sides.

Add butter, olive oil and ground cumin. Saute on temperature 120°C, 4 minutes, speed 1 with the measuring cup off.

Add peanut butter, sweet chilli sauce, sweet potato and chicken stock to the bowl. Cook on temperature 100°C, 25 minutes, speed 1, measuring cup in place.

Blend for 1 minute, speed 4.

Serve with a teaspoon of sour cream and fresh coriander or parsley.

**Tips:** Make dairy free and use coconut cream or yoghurt or omit all together.

Serve with toasted crouton for extra crunch.

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## CARROT SOUP

**Vegetarian - Gluten Free**

Servings: 2

Difficulty: 1/5

### Ingredients:

1 Onion, peeled and quartered

500g Carrots, cut in quarters

1 Sweet potato, peeled and cut into cubes

100g Cream (optional)

1 tbsp Vegetable stock

500g Water

### Steps:

Add onion, carrots and sweet potato to the TC ProM2.0 bowl and chop for 10 seconds, speed 7.

Add 1 tbsp vegetable stock and 500g water. Cook on temperature 100°C, 20 minutes, speed 2.

Puree for 1 minutes on speed 4

Add 100g cream or yoghurt if using, and stir through.

Serve warm, garnished with fresh coriander or parsley.

**Tips:** Season with salt and pepper as desired, for a spicier taste, try adding a little ground cumin and ginger.

# CHUNKY MINESTRONE SOUP

## Vegetarian

Servings: 4

Difficulty: 2/5

### Ingredients:

1 Onion, peeled and quartered

0.5 Leek, roughly chopped

2 Garlic cloves

1 tbsp Olive oil

400g Vegetables (carrot, celery, sweet potato, zucchini) chopped into small cubes

500g Vegetable stock

1 Canned tomatoes

50g Tomato paste

1 pinch of Sugar

55g Dried pasta

1 can Cannelloni beans

1 pinch salt and pepper to taste

1 Parmesan cheese (optional)

### Steps:

Place Onion, 2 garlic cloves and half a leek in the TC ProM2.0 bowl and chop for 5 seconds, speed 5. Scrape down bowl.

Add 1 tbsp olive oil and cook on temperature 100°C, 3 minutes, speed 1

Add 400g chopped vegetables, can of tomatoes, 50g tomato paste, pinch of sugar and 500g vegetable stock. Cook for 12 minutes, 100°C, on reverse speed 2.

Add the cooked bacon if using, 55g dried pasta, and cannelloni beans. Cook for 10 minutes, 100°C, on reverse speed 2.

Serve immediately with crusty bread and sprinkle with chopped herbs and parmesan cheese.

**Tips:** You can make this gluten free by omitting the pasta or using gf pasta.

Take it next level and add chopped fried bacon.

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# SIDE DISHES





# CREAMY CAULIFLOWER MASH

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

500g Cauliflower florets

40g Butter

75g Cream Cheese

1 Pinch salt & pepper

**Steps:**

Roughly chop cauliflower florets and place into TC ProM2.0 bowl and pulse 3-4 times.

Scrape down the sides of the bowl

Add 40g butter and cook on temperature 100°C, 12 minutes, speed 2 with measuring cup in place.

Add 75g softened cream cheese, salt and pepper and blend for 30 seconds, speed 7.

Serve hot with chosen main.

**Tips:** Cream cheese can be substituted with coconut cream or sour cream.



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## EASY MASHED POTATO

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

### Ingredients:

750g Potatoes

500g Water

1 Pinch of Salt to taste

1 tsp Vegetable stock

50g Butter

150g Milk

### Steps:

Chop potatoes into cubes, add to steaming basket and add 500g water to the TC ProM2.0 bowl.

Set temperature to 120°C, 25 minutes, speed 2.

Once potatoes are soft, remove basket and discard water. Attach the butterfly tool and add potatoes back into the bowl.

Add pinch of salt, 1 tsp vegetable stock, 150g milk, and 50g butter. Blend for 30 seconds, speed 4.

Serve immediately and enjoy.

**Tips:** If you use more potatoes it may be easier to use the large varoma steamer.

Potatoes will take between 20-25 minutes to cook.

If potato is not creamy enough, blend for longer to achieve desired texture.

# PERFECT BROWN RICE

## Vegetarian

Servings: 4

Difficulty: 1/5

### Ingredients:

1000g Tap water

250g Brown rice

1050g Warm water

### Steps:

Add 1000g water to the TC ProM2.0 bowl. Insert the steaming basket and measure 250g rice into it. Wash for 15 seconds, speed 9.

Remove the basket keeping the rice and discard the washing water from the bowl.

Add 1050g fresh warm water to TC ProM2.0 bowl, place the steaming basket with the rice back into the bowl.

Set the temperature to 120°C , 40 minutes, speed 4.

Use the spatula to safely remove the basket.

Serve with main of choice.

**Tips:** Black rice may also be used in place of brown rice.

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## PERFECT RICE

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

400g Jasmine rice

400g Boiling Water

**Steps:**

Add no more than 400g Jasmine rice into the steaming basket. Rinse your rice under the tap and boil your kettle.

Put the steaming basket with your rice into the TC ProM2.0 bowl and fill with boiling water covering the rice by 1cm.

Set the temperature to 100°C, 22 minutes, speed 1 with measuring cup in place.

**Tips:** Use Jasmine or Basmati rice for perfect rice every time.

# STEAMING VEGETABLES

## Vegetarian

Servings: 4

Difficulty: 1/5

### Ingredients:

600g Vegetable selection: Brussel sprouts, Cauliflower, Leeks, Sweet Potato  
500g Water

### Steps:

Place your vegetables of choice either in the small steaming basket or the large steaming dish and tray, hard vegetables in the bottom, softer vegetables in the top.

Pour 500g water into the TC ProM2.0 bowl, secure the lid without the measuring cup if using the large steamer set. Set steamer set in place with lid on. Set temperature to 120oC, 15 minutes, speed 2.

Check vegetables, may require further 5 minutes cooking.

Serve with main dish of choice.

**Tips:** Sweet potatoes may require longer cooking time depending on quantity and size.

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## STEAMING CABBAGE AND ZUCCHINI

### Vegetarian

Servings: 4

Difficulty: 1/5

### Ingredients:

600g Shredded cabbage or Zucchini

500g Water

### Steps:

Place your vegetables of choice either in the small steaming basket or the large steamer dish and tray, hard vegetables in the bottom, softer vegetables in the top.

Pour 500g water into the TC ProM2.0 bowl, secure the lid without the measuring cup if using the larger steamers. Place steamer set in place with lid on. Set temperature to 120°C, 5 minutes, speed 2.

Check vegetables, may require further 5 minutes cooking.

Serve with main dish of choice

**Tips:** Slice zucchini in thick slices and place on top steamer tray.



# STEAMING CARROTS AND CORN

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

600g Sliced carrots or Corn on Cob

500g Water

**Steps:**

Place your vegetables of choice either in the small steaming basket or the large steamer dish and tray, hard vegetables in the bottom, softer vegetables in the top.

Pour 500g water into the TC ProM2.0 bowl, secure the lid without the measuring cup if using the varoma. Set steamer in place with lid on. Set temperature to 120°C, 20 minutes, speed 2.

Check vegetables, may require further 5 minutes cooking.

Serve with main dish of choice.

**Tips:** Use baby carrots for sweeter taste.

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## STEAMING GREEN BEANS, BROCCOLI, CAPSICUM, ASPARAGUS AND MUSHROOMS

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

600g Vegetables of choice in the tips

500g Water

**Steps:**

Place your vegetables of choice either in the small steaming basket or the large steamer dish and tray, hard vegetables in the bottom, softer vegetables in the top.

Pour 500g water into the TC ProM2.0 bowl, secure the lid without the measuring cup if using the large steamer. Place steamer set in place with lid on. Set temperature to 120°C, 6 minutes, speed 2.

Check vegetables, may require further 5 minutes cooking.

Serve with main dish of choice.

**Tips:** Use any of the following vegetables: green beans, broccoli, capsicum, asparagus and mushrooms.

# STEAMING KALE, SPINACH AND EGGPLANT

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

**600g Vegetables of choice in the tips**

**500g Water**

**Steps:**

Place your vegetables of choice in the large steamer dish and tray, hard vegetables in the bottom, softer vegetables in the top.

Pour 500g water into the TC ProM2.0 bowl, secure the lid without the measuring cup if using the large steamer. Place steamer set in place with lid on. Set temperature to 120°C, 4 minutes, speed 2.

Check vegetables, may require further 3 minutes cooking.

Serve with main dish of choice.

**Tips:** Use any of the following vegetables: Kale leaves, spinach leaves or sliced eggplant.

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## CRISPY CHICKEN CROQUETTES

Servings: 4

Difficulty: 2/5

### Ingredients:

- 100g Parmesan Cheese, cubed**
- 200g Crusty Bread in chunks**
- 1 Garlic Clove**
- 500g Chicken thighs cut into large chunks**
- 2 Eggs**
- 1 Pinch ground pepper & salt to taste**
- 1000g Water**

### Steps:

Place 100g cubed parmesan cheese into TC ProM2.0 bowl and mill for 10 seconds, speed 9.

Add 200g crusty bread chunks and mill a further 10 seconds, speed 9. Set

aside.

Place garlic clove into TC ProM2.0 bowl and chop for 3 seconds, speed 7.

Add 500g chicken cut into chunks, 1 egg, salt and pepper and half of the crumb mixture. Mix for 25 seconds, speed 8 until combined.

Grease 3 aluminium foil squares and divide the mixture between them. Roll into large sausage shapes that will fit into the steamer set. Place 1000g water into the TC ProM2.0 bowl and place steamer set into place. Set temperature to 120°C, 30 minutes, speed 2.

Cool completely and refrigerate. When cold, slice into 2cm slices, dip in beaten egg, roll in reserved crumb mix and shallow fry in hot oil.

Serve immediately.

**Tips:** Serve with aioli or dip of choice

Great addition to green salad.

# SALADS



## BUCKWHEAT, BEETROOT AND PUMPKIN SALAD

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

### Ingredients:

100g Raw Buckwheat kernels

1 Beetroot in 2cm cubes

200g Pumpkin in 3cm cubes

500g Water

200g Salad greens

100g Feta cheese

1 tbsp Pumpkin seeds

### Steps:

Weigh 100g buckwheat into the simmering basket, rinse under tap water. Place basket into TC ProM2.0 bowl.

Weigh 500g water into the bowl, pouring overtop of the buckwheat.

Add pumpkin to steamer dish. Wet a piece of baking paper by scrunching up and rinsing under the tap. Flatten out and line the top steamer tray, leaving main side vents clear.

Place raw beetroot on top of baking paper (preventing juice leaking to other ingredients). Add other vege for steaming as desired. Set steaming function 120°C, 17 minutes, speed 1.

Toss ingredients together in a large bowl with salad greens, feta and pumpkin seeds. Dress with dressing of your choice.

Serve as a side or a main.

**Tips:** Replace raw beetroot with precooked beetroot.

Teams well with honey mustard dressing.

# BUCKWHEAT, SPINACH AND BUTTERNUT SQUASH SALAD

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

## Ingredients:

300g Butternut Squash  
150g Buckwheat kernels  
100g Baby spinach  
100g Feta cheese  
40g Walnuts  
40g Dijon mustard  
40g Lemon juice  
30g Honey  
1 Pinch of salt and pepper  
500g Water

## Steps:

Weigh 150g buckwheat into the small steamer basket and rinse with tap water. Place inside TC ProM2.0 bowl. Pour 500g water over buckwheat.

Peel 300g butternut squash and cut into large dice. Place into large steamer dish and set in place on TC ProM2.0 bowl. Set temperature to 120°C, 15 minutes, speed 1. Set aside to cool.

Rinse out bowl. In large serving dish, mix 100g baby spinach with buckwheat. Top with pumpkin and 100g diced feta cheese.

Place 40g dijon mustard, 40g lemon juice, 30g honey, salt and pepper into the TC ProM2.0 bowl. Set temperature to 40°C, 1 minute, speed 6.

Pour dressing over salad and toss to combine. Sprinkle with walnuts, serve as a side or a main.

**Tips:** Pumpkin can be substituted with sweet potato also.

Adding Pumpkin seeds or sunflower seeds adds additional superfood value.

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## QUINOA TABBOULEH

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

**200g Quinoa**

**1 Red onion**

**0.5 Bunch fresh parsley**

**0.25 Bunch fresh mint leaves**

**2 Red capsicums**

**1 Lebanese cucumber**

**1 Garlic clove**

**1 Lemon, zest and juice**

**120g Olive oil**

**1 Pinch sea salt and pepper**

**Steps:**

Cook your quinoa as per packet instructions and set aside. Finely dice 1 onion, 2 red capsicums and 1 cucumber, set aside.

Place 1/2 bunch parsley and 1/4 bunch mint into your TC ProM2.0 bowl and chop 5 seconds, speed 5.

Combine cooked quinoa, onion, capsicum, cucumber, parsley and mint in a serving bowl.

Without rinsing your TC ProM2.0 bowl, add 1 garlic clove and chop 5 seconds, speed 8.

Add 1 lemon, zest and juice, 120g olive oil, salt and pepper and combine for 10 seconds, speed 6.

Pour over salad and toss to combine.

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# BROCCOLI SALAD

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 1/5

## Ingredients:

250g Broccoli florets

1 Red capsicums

1 Apple

30g Pine nuts

25g Olive oil

15g White Balsamic vinegar

1 tsp Honey

1.5 tsp Dijon mustard

1 tsp Herb salt

0.5 tsp Ground Pepper

## Steps:

Place 250g broccoli florets, 1 red capsicum, quartered, 1 apple, quartered, 30g pine nuts, 25g olive oil, 15g white balsamic vinegar, 1 tsp honey, 1.5 tsp dijon mustard, 1 tsp herb salt and 1/5 tsp pepper into the TC ProM2.0 bowl and chop for 5 seconds, speed 4

Serve as a side.

**Tips:** Fresh raw salad great for summer BBQ's.

Goes well with fish.

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## KALE SALAD

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 1/5

**Ingredients:**

20g Olive oil

1 tsp Lemon juice

1 tsp Fresh ginger

0.5 tsp Black pepper

0.5 tsp Sugar

1 Bunch Kale leaves, stalk removed

Pear

1 Lebanese cucumber

1 tbsp Dried cranberries

2 tbsp Sliced almonds, toasted

**Steps:**

To make the dressing, place olive oil, lemon juice, fresh ginger, salt, black pepper, and sugar into the TC ProM2.0 bowl and mix for 7 seconds, speed 7. Scrape down bowl.

Add your kale leaves to the bowl, and chop 4 seconds, speed 5, use spatula to scrape down, you don't want to make the kale too fine.

Blend for 2 minutes on reverse speed 1. This gently massages and tenderizes the kale allowing the dressing to fully cover it.

Tip kale into a bowl and mix through 1 pear sliced, 1 cucumber sliced and 1 tbsp cranberries.

Serve sprinkled with toasted almonds.

**Tips:** Fresh raw salad great for summer BBQ's.

Olive oil can be substituted with nut oil.

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# MEDITERRANEAN VEGGIE SALAD

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 2/5

## **Ingredients:**

**1 Eggplant**

**0.5 Butternut pumpkin**

**1 Zucchini**

**3 Capsicums, 1 red, 1 green, 1 yellow**

**30g Olive oil**

**200g Salad greens of choice**

**1 Avocado**

**1 punnet Grape or Cherry tomatoes**

**1 Handful fresh herbs**

**100g Feta**

**1 pinch Salt to taste**

**80g Honey**

**2 tsp Dijon mustard**

**80g Apple cider vinegar**

**2 pinches Salt and Black pepper to taste**

**100g Olive oil**

## **Steps:**

Prepare the vegetables by cutting into equal sized cubes. Salt the eggplant and zucchini and leave to rest. Rinse and pat dry before continuing.

Preheat oven to 180°C and line a large flat baking tray with baking paper. Arrange vegetables on the paper and drizzle generously with olive oil and sprinkle with salt. Roast for 30 minutes or until eggplant is well cooked. Cool slightly.

To assemble the salad, place salad greens on a large flat serving dish and arrange the roasted vegetables over the top.

Add sliced avocados, tomatoes, halved, and herbs.

To make the dressing, place 80g honey, 2 tsp dijon mustard and 80g apple cider vinegar into the TC ProM2.0 bowl and set temperature to 100°C, 3 minutes, speed 2 measuring cup off.

Add salt and pepper and 100g olive oil and mix for 10 seconds, speed 4 until blended.

Drizzle dressing over salad just prior to serving and crumbled feta to garnish.

**Tips:** Great winter salad, great as a side or as a main.





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## QUINOA AND CHICKEN SALAD

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 2/5

### Ingredients:

**350g Quinoa**

**800g Water**

**4 Eggs**

**3 Chicken thighs**

**250g Pumpkin**

**1 Bag of mixed greens or baby spinach**

**1 handful Sundried tomatoes**

**1 handful Kalamata olives**

**1 Red onion**

**100g Feta**

### Steps:

Weigh 350g dry quinoa into a bowl and cover with water then set aside to soak for 7-12 hours. Drain and rinse in a fine sieve under running water. (If you are in a hurry, pour boiling water over the quinoa and let sit for 10 minutes or more then rinse).

Weigh 800g water into TC ProM2.0 bowl, place quinoa into the small

steamer basket and insert into the bowl. Rinse the eggs well and place on top of quinoa in steamer basket. Place the lid on bowl and large steamer set on top.

Chop 3 chicken thighs into cubes and 250g pumpkin into slices 5mm thick and place into the steamer dish, leaving spaces for the steam to get through. Set temperature to 120°C, 20 minutes, speed 4. (check chicken and pumpkin in last 5 minutes of cooking time and break apart with the spatula so it cooks evenly).

When the quinoa, chicken and veges are cooked, remove the eggs from quinoa, peel and quarter.

In a large salad bowl, prepare your salad greens, sundried tomatoes, kalamata olives, 1 red onion finely sliced and feta cheese crumbled. Add quinoa, chicken and pumpkin to salad. Gently toss.

Drizzle with balsamic vinegar and a good quality extra virgin olive oil, or whatever dressing you prefer. Sprinkle with toasted seeds and serve.

**Tips:** Can be made vegetarian but omitting the chicken or substituting with tofu.

# QUINOA SALAD

## Vegetarian - Gluten Free

Servings: 6

Difficulty: 2/5

### Ingredients:

400g Quinoa

1 tbsp Vegetable stock powder

900g Water

3 Garlic cloves

0.5 Red onion

1 bunch Fresh parsley

1 bunch Fresh Coriander

1 Punnet cherry tomatoes

1 Small red capsicum

0.5 Lemon - juice

1 tbsp Orange juice

1 tbsp Tamari soy sauce

1 Lime - juice

20g Olive oil

1 Fresh chilli to taste

1cm piece Fresh ginger

### Steps:

Thoroughly rinse 400g quinoa or soak for 30 minutes. Add 900g water and 1 tbsp vegetable stock to TC ProM2.0 bowl. Pour quinoa into the small steaming basket and place into the

bowl. Set temperature to 120°C, 18 minutes, speed 3.

When cooked, tip remaining water out of the bowl and allow quinoa to cool down. Place quinoa into a bowl and put in the fridge to cool.

Place 3 garlic cloves and 1/2 a red onion, handful of parsley and coriander, knob of ginger and 1 chilli, deseeded and quartered, into the TC ProM2.0 bowl and chop for 3 seconds, speed 7. Scrape down the sides of the bowl with spatular and repeat. Place into the bowl with the quinoa.

Do not rinse the bowl. To make the dressing, add 20g olive oil, juice of half a lime and half a lemon, 1 tbsp orange juice and 1 tbsp tamari soy sauce into the TC ProM2.0 bowl and mix for 10 seconds, speed 6.

Chop the cherry tomatoes in half and dice the capsicum and put on top of the quinoa salad. Mix the dressing through when ready to serve.

**Tips:** Serve with shredded chicken or grilled salmon for meat lovers.

Chilli can be omitted if not to your liking.

Quinoa can be made ahead of time.





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## SPANISH SALAD

### Gluten Free

Servings: 6

Difficulty: 1/5

### Ingredients:

250g Mixed Vegetables

2 Eggs

1 Handful olives to garnish

100g Mayonnaise

80g Spanish Onion

400g Potatoes, cut in small chunks

150g Can Tuna in olive oil

30g Olive oil

1 tsp Salt

10g White vinegar

600g Water

### Steps:

Place 600g water into TC ProM2.0 bowl, place 2 eggs into the small steaming basket and place inside the bowl. Add 250g mixed vegetables and 400g potatoes to steamer dish and set in place. Set temperature to 120oC, 30 minutes, speed 3. Once cooked, set aside.

Peel the eggs and place them with the onion (quartered) into the mixing bowl and chop 2 seconds, speed 4. Scrape down sides of mixing bowl.

Add mixed vegetables, 100g mayonnaise, 150g can tuna, 30g olive oil, 1 tsp salt and 10g white vinegar into mixing bowl. Mix for 1 minute on reverse speed 1.

Place into a serving bowl and cover with plastic wrap. Let it cool down and place in refrigerator for a few hours.

Serve cold decorated with olives.

**Tips:** Tuna can be substituted with shredded chicken or ham or omitted to be vegetarian.

# Vietnamese Chicken Noodle Salad

## Gluten Free

Servings: 4

Difficulty: 2/5

### Ingredients:

- 1 Large garlic clove
- 80g Sweet chilli sauce
- 2 tbsp Fish sauce
- 60g Lime juice
- 3 tbsp Sesame oil
- 2 Skinless chicken breasts, cubed
- 150g Vermicelli noodles
- 1 Small red capsicum diced
- 2 Spring onions finely sliced
- 0.25 Small chinese cabbage, finely shredded
- 100g Snow peas
- 1 Carrot, julienned
- 0.5 Cup bean sprouts
- 2 Kaffir lime leaves
- 0.25 Cup mint leaves
- 0.5 Cup coriander leaves
- 80g Unsalted peanuts

### Steps:

To make chilli dressing, place garlic into TC ProM2.0 bowl and chop for 3 seconds, speed 7. Scrape down bowl

and mix for another 3 seconds or until garlic is finely chopped.

Add sweet chilli sauce, fish sauce, lime juice and sesame oil and mix for 10 seconds, speed 7. Set aside

To make the salad, place cubed chicken breasts into the steamer dish and tray. Add 1.5 litres of water and 2 kaffir lime leaves into TC ProM2.0 bowl. Set temperature to 120°C, 15-20 minutes, speed 2. While chicken is cooking, place the following into a large bowl: 1 small red capsicum diced, spring onions finely sliced, small chinese cabbage, finely shredded, snow peas, carrot julienned, bean sprouts, and half the amount of your mint leaves and coriander leaves and peanuts reserving the remainder aside.

Once Chicken is cooked, place to the side to cool. Add the noodles into the remaining hot water and soak for 3 minutes, no cooking required.

Drain and rinse the noodles and add to the other salad ingredients.

Place cooked chicken into TC Prom bowl and shred for 4 seconds on reverse speed 3. Add to the salad bowl, pour your dressing over and mix through. Sprinkle with remaining herbs and nuts and serve.

**Caution:** Contains peanuts.





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## ZINGY CARROT SALAD

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

### Ingredients:

1 Garlic clove

3cm Nob fresh ginger

4 Medicum carrots, chopped into 3 pieces each

5 Sprigs parsley

100g Currents

100g Shredded coconut

20g Olive oil

1 tsp Cumin powder

1 Pince salt and pepper to taste

### Steps:

Place garlic and ginger into TC ProM2.0 bowl and chop 3 seconds, speed 7, scrape down sides.

Add carrots and parsley to the bowl and chop 3 seconds, speed 5

Add 100g currents, 100g shredded coconut, 20g olive oil, 1tsp cumin powder, salt and pepper to the TC ProM2.0 bowl and using reverse speed 3, 6 seconds.

Place into a serving dish and allow flavours to develop before serving.

**Tips:** Tasty BBQ Salad.

# MAINS



## ASIAN CHICKEN AND QUINOA SALAD

**Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

100g Quinoa

800g Water

500g Chicken breast cut into 5cm pieces

1.5 Cups shredded cabbage

1 Carrot, julienned

100g Sugar snap peas, thinly sliced

1 handful chopped cashews

2.5 tbsp Olive oil

2cm knob ginger

2 Cloves garlic

3 Scallions

0.25 cup Fresh lemon juice

0.25 cup Fresh lime juice

5 tbsp Soy sauce

4 tsp Sesame oil

1 tbsp Sweet chilli sauce

**Steps:**

Place quinoa in the small steaming basket and place in TC ProM2.0 bowl.

Add water to the bowl.

Cut chicken breast into 5cm pieces and place in steamer tray. Drizzle with olive oil, season with salt and pepper. Set temperature to 120°C, 16 minutes, speed 2. Set chicken aside to cool. Place quinoa in large salad bowl to cool.

When chicken is cool, place in TC ProM2.0 bowl and blend for 4 seconds, reverse speed 3. Add chicken to quinoa in salad bowl.

Add shredded cabbage, julienned carrot, sliced sugar snap peas and cashews to quinoa and chicken.

Place olive oil, ginger and scallions into the cleaned and dry TC ProM2.0 bowl and mix 4 seconds, speed 7. Scrape down and repeat if necessary.

Set temperature to 100°C, 3 minutes, speed 1. Let cool slightly (approx 2 minutes)

Add lemon juice, lime juice, soy sauce, sesame oil, and sweet chilli sauce, and mix for 10 seconds on reverse speed 3.

Add dressing to salad and mix to combine and serve.

**Tips:** Chicken can be substituted with Tofu for vegetarian option.

Soy sauce can be substituted with Coconut aminos for gluten sensitivities.

# BAKED SALMON CHEESECAKE

## Gluten Free

Servings: 6

Difficulty: 2/5

### Ingredients:

- 2 Pieces lemon peel (1cm x 4cm)
- 5 Spring onions, trimmed and cut in pieces
- 1 Sprig fresh dill or parsley
- 250g Cream cheese
- 200g Sour cream
- 300g Ricotta
- 3 Eggs
- 1 tsp Salt
- 0.25 tsp ground black pepper
- 350g Hot smoked salmon, skin removed, flaked
- 1 Avocado
- 3 Sprigs parsley leaves
- 20g Baby pickled capers, rinsed and drained
- 20g Lemon juice
- 150g Water

### Steps:

Preheat oven to 160oC. Line a spring form cake tin (23cm) with baking paper and set aside.

Place lemon peel into TC ProM2.0 bowl and chop 15 seconds, speed 9. Scrape down sides with spatula.

Add 4 spring onions, chopped and 1 sprig of dill or parsley and chop 15 seconds, speed 9.

Add 250g cream cheese, 200g sour cream, 300g ricotta, 3 eggs, 1 tsp salt and 1/4 tsp black pepper and blend 30 seconds, speed 5. Scrape down sides of mixing bowl.

Add salmon and combine 15 seconds, speed 4 until just combined. Transfer into prepared tin and bake for 45-50 minutes until just set. Turn off heat and allow cake to set in oven approx 1.5 hours or until cooled.

Cover cooled cheesecake with plastic wrap and place into refrigerator overnight. Clean and dry mixing bowl.

To make the avocado dressing, place into the TC ProM2.0 bowl 1 avocado (flesh only), 3 sprigs parsley leaves only, 20g drained and rinsed capers, 20g lemon juice and 150g water, blend for 40 seconds, speed 6.

Scrape down the sides, and blend again 20 seconds, speed 4. Transfer into a serving bowl and refrigerate until needed.

Remove cheesecake from refrigerator and allow to come to room temperature.

Serve at room temperature with salad of choice and avocado dressing.

**Tips:** Makes a tasty luncheon dish.





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## BUTTER CHICKEN AND CAULIFLOWER RICE

**Gluten Free**

Servings: 6

Difficulty: 2/5

**Ingredients:**

- 800g Cauliflower florets
- 4 Garlic cloves
- 3cm Fresh ginger, peeled
- 1 Long red chilli, deseeded and halved
- 1 Brown onion, quartered
- 100g Coconut oil
- 0.5 tsp Ground cinnamon
- 2 tsp Paprika
- 3 tsp Garam masala
- 1 tsp Ground cardamom
- 2 tsp Ground Coriander
- 2 tsp Ground cumin
- 2 tsp Ground tumeric
- 420g can Coconut cream
- 3 tbsp Lemon juice
- 200g Tomato paste
- 2 tsp Salt
- 1000g Chicken thigh fillets cut into 3-5cm pieces

**Steps:**

Place cauliflower florets into TC ProM2.0 bowl and chop 20 seconds, speed 6 until rice sized pieces. Place into steamer dish, poking a hole in the centre to let the steam through. Set aside. Wash and dry the mixing bowl.

Place garlic cloves, ginger and 1 chilli deseeded and halved into mixing bowl and chop 5 seconds, speed 7.

Add 1 onion, quartered and chop 5 seconds, speed 5. Scrape down sides with spatula.

Add coconut oil, cinnamon, paprika, garam masala, ground cardamom, ground coriander, ground cumin and tumeric and cook 100°C, 5 minutes, speed 1. Loosen mixture from sides and base of bowl with spatula.

Add coconut cream, lemon juice, tomato paste, salt and chopped chicken to the bowl. Place steamer dish into position and set temperature to 120°C, 25 minutes, reverse speed 1.

Place cauliflower rice into a serving dish and butter chicken in a separate dish.

Serve butter chicken and cauliflower rice with steamed vegetables or salad.

**Tips:** Cauliflower rice can be substituted with Jasmine rice or mashed potato.

# CAULIFLOWER FRITTERS WITH MINT YOGHURT DIP

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

## Ingredients:

0.5 Cauliflower, broken into florets  
0.5 Onion  
2 Garlic cloves  
15g Parsley  
4 Eggs  
1 tsp Ground cumin  
4 tbsp Rice flour  
1 tbsp plain flour or GF flour  
0.75 tsp Bicarb soda  
250g Full fat greek yoghurt  
15g Fresh mint chopped

## Steps:

Place cauliflower florets in steamer dish.

Place 500g water into the TC ProM2.0 bowl and place steamer dish on top. Set temperature to 120°C, 20 minutes, speed 2. Once steamed set aside and rinse bowl.

Add half an onion and 2 garlic cloves to empty TC ProM2.0 bowl and chop 6 seconds, speed 7.

Add cauliflower and 15g parsley and chop for a further 5 seconds, speed 5.

Add 4 eggs, 1 tsp ground cumin, 4 tbsp rice flour and 1 tbsp plain flour or gf flour and salt and pepper to taste and mix 10 seconds, speed 4

Add bicarb soda and stir through 5 seconds, speed 4.

Heat a little olive oil in a large fry pan. Place heaped tablespoons of mixture into the hot oil and cook 2 minutes each side until crispy, golden and cooked through.

Remove fritters and place on absorbent paper.

Make the mint yoghurt dip, mix the yoghurt and mint together in a bowl and serve with cauliflower fritters.

**Tips:** You can use any dip you like, greek yoghurt mixed with some sweet chilli sauce is tasty too.

Substitute yoghurt for sourcream as an alternative.





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## FRIED RICE

### Gluten Free

Servings: 4

Difficulty: 1 /5

### Ingredients:

1 Onion, halved

1 Garlic cloves

4 Eggs

400g Coconut milk

500g Water

400g Basmati or Brown rice

200g Cubed chicken, fish, bacon or shelled prawns

2 Carrots, sliced or julienned

2 Stalks of celery, sliced

1 Handful of any vegetables you like

1 Handful nuts and seeds

### Steps:

Place onion and garlic into TC ProM2.0

bowl and chop 4 seconds, speed 5.

Remove to steamer dish.

Place eggs into bowl and mix 5 seconds, speed 3. Line steamer tray with a large piece of wet baking paper, overlapping the sides of the tray. Pour eggs into tray and set aside.

Rinse bowl, weigh coconut milk and

water (500g for basmati rice and 700g for brown rice) into the bowl and put lid in place. Place small steaming basket on top of lid and weigh the rice into the basket. Rinse well under running water, then insert basket into bowl.

Place steamer into position and set temperature to 120°C, 20 minutes, speed 4 (for brown rice increase to 35 minutes)

While rice is cooking, chop up meat and or veges, placing it into the steamer as you go, allowing gaps for the steam to get through. Harder veges and meat on the bottom, softer veges and nuts/seeds on top. Replace steamer lid after each addition. Add steamer tray with eggs at same time.

Check after 20 minutes to see if everything is cooked (with brown rice, add the veges and eggs when there is only 15 minutes left on cooking time).

Remove steamer and allow to drain over sink. Remove the rice basket with the spatula, and tip rice into a large serving bowl. Add the meat and veges. Slice the egg up in the tray and tip into the bowl with the rice. Season with tamari sauce, soy sauce, sweet chilli sauce and mix together gently and serve.

**Tips:** Omit meat for a vegetarian fried rice.

# GLUTEN FREE PIZZA DOUGH

## Gluten Free

Servings: 4

Difficulty: 1/5

### Ingredients:

225g Filtered water

1 tsp Sugar

2 tsp Dried yeast

285g Gluten free plain flour

30g Olive oil

1 tsp Salt

100g Almond flour

### Steps:

Place water, sugar and dried yeast into

TC ProM2.0 bowl. Mix 20 seconds, speed 2.

Add gf flour, olive oil, salt and almond flour to the bowl. Use the kneading

function 500g, 3 minutes, speed 4.

Scrape the dough out into an oiled bowl and using wet hands, form a ball, cover with plastic wrap and let rise 1 hour.

Preheat oven to 230°C. Line a pizza tray or large baking sheet with baking paper. Grease the paper and transfer the dough to the paper.

Using wet hands, shape into a circle, leaving a slight ridge around the edge of the dough.

Bake for 15 minutes.

Top with your desired toppings and bake 5-7 minutes until cheese has melted. Broil 2-3 minutes to brown cheese and crust.

Serve with a side salad.

**Tips:** Omit meat for a vegetarian pizza.

Suggested toppings, baby spinach, cheese, sliced capsicum, mushrooms, tomato, olives, ham, chicken, prawns.

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## GREEK CHICKEN MEATBALLS

Servings: 4

Difficulty: 2 /5

### Ingredients:

**500g Chicken thigh fillets, 2cm cubes**  
**2 Onions, quartered**  
**1 Handful fresh parsley**  
**0.5 tsp Salt**  
**1 Pinch pepper**  
**1 Egg**  
**60g Frozen bread broken in pieces**  
**1 tbsp Water**  
**1 Clove Garlic**  
**20g Olive oil**  
**440g Tomatoes**  
**15g Tomato paste**  
**200g Water**  
**0.5 tsp Dried Oregano**  
**1 tsp Raw sugar**  
**1 Pinch salt and pepper to taste**  
**1 handful fresh parsley**

### Steps:

To make the meatballs, add 60g frozen bread into TC ProM2.0 bowl and grate for 10 seconds, speed 8. Set aside.

Place 1 onion and handful of parsley into TC bowl and chop for 6 seconds, speed 7. Set aside in the same bowl as the breadcrumbs.

Placed 500g diced chicken into TC bowl and mince 20 seconds, speed 9.

Add breadcrumb, onion and parsley mixture to TC bowl, add 1/2 tsp salt and pinch of pepper, 1 egg and 1 tbsp water and mix for 10 seconds, speed 4.

With wet hands, form mixture into small meatballs and arrange on steamer dish and tray.

To make tomato sauce, place remaining onion, garlic clove and remaining parsley into TC bowl and chop for 5 seconds, speed 7.

Scrape down sides of bowl, add 20g olive oil and saute for 2 minutes, 100oC, speed 1.

Add 440g tomatoes, 15g tomato paste, 200g water, 1/2 tsp oregano, 1 tsp sugar and season with salt and pepper. Set steamer into position and cook 25 minutes, 120oC, speed 1. If meatballs require more cooking, cook further 5 minutes, 120oC, speed 1.

Place Tomato sauce and meatballs into a serving dish to serve. Serve with favourite pasta or rice.

**Tips:** Substitute with GF bread to make Gluten Free.

# HEALTHIER FRIED RICE

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

## **Ingredients:**

**2 Carrots**

**1 Stick Celery**

**6 Button mushrooms**

**100g Frozen corn kernels**

**200g Frozen peas**

**20g Sesame oil**

**0.5 Onion**

**4 rindless bacon rashers (optional)**

**350g Jasmine rice**

**950g Water**

**1 tbsp Soy ssauce**

**1 tbsp Oyster sauce**

## **Steps:**

Chop carrots and celery into 3 pieces and place into the TC ProM2.0 bowl and chop for 4 seconds, speed 5.

Add mushrooms to the bowl and chop 3 seconds, speed 3. Place vegetables onto the steamer tray.

Weigh peas and corn ontop of the vegetables and mushrooms. Set the steamer tray aside.

Without washing the bowl, add half an onion and chop for 3 seconds, speed 6.

Add bacon if using and chop for 3 seconds, speed 5.

Scrape down the bowl and repeat if necessary. Add sesame oil and saute for 5 minutes, 100°C, speed 1.

Add mixture to the top of your veges on the steamer tray.

Without washing the bowl, pour 950g water into the bowl, insert the steamer basket and weigh in rice (no need to wash). Put the lid in place and steamer in it's position. Cook for 15 minutes, 100°C, speed 4.

Once cooked, combine cooked rice, vegetables, soy sauce, and oyster sauce into a large bowl, toss to combine and enjoy!

## **Tips:** Omit bacon for vegetarian option

Use Coconut Aminos as a substitute for soy sauce

Add other vegetables such as cauliflower and broccoli as desired.

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## HUNGARIAN GOULASH

**Gluten Free**

Servings: 4

Difficulty: 2 /5

### Ingredients:

1 Medium Onion, quartered

2 Cloves garlic

30g Olive oil

700g Gravy beef, trimmed and cut into chunks

500g Liquid beef stock

50g Tomato paste

2 tbsp Sweet Paprika

1 Bay leaf

150g Carrots, cut into chunks

1 Small tub sour cream

1 Handful fresh parsley

### Steps:

Add onion, quartered and garlic to TC ProM2.0 bowl, chop for 4 seconds,

speed 5. Scrape down sides of bowl.

Add olive oil and cook for 5 minutes, 100°C, speed 1 measuring cup off.

Add beef chunks, beef stock, tomato paste, paprika and bay leaf to the bowl. Cook for 20 minutes, 120°C, speed 1 with measuring cup off, and small steaming basket on top to avoid splatter.

Add chopped carrots and cook a further 15 minutes, 120°C, speed 1 measuring cup off and steamer basket on top. Due to differing water content in beef, the cook time may need to be extended by 5-10 minutes.

Season to taste and garnish with fresh parsley and serve with sour cream.

**Tips:** If you don't have liquid beef stock, used 2 teaspoons beef stock powder in 500g water.

# INDIAN VEGETABLE CURRY

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 2/5

## **Ingredients:**

1 tsp Coconut oil

1 Medium Onion, quartered

2 Cloves Garlic

2cm Ginger root, peeled

1 tbsp Fennel seeds

1 tbsp Ground cumin

1 tsp ground tumeric

1 tbsp Ground coriander

1 tbsp Garam masala

150g Raw cashews

5 Vine ripened tomatoes, roughly  
chopped

1 Pinch sea salt and black pepper to  
taste

250g Full fat greek yoghurt

180g Water

1 Sweet potato

1 Large carrot

1 Red capsicum

0.5 Cauliflower

0.5 Broccoli

30g Baby spinach

## **Steps:**

Place your onion, garlic and ginger into TC ProM2.0 bowl and chop for 4 seconds, speed 6. Scrape the sides.

Add fennel seeds, cumin, tumeric, coriander, garam masala and coconut oil and saute for 3 minutes, 100°C, speed 1.

Add cashew nuts, salt and pepper to taste and tomatos, roughly chopped. Blend for 20 seconds, speed 4.

Add yoghurt and water and blend 1 minute, speed 8 (if temperature is above 60°C blend on speed 4)

Transfer curry sauce into a large pot and simmer on med-low temperature (approx 15 minutes).

Add your vegetables chopped in approximately same size chunks. Add your hard vegetables to the curry sauce first, such as carrot and sweet potato. Follow 5-10 minutes later with capsicum, cauliflower, broccoli and lastly with 2 minutes before, add the spinach then turn off the heat. Ensure your hard vegetables are cooked adequately before adding the spinach.

Serve with basmati rice, quinoa or cauliflower rice.

**Tips:** Cook your rice while your curry is simmering in the pot.

Garnish with fresh coriander.

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## LAMB STEW

### Gluten Free

Servings: 6

Difficulty: 2 /5

### Ingredients:

500g Lamb, cubed

1 tbsp Olive oil

2 Cloves garlic

1 Onion

2 Carrots

2 Stalks celery

300g Mushrooms

90g Red wine

1 Can chopped tomatoes

1 tsp vegetable stock powder

100g Water

2 tsp Dried Rosemary

1 tsp Thyme

1 Pinch salt and pepper to taste

### Steps:

Place 1 onion and 2 garlic cloves in TC

ProM2.0 bowl and chop 3 seconds, speed 7. Scrape down sides of bowl.

Add 1 tbsp olive oil and saute 2 minutes, 100oC, speed 3.

Add cubed lamb, seasoned with salt and pepper. Saute for 4 minutes, 120oC, on reverse speed 1.

Add 2 carrots and 2 stalks celery, chopped in small chunks. Cook 3 minutes, 120oC on reverse speed 1.

Add 300g mushrooms, quartered, 90g red wine, 1 can chopped tomatoes, 1 tsp vegetable stock, 100g water, 2 tsp dried rosemary and 1 tsp thyme. Cook for 30-45 minutes, 100oC on reverse speed 1.

Serve with mashed potatoes and steamed vegetables, garnish with fresh chopped parsley.

**Tips:** Steam your potatoes and vegetables in your steamer set whilst your stew is cooking.

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# LENTIL AND VEGETABLE SHEPHERD'S PIE

## Vegetarian - Gluten Free

Servings: 8

Difficulty: 2/5

### Ingredients:

- 5 Large potatoes, cut in chunks**
- 100g Milk**
- 30g Butter**
- 0.5 Cup cheese**
- 1 Large onion, quartered**
- 2 Garlic cloves**
- 1 tbsp Olive oil**
- 1 Carrot**
- 1 Small zucchini or sweet potato**
- 2 Celery stalks**
- 2 tsp vegetable stock powder**
- 1 tin condensed tomato soup**
- 0.5 tin of water (use soup tin to measure)**
- 100 Red wine**
- 100 Red lentils**
- 1 Cup mixed frozen vegetables**

### Steps:

Peel potatoes and cut into chunks, place into the steamer dish and set aside.



Chop 1 onion into quarters and place with the garlic into the TC ProM2.0 bowl, chop 5 seconds, speed 6.

Add 1 tbsp olive oil and cook for 3 minutes, 120°C, speed 2.

Roughly peel and chop carrot, zucchini and celery. Add to the mixing bowl and blend for 4 seconds, speed 4.

Cook for 3 minutes, 120°C, speed 2.

Add vegetable stock, soup, 1/2 soup tin of water, red wine and red lentils. Place steamer in place and cook for 20 minutes, 120°C, reverse speed 2 (allowing vegetables to steam).

Preheat oven to 180°C. Add mixed vegetables to the mixing bowl, replace steamer and continue to cook for 5 minutes, 120°C, reverse speed 2.

Once finished, remove potatoes and set aside (if they need further cooking, cook 5 minutes longer).

Remove the mixing bowl and place contents into an oven proof dish.

Rinse the bowl and add the butterfly tool. Add the potatoes, butter, milk and mix 30 seconds, speed 4.

Add potatoes on top of the filling in your dish. Sprinkle with grated cheese if you wish.

Bake for 20 minutes at 180°C.

Let stand for 10 minutes before serving. Serve with side salad or steamed vegetables.

**Tips:** Make it dairy free and use any non dairy milk and vegan cheese or omit cheese all together.

Consider adding mushrooms with the lentils for a meatier texture.



## MANGO CHICKEN CURRY WITH RICE

**Gluten Free**

Servings: 4

Difficulty: 2 /5

**Ingredients:**

- 2x420g cans mango slices in syrup (drained)
- 120g Coconut Milk/Cream
- 1 Brown onion, quartered
- 2 Garlic cloves
- 2 tsp Vegetable stock powder
- 1 Pinch ground ginger
- 1 tbsp garam masala
- 1 tsp tumeric powder
- 2 tsp Dried coriander leaves
- 600g Chicken breast, cut into thick cubes
- 300g Frozen vegetables, thawed
- 30g Olive oil
- 250g Jasmine or Basmati rice

**Steps:**

Add one can of drained mango slices, coconut milk or cream, and vegetable stock to TC ProM2.0 bowl and blend for 10 seconds, speed 7 or until smooth. Set aside.

Clean and dry TC ProM2.0 bowl. Add onion and garlic and chop 4 seconds, speed 7.

Add olive oil, pinch of ground ginger, garam masala, tumeric, dried coriander leaves and stock, and saute for 2 minutes, 120°C, speed 1.

Add 600g cubed chicken breast and cook for 15 minutes, 100°C on reverse speed 1.

Add frozen vegetables and reserved mango puree and cook with measuring cup off for 5 minutes, 100°C on reverse speed 1. Set aside in a bowl. Rinse and dry TC bowl.

Dice reserved tin of mangos, and add to the chicken curry mixture.

Measure rice into the steaming basket, rinse under tap water, pop into the TC bowl, cover with hot water by 1cm. Cook for 11 minutes, 100°C, speed 2 with measuring cup in place.

Serve curry with rice and steamed vegetables.

# PASTA FREE LASAGNE GF

## Gluten Free

Servings: 8

Difficulty: 2/5

### Ingredients:

500g Beef mince meat

200g Passata

1 Brown onion, quartered

1 Large garlic clove

1 Carrot, cut in chunks

2 Celery stalks, cut in chunks

1 tbsp Dried mixed herbs

250g Tomato paste

1 tsp ground black pepper to taste

1 tsp Vegetable stock powder

200g Liquid chicken stock

500g Milk

40g Butter

40g GF flour

1 tsp White pepper

1 tsp Chicken stock powder

1 tbsp Worcestershire sauce

1 Large eggplant, peeled and sliced  
longways 3mm thick

0.25 Butternut pumpkin cut into 3mm  
slices

4 Large spinach leaves, stems removed  
and sliced into thick ribbons

40g Parmesan cheese, grated

80g Tasty cheese, grated

### Steps:

Place celery, carrot, onion and garlic into  
TC ProM2.0 bowl and chop 6 seconds,  
speed 7. Scrape down sides.

Add 500g beef mince, 200g liquid  
chicken stock, 200g passata, 250g

tomato paste, 1 tsp dried herbs, tsp  
vegetable stock powder and season  
with pepper. Cook for 25 minutes, 100°C,  
reverse speed 1. Check after 15 minutes,  
add more liquid if too thick.

Arrange the eggplant, pumpkin and  
meat in layers in your greased baking  
dish ie: small amount of meat sauce, layer  
of eggplant, small amount meat sauce,  
layer of pumpkin and so on. Finish with  
meat sauce and even distribute spinach  
on top. Clean and dry bowl.

To make bechamel sauce, place  
40g butter into the TC bowl and melt 1  
minute, 100°C, speed 1.

Add 40g gf flour and 1tsp powdered  
chicken stock and stir 30 seconds,  
speed 1.

Add tsp white pepper, 1 tbsp  
worcestshire sauce and 500g milk.  
Cook for 6 minutes, 90°C, speed 4.

Pour evenly over the spinach  
then sprinkle with parmesan and tasty  
cheese. Bake in preheated oven for  
180°C for 40 minutes until golden brown.

Serve with a side salad.





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## PIZZA DOUGH

Servings: 6

Difficulty: 1 /5

### Ingredients:

300g Luke warm water

1 tsp Sugar

1 tsp Instant dried yeast

450g Plain flour

20g Olive oil

0.5 tsp salt

### Steps:

Add 300g lukewarm water, 1 tsp sugar and 1 tsp dried yeast into the TC ProM2.0 bowl and mix for 30 seconds, speed 2.

Add 450g flour, 20g olive oil and 1/2 tsp salt and mix for 5 seconds, speed 5.

Knead for 3 minutes on kneading

500g, speed 4.

Turn the dough out onto a lightly floured board and roll into a ball. Place the dough into an oiled bowl and cover with plastic wrap and leave to rise until doubled in size (approx 1 hour in warm room).

Once dough has risen, knock back and cut in half. Roll each half out into a round or oblong shape. Add your favourite toppings and bake in a hot oven 200-220°C for 10-15 minutes.

Serve with side salad or home made fries.

**Tips:** Recipe can be halved if only one pizza is wanted.

Dough can be freezed up to 3 months.

Suggested toppings include baby spinach, capsicum, mushrooms, tomato, cheese, ham, prawns, chicken, olives, sundried tomatoes, zucchini etc.

# PRAWN AND COCONUT CURRY

Servings: 4

Difficulty: 1/5

## Ingredients:

1 Onion, quartered

2 Cloves garlic

1 tbsp Coconut oil

1 tsp Fresh ginger

1 tsp Curry paste or 2 tsp Garam masala

1 Tin chopped tomatoes

1 Tin Coconut cream

500g Fresh or Frozen peeled prawns

250g Chopped broccoli

## Steps:

Place the onion, garlic and ginger into the TC ProM2.0 bowl and chop for 5 seconds, speed 6.

Add 1 tbsp coconut oil and saute for 3 minutes, 100°C, speed 1.

Add 1 tsp curry paste or 2 tsp garam masala, mix for 3 seconds, speed 2.

Add 1 can of chopped tomatoes, and coconut cream, prawns and broccoli. Cook 6 minutes, 100°C on reverse speed 1.

Season with salt and pepper and serve with fragrant coconut rice.

**Tips:** If using cooked prawns, add them only in the last 2 minutes to heat through.

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## ROAST CHICKEN

Servings: 4-6

Difficulty: 2/5

### Ingredients:

1 Whole chicken

1 Stick of celery, chopped in 3 pieces

0.5 Onion, chopped into 3 pieces

0.5 Lemon, sliced into 3 pieces

2 tbsp Honey

2 tbsp Soy sauce

1 Clove garlic

1500g Water

### Steps:

Rinse the chicken cavity and pat dry

Pierce the skin several times.

Place the onion pieces, celery and lemon pieces into the cavity. Gently stretch the wings and drumsticks away

from the body to loosen the joints. Tie the drumsticks together with a rubber band and place the bird into the steamer dish.

In the TC ProM2.0 bowl, combine honey, soy sauce, and clove of garlic and mix for 5 seconds, speed 7.

Using a pastry brush, baste the chicken generously with sauce. Don't forget to do the sides and legs & wing joints. Any sauce left, just pour on top of the chicken.

Add water to the TC ProM2.0 bowl and place steamer in place. Cook chicken for 60 minutes, 120°C, speed 2.

Remove chicken from steamer and place on a baking tray and place in a hot oven 180°C-200°C for 10 minutes to give a golden finish.

Serve with oven roasted vegetables.

**Tips:** Prep and roast your vegetables whilst your chicken is steaming.

# SALMON WITH LEEK SAUCE

## Gluten Free

Servings: 6

Difficulty: 2/5

### Ingredients:

230g Leek, white part only

100g Water

5g Dried tarragon

5g Lemon juice

1 Pinch salt and pepper to taste

600g Pumpkin, peeled

3 Fillets skinless salmon

600g Broccoli pieces

150g Cream

2 Spring onions

### Steps:

Trim white part of leek then cut in half, wash under running water to get rid of any sand. Cut in 2cm pieces.

Place leek, water, tarragon, lemon juice and seasoning into TC ProM2.0 bowl and cook for 4 minutes, 120°C, speed 1.

Prepare pumpkin into 6 even pieces

and place in simmering basket.

Check the salmon for bones, cut each piece in two, season with salt and pepper and place on flat steamer tray.

When leek is ready, scrape down the side of the bowl, place the simmering basket with the pumpkin into the TC bowl, place the large steamer dish on top for broccoli later, then place the steamer tray and the lid. Cook for 8 minutes, 120°C, speed 2.

Carefully lift the lid and the steamer tray and add broccoli to the steamer dish and cook a further 8 minutes, 120°C, speed 2.

Thinly slice the spring onions. Remove the steamer dish and set aside, remove the simmering basket and set aside. Add the cream to the leek, put the lid on with measuring cup in place and stir for 15 seconds, speed 4.

Place a piece of pumpkin on each plate and with a fork squash gently, place some broccoli then a piece of fish, spoon the leek sauce over the top, then sprinkle with spring onions.

**Tips:** Works fine with 4 smaller pieces of salmon to serve 4.

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# SHEPHERDS PIE WITH BUTTER BEAN MASH

**Gluten Free**

Servings: 6

Difficulty: 2/5

## Ingredients:

- 40g Parmesan cheese, crust removed, cut into cubes
- 600g Water
- 250g Lamb meat, cut into cubes
- 1 tbsp Dried oregano
- 80g Olive oil
- 1 Pinch of salt and pepper
- 2 Garlic cloves
- 2 Carrots, cut into pieces
- 2 Celery stalks, trimmed and cut into pieces
- 4 Spring onions, trimmed and cut into pieces
- 2 tsp Vegetable stock
- 60g Tomato paste
- 20g Worcestershire sauce
- 800g Canned butter beans, rinsed and drained

## Steps:

- Preheat oven to 180oC.
- Place parmesan cheese into TC ProM2.0 mixing bowl and grate for 10 seconds, speed 8. Transfer into a bowl and set aside. Rinse and dry mixing bowl.

Place water into mixing bowl. Place steamer dish into position. Weigh lamb into steamer dish then rub lamb with 2 tsp dried oregano and 20g olive oil. Season with salt and pepper, secure steamer lid and steam for 15 minutes, 120°C, speed 1. Set steamer aside, rinse and dry mixing bowl.

Place cooked lamb into the mixing bowl and pulse, 1 second, 2 times or until mince consistency is achieved. Transfer into a large bowl and set aside.

Place garlic cloves, carrots, celery, spring onions and remaining 2 tsp oregano and 30g olive oil into the TC bowl and chop 5 seconds, speed 5. Scrape down sides. Cook for 3 minutes, 100°C, reverse speed 1.

Add reserved lamb mince, vegetable stock, tomato paste, and worcestershire sauce and cook for 10 minutes, 100°C, reverse speed 1. Transfer to an ovenproof dish and set aside. Clean and dry mixing bowl.

Place butter beans and remaining 30g olive oil into TC ProM2.0 bowl and blend 15 seconds, speed 5. Scrape down sides of bowl with spatula, season to taste and repeat blending until a smooth consistency is achieved.

Spread butter bean mash over the top of the lamb mixture and sprinkle with reserved parmesan. Bake for 10-15 minutes at 180oC or until top is golden brown and bubbling.

Serve hot with salad

**Tips:** Beef meat can be used instead of lamb if desired.

# SIMPLE MUSHROOM RISOTTO

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 2/5

## **Ingredients:**

**40g Parmesan cheese, crust removed,  
cut into cubes**

**1 Brown onion, quartered**

**40g Butter**

**40g Olive oil**

**320g Arborio rice**

**60g dry White wine**

**2 tbsp vegetable stock powder**

**250g Mushrooms, cut into slices**

**720g Water**

## **Steps:**

Place parmesan cheese into the TC bowl and grate for 10 seconds, speed 9. Transfer to a bowl and set aside. Clean and dry mixing bowl.

Place onion into the mixing bowl and chop for 3 seconds, speed 5. Scrape down the sides of the mixing bowl with spatula.

Add butter and olive oil and saute for 3 minutes, 120°C, speed 1.

Insert butterfly tool. Add risotto rice and saute for 1 minute, 120°C, reverse speed 2.

Add white wine and saute 2 minutes, 100°C, reverse speed 2. Scrape bottom of mixing bowl well with spatula to loosen rice.

Add 1-2 tbsp vegetable stock powder, sliced mushrooms and water, scraping the bottom again to loosen rice. Cook for 13 minutes, 100°C, reverse speed 2, placing the simmering basket on the lid instead of the measuring cup.

Transfer to a large bowl or dish and using the spatula combine with reserved parmesan. cover the dish and set aside for a few minutes to thicken.

Serve with side salad.





## THE BEST LASAGNE (GF OPTION)

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 2/5

### Ingredients:

- 2 Garlic cloves
- 1 Brown onion, quartered
- 20g Olive oil
- 1 Zucchini
- 1 Carrot
- 800g Crushed tomatoes
- 1 tbsp Mixed herbs
- 100g Water
- 50g Tomato paste
- 500g Beef mince or plant mince
- 1 Box instant lasagne sheets (or GF lasagne sheets)
- 30g Butter
- 15g Plain flour or GF flour
- 250g Milk or dairy free milk
- 100g Tasty cheese
- 25g Parmesan Cheese
- 1 Pinch salt and pepper to taste
- 0.5 tsp Nutmeg

### Steps:

Place onion and garlic into the TC bowl.  
Chop for 4 seconds, speed 5.

Add olive oil and cook for 3 minutes, 100°C, speed 2.

Add the zucchini and carrot and chop 4 seconds, speed 5.

Add tin of crushed tomatoes, mixed herbs, water and tomato paste and cook for 5 minutes, 100°C, speed 2.

Place the beef or plant mince into the steaming basket and break it up with your spatula. Carefully pop the steamer basket into the TC Prom2.0 bowl, place the lid in place and cook for 8 minutes, 100°C on reverse speed 3.

Gently stir mince and cook for another 4 minutes, 100°C, reverse speed 3 until cooked through.

Carefully remove the basket from the bowl and transfer cooked mince into the prepared tomato sauce. Stir for 10 seconds on reverse speed 3. Set aside until needed.

Clean your TC bowl and prepare the bechamel. Place 2cm cubed pieces of the tasty and parmesan cheeses into the bowl and chop for 10 seconds, speed 9

Add butter, flour, milk, nutmeg, salt and pepper to the bowl and cook for 7 minutes, 90°C, speed 4.

Preheat your oven to 180°C and grease a large lasagne dish.

Place a layer of pasta on the bottom of the dish, and add 1/3 of the meat sauce. Place another layer of pasta, meat sauce until you have used all your meat sauce and have a layer of pasta on top.

Pour the cheese sauce over the top layer of pasta and place the baking dish into the oven and cook for 35-40 minutes. Cut into pieces and serve with salad or vegetables.

# VEGGIE FRITTERS

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

## Ingredients:

- 1 Carrot, roughly chopped**
- 1 Large onion, roughly chopped**
- 1 Cup uncooked pumpkin, roughly chopped**
- 1 Large zucchini, roughly chopped**
- 1 Large egg**
- 1 Cup plain flour (GF flour)**
- 1 Pinch Salt and pepper, and or herbs/**  
**spices of choice**

## Steps:

Place carrot, onion, pumpkin and zucchini into TC ProM2.0 bowl. Grate for 3 seconds on speed 5 or until no large chunks remain.

Remove lid and add egg, 1 cup flour and seasonings into the bowl. mix for 5 seconds on reverse speed 3 or until combined. Scrape out into a bowl.

Heat some olive oil in a fry pan. Make small patties with your hands and cook on both sides until golden brown.

Serve with salad and any dressing you desire.

**Tips:** Make this GF by using plain gf flour.

Tastes great with sweet chilli sauce and sour cream.

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## ZUCCHINI AND CHEESE FRITTERS

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

### Ingredients:

2 Zucchini, roughly chopped

30g Parmesan cheese

80g Feta Cheese

30g Tasty cheese

1 Small onion, quartered

2 Cloves garlic

0.75 Cup self raising flour

1 Pinch salt and pepper to taste

2 Eggs

### Steps:

Place the parmesan cheese, feta and tasty cheese into the TC ProM2.0 bowl and grate for 8 seconds, speed 9. Set aside.

Place the chopped zucchini into the

TC bowl and pulse 5-10 times or until coarsely grated. Place into a strainer and squeeze out all the excess liquid.

Place the 3 cheeses, strained zucchini, 3/4 cup self raising flour (GF self raising flour), 2 eggs and salt and pepper into the bowl. Mix for 10 seconds, reverse speed 3. Scrape down the sides and repeat once more.

Add a light layer of olive oil to a frying pan over medium heat. Add tablespoons of the mixture and flatten down. Cook 2-3 minutes both sides or until golden and crisp.

Serve with sauces of choice and salad for a light luncheon.

**Tips:** Tastes great with sweet chilli sauce and sour cream.

Make GF by substituting regular self raising flour for gluten free self raising flour.

# SWEET POTATO MAC & CHEESE

Servings: 4

Difficulty: 1/5

## Ingredients:

**650g Sweet potato**

**350g Penne Pasta**

**75g Feta**

**125g Mature cheddar**

**6 Slices bacon**

**500g Milk**

**50g Flour**

**50g Butter**

**1 tsp Paprika**

**1 Pinch salt and pepper to taste**

## Steps:

Weight out the penne and put it in a pot of boiling water on the stove, cook as per packet instructions until cooked through but still with a little bit of bite to it.

Peel and roughly chop the sweet potato, add it to the TC bowl and chop for 10 seconds, speed 7. Pour into the steamer base.

Fill the TC bowl half way with water, attach the steamer to the top and steam

the sweet potatoes for 18 minutes, 120°C, speed 4.

While the pasta and potatoes are cooking, fry the bacon and set it aside to cool. Once cooled, chop it into bite sized chunks.

Once potatoes are ready, tip them into a large oven proof dish and roughly mash them with a fork. Preheat oven to 180°C.

Add the milk, flour and butter to the TC bowl and cook for 7 minutes, 90°C, speed 4.

Sprinkle the bacon, feta and hot cooked pasta over the sweet potato and give it a good mix.

Add 3/4 grated cheese and mix again. Pour the white sauce over the dish and give it a good mix through.

Sprinkle the remainder of the cheese and a little paprika on the top and put it in the oven for approximately 12-15 minutes or until golden brown.

Serve on its own or with a fresh salad.

**Tips:** Can make this GF by using any gf pasta and gf plain flour.

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# SAUCES AND DIPS



# BEETROOT HUMMUS

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

## Ingredients:

- 40g hulled tahini
- 1 Garlic clove
- 400g Tin chickpeas, drained and rinsed
- 1 Lemon, juiced
- 0.5 Large fresh beetroot, peeled and quartered
- 1 tsp Ground cumin
- 1 tsp ground coriander
- 0.5 tsp Smoked paprika
- 20g Olive oil
- 1 Pinch of salt and pepper to taste

## Steps:

Place garlic clove into TC ProM2.0 bowl and chop 2 seconds, speed 7.

Add 40g tahini, can of rinsed and drained chickpeas, lemon juice, beetroot, tsp cumin, tsp coriander, 1/2 tsp paprika, 20g olive oil and season with salt and pepper and blend for 10 seconds, speed 5 or until desired consistency is reached.

Sprinkle with extra paprika and a drizzle of olive oil to serve.

**Tips:** Add extra olive oil if consistency is too thick.

Perfect with pita chips, flatbread or raw vegetables.

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## BECHAMEL SAUCE

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

250g Milk

30g Butter

2 tbsp plain flour or gf flour

**Steps:**

Insert the butterfly whisk and add 250g milk, 30g butter and 2 tbsp flour into the TC ProM2.0 bowl (season with salt and pepper as desired) cook for 3 minutes, 95°C, speed 3.

**Tips:** Use any milk of choice.

Use gluten free flour as substitute.

# CHEESE SAUCE

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

30g Butter

15g Plain flour

250g Milk

100g Tasty cheese

25g Parmesan cheese

1 Pinch salt and pepper

0.5g tsp Nutmeg

**Steps:**

Place 2cm cube pieces of tasty and parmesan cheese into your TC ProM2.0 bowl and grate for 10 seconds, speed 10 until finely grated.

Add 30g butter, 15g flour, 250g milk, 1/2 tsp nutmeg and salt and pepper to taste. Cook for 7 minutes, 80°C, speed 4.

**Tips:** Use any milk of choice.

Use gluten free flour as substitute.

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## GUACAMOLE

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

### Ingredients:

0.5 Lemon, juiced

2 Large avocados

1 Large tomato

20g Red onion

1 Fresh chilli (optional)

1 Clove garlic (optional)

### Steps:

Peel and cut onion and garlic and place in TC ProM2.0 bowl and chop for 10 seconds, speed 10.

Add avocado flesh, tomato roughly chopped, deseeded chilli if using, lemon juice and salt and pepper to taste. Mix 8 seconds, speed 5.

Serve fresh.

**Tips:** Great served with crackers or raw vegetables.



# HOMEMADE CHOCOLATE SPREAD

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

275g Roasted hazelnuts

7 tbsp Cocoa powder

160g Icing sugar

0.25 tsp Salt

1 tsp Vanilla extract

100g Coconut oil

**Steps:**

Add toasted hazelnuts into the TC ProM2.0 bowl and blend for 10 seconds, speed 10.

Scrape down the sides and blend for 30 seconds, speed 5.

Scrape down, and repeat three more times, scraping down in between until you have a smooth hazelnut butter.

Add 7 tbsp cocoa powder, 160g icing sugar (or dates, see tips), 1/4 tsp salt, tsp vanilla and 100g coconut oil. Blend again for 20 seconds, speed 10.

Transfer into sterilised jam jars and store in the fridge.

**Tips:** Substitute sugar with 120g dates soaked in boiling water to soften for a healthier spread.

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## HUMMUS

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

- 1 Tin chickpeas
- 2 Cloves garlic
- 0.25 Cup olive oil
- 1 Lemon, juiced
- 2 tbsp Tahini
- 1 tsp Ground cumin
- 2 tbsp Water

**Steps:**

Place peeled garlic cloves into TC ProM2.0 bowl and chop for 3 seconds, speed 6.

Add tin of chickpeas, rinsed and drained, 1/4 cup olive oil, lemon juice, 2 tbsp tahini, tsp cumin, season with salt, add 2 tbsp water and mix for 3 minutes, speed 10 until smooth, add more water or olive oil to achieve desired consistency.

Serve fresh with raw veges.

**Tips:** Try adding some roasted capsicum or sweet potato or pumpkin for a sweeter tasting hummus.

# TZATZIKI

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

## Ingredients:

250g Greek yoghurt

125g Cucumber

1 tbsp Chives or Dill

1 tbsp Parsley

## Steps:

Cut the cucumber into half and remove seeds with a spoon. Then cut into smaller pieces.

Add all ingredients into TC ProM2.0 bowl. Blend for 10 seconds on reverse speed 3.

Served drizzled with olive oil and fresh dill.

**Tips:** Serve with raw vegetables.

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## HONEY MUSTARD DRESSING

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

### Ingredients:

40g Dijon mustard

40g Lemon juice

30g Honey

1 Pinch of salt and pepper

130g Olive oil

1 dash of Apple cider vinegar

### Steps:

Place 30g honey, 40g mustard, 40g lemon juice and dash of apple cider vinegar into TC ProM2.0 bowl and cook 2 minutes, 100°C, speed 2 with measuring cup off.

Add salt and pepper and 130g olive oil and mix 10 seconds, speed 4 until blended.

Refrigerate until ready to use.

**Tips:** Goes great with any salad especially with buckwheat.

# BREAD



# BAGELS

## Vegetarian

Servings: 6

Difficulty: 2/5

### Ingredients:

500g Plain flour

1 tbsp Dry active yeast

300g Lukewarm water

1 tsp Salt

2 tbsp Light brown sugar

1 tbsp Bicarbonate Soda

1 handful Sesame or poppy seeds

### Steps:

Place the yeast and 300g Lukewarm water in the TC bowl. Stir 2 minutes, 37°C, speed 2.

Add flour, salt and brown sugar. Using the kneading 500g function, knead 3 minutes.

Gently take the dough out and place in a bowl, cover and allow to double in size, may take 1-2 hours. Once risen, place the dough onto a floured surface.

Divide the dough into 10 portions

and roll each portion into a ball on your surface. Cover and leave to rise for another 20 minutes. Preheat your oven to 190°C.

Prepare two baking trays with baking paper. Pour 1 litre of water in a large saucepan and bring to the boil. Once boiling, add 1 tbsp bicarb soda and leave to simmer on medium-low heat.

Prepare your bagels, take each ball and poke a hole in the middle with your finger. Place 2 bagels at a time into the simmering water and simmer for 30 seconds each side. Immediately remove from the pan with a slotted spoon and place on the prepared baking tray.

Brush each bagel with a little milk and sprinkle with seeds. Repeat with the rest of the bagels until finished. Bake in the oven for 20-25 minutes until golden brown.

Remove from oven and leave to cool down slightly then carefully remove from the baking paper.

**Tips:** Best served warm and fresh.  
Perfect with cream cheese and jam.

# Brioche Buns

## Vegetarian

Servings: 4

Difficulty: 2/5

### Ingredients:

30g Caster sugar

330g Milk

3 tsp Dried instant yeast

80g Softened butter

1 tsp Salt

650g Plain flour

1 Egg

1 tbsp Milk

1 Handful sesame seeds

### Steps:

Grease a baking tray and set aside.

Place 30g caster sugar, 330g milk and 3tsp yeast into TC ProM2.0 bowl and warm for 1 minute, 35°C, speed 1.

Add 80g softened butter, tsp salt, 650g flour and 1 egg. Mix 10 seconds, speed 7.

Using kneading 800g function, knead the dough for 2 minutes.

Pour out dough onto a lightly floured surface and knead gently into a ball.

Place into a bowl and cover with a tea towel and place in a warm area to prove approx 1 hour until doubled in size.

Divide the dough into 10 equal pieces for large buns, or 20 for mini buns. Shape into bun shape and place onto the baking tray.

Leave a further 20 minutes. Preheat oven to 220°C.

Brush the buns with a little milk and sprinkle with sesame seeds if you desire.

Bake in the oven for 20-30 minutes until golden brown. (cooking time depends on size of your buns)

Leave on tray for 5 minutes and then transfer to a wire rack to cool completely.

**Tips:** Best served warm and fresh.





## CHEESE AND SPINACH SCROLLS

**Vegetarian**

Servings: 4

Difficulty: 2/5

**Ingredients:**

- 360g Lukewarm water
- 2 tsp Instant dried yeast
- 2 tsp Sugar
- 2 tsp Bread improver
- 1 tsp Salt
- 25g Milk powder
- 20g Olive oil
- 600g Flour
- 60g English spinach leaves
- 30g O ilive oil
- 250g Grated mozzarella cheese

**Steps:**

Add water, yeast, sugar, bread improver, salt, milk powder, olive oil and flour into the TC ProM2.0 bowl in order listed. Mix for 15 seconds, speed 3.

Using the kneading 500g function, knead the dough for 3 minutes.

Tip the dough onto a lightly floured

silicone baking mat. Wrap in clean tea towel and let rest in a warm place for 15 minutes.

While the dough is proving, chop the spinach and oil for 10 seconds, speed 4.

Using a floured silicone baking mat, punch the dough down and use a rolling pin to shape a large 50 x 35cm rectangle.

Spread the dough with the spinach mix and grated mozzarella cheese. Roll the dough into a tube and using a dough cutter, slice into 12 equal sized pieces.

Cover with plastic wrap to prevent drying out and rest in a warm place for 30 minutes.

Heat the oven to 200°C. Remove the cover from the scrolls, and place on a lined baking tray and place in the hot oven, tip 1/2 cup ice cubes on the bottom of the oven and reduce heat to 180°C. (The ice cubes create steam to give a glossy golden finish). Bake 25-30 minutes until golden.

Remove from oven and serve hot or cold.

**Tips:** Great school lunch treat.

# CHIA AND SEEDS LOAF

## Vegetarian

Servings: 4

Difficulty: 2/5

### Ingredients:

500g Lukewarm water

2 tsp Instant dried yeast

500g Plain flour

1 tsp Salt

50g Rolled oats

30g Chia seeds

30g Sesame Seeds (plus extra to  
sprinkle)

30g Poppy Seeds (plus extra to  
sprinkle)

40g Pepitas (plus extra to sprinkle)

30g Honey

30g Olive oil

### Steps:

Grease a loaf tin and set aside.

Place water, yeast, flour, salt, oats, chia seeds, sesame seeds, poppy seeds, pepitas, honey and olive oil into the TC ProM2.0 bowl and using kneading 500g function, knead for 3 minutes (dough will be sticky, this is normal).

Pour the dough into the greased tin and set aside in a warm place to prove for 30 minutes (or until doubled in size).

Preheat oven to 200°C. Sprinkle extra seeds and pepitas over the top of the loaf.

Bake in the oven for 40-45 minutes or until it sounds hollow when tapped in the middle.

Leave in the tin for 5 minutes and then place on a wire rack to cool completely. When cooled, wrap in foil and place in airtight container.

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# GLUTEN FREE, PALEO, SUGAR FREE BUNS

## Ingredients:

60g Psyllium husks  
80g coconut flour  
30g chia seeds  
25g linseed/flaxseed  
25g pepitas  
25g sesame seeds  
20g sunflower seeds  
4 level teaspoons baking powder  
1 tsp Himalayan pink sea salt  
400g water  
3 eggs  
2 Tbsp light flavoured olive oil

## Steps:

Preheat oven to 200°C

Place a bowl onto the mixing bowl lid and weigh in 400g water, then add 3 eggs and 2 Tbsp olive oil. Lightly whisk mixture with a fork and set aside.

Place psyllium husks into TC ProM2.0 bowl and grind 1 minute/speed 10 measuring cup in place

Add coconut flour, chia seeds, linseeds/flaxseeds, pepitas, sesame seeds, sunflower seeds, baking powder and salt and mix 15 sec/speed 6 measuring cup in place.

Add previously mixed wet ingredients and mix 20 sec/speed 7 measuring cup in place.

Working quickly, turn out dough onto baking matt or bench and roll into along round log. Cut into rounds (8-10) then turn on their side and place on prepared baking tray lined with baking paper, reshape into circles. Add additional seeds to the top if desired.

Place into oven and cook 25-30 minutes. Press the top of the buns - if they spring back they are cooked.

# LOW CARB, GLUTEN FREE FLAXSEED BREAD

## Ingredients:

100g almonds  
260g flaxseed  
3 tbsp psyllium husks  
20g baking powder  
1 tsp salt  
300g greek yoghurt  
5 eggs

## Steps:

Put almonds and flaxseeds into the TC ProM2.0 bowl, mill 10 seconds/speed 10

Add other dry ingredients to bowl, mix 10 seconds/speed 4. Set aside.

Add yoghurt and eggs to bowl, mix 30 seconds/speed 4.

Add the pre-mixed dry ingredients, mix 1 minute/speed 4.

Preheat oven to 160°C. Pour dough into a lined baking tin. Sprinkle with black sesame or sunflower seeds and let rest for 5 minutes (the dough will firm up considerably)

Bake 70 minutes at 160°C.

Allow to cool completely before slicing.

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## PERFECT DINNER ROLLS

### Ingredients:

Dough:

**290g warm milk**

**2 tsp instant yeast**

**40g sugar**

**1 egg**

**30g butter, softened at room temperature**

**1 tsp salt**

**550g bread flour**

**2 tsp apple cider vinegar**

Glaze: **20g melted butter**

### Steps:

Place all ingredients for the dough in the TC ProM2.0 Bowl speed 5/8 seconds

Then, knead the dough for 6 minutes or use automated kneading function 500g.

Remove and allow to prove at least 30 minutes or until double in size (room temperature can affect this).

Punch down dough and divide into 14-16 even pieces and reshape into rolls.

Allow to prove until double in size.

Bake in pre-heated oven 180°C for 15 minutes or until golden brown.

Remove from oven and glaze with melted butter, serve warm.

# SWEET BUTTER ROLLS

## Ingredients:

2 tsp dry active yeast  
55g water  
70g sugar  
55g butter  
1 tsp salt  
220g buttermilk or milk  
1 egg  
600g flour  
melted butter to brush rolls.

## Steps:

Place the yeast, water, sugar, butter, salt and milk into TC ProM2.0 bowl and warm for 2 minutes/35C/speed 2.

Add egg and flour and mix 10 seconds/speed 6.

Using kneading function 500g, knead for 2 minutes.

Turn out onto a floured board and bring dough together into a tight ball. Wrap and prove until doubled in size.

Form into rolls and place on paper lined tray. Brush with melted butter and allow to double again before baking. Bake in preheated oven 200°C 12-15 minutes until lightly golden.

Serve warm.

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# BAKING AND SNACKS



# CASHEW, COCONUT & SALTED CARAMEL FUDGE

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 2/5

## Ingredients:

200g Roasted cashews

100g Shredded coconut

60g Coconut oil

50g Coconut sugar

20g Maca powder (optional)

1 tsp Vanilla extract

1 Generous pinch of salt flakes

## Steps:

Place all ingredients into the TC ProM2.0 bowl and blend 4 minutes, 37oC, speed 6. Stopping to scrape down the sides of the bowl as needed. Mixture should become quite liquified.

Line a small loaf tin with baking paper, then pour in mixture and sprinkle with additional salt flakes.

Freeze or refrigerate until set. Cut into squares and serve. Keep refrigerated.

**Tips:** Store in the fridge.

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## CHEESE PUFFS

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 2/5

**Ingredients:**

70g Gruyere cheese, rind removed  
and cut into 3cm pieces

160g Full cream milk

60g Olive oil

1 Egg

170g Arrowroot flour

1 tsp Salt

**Steps:**

Preheat oven to 220°C. Grease a 24 hole mini muffin tray and set aside.

Place cheese into TC ProM2.0 bowl and grate 10 seconds, speed 10.

Add 160g milk, 60g olive oil, 1 egg, 170g arrowroot flour and 1 tsp salt. Blend for 20 seconds, speed 8.

Scrape down sides of the bowl and blend a further 5 seconds, speed 8.

Fill each muffin mould 3/4 full with batter. Bake for 12-15 minutes or until puffy and just lightly browned.

Remove from oven and leave to cool in the tin a few minutes before serving. Serve warm!

**Tips:** Great treat for entertaining.



# CHEESY HAM, CORN AND ZUCCHINI MUFFINS

Servings: 6

Difficulty: 1/5

## Ingredients:

125g Diced ham

100g Grated cheese

1 Zucchini, grated

300g Self raising flour

2 tbsp Caster sugar

1 Egg

220g Milk

125g Creamed corn

## Steps:

Preheat oven to 180°C. Grease muffin tin with olive oil.

Place ham in TC ProM2.0 bowl, chop for 8 seconds, speed 4.

Add 100g grated cheese, 1 zucchini, grated, 300g self raising flour, 2 tbsp caster sugar, 1 egg, 220g milk and 125g creamed corn. Mix for 25 seconds, reverse speed 3. Scrape down the sides of the bowl.

Mix again 20 seconds reverse speed 3.

Spoon into greased tin. Bake for 15-20 minutes until golden brown and firm to touch. Allow to cool in tins for 10 mins.

**Tips:** Great for school lunches or afternoon snack.

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## CHEWY ANZAC BISCUITS

**Vegetarian**

Servings: 6

Difficulty: 2/5

**Ingredients:**

- 110g Rolled oats
- 150g Plain flour
- 120g Brown sugar
- 70g Desiccated coconut
- 12g Butter
- 1 tbsp Golden syrup
- 0.5 tsp Bicarb soda
- 2 tbsp Cold water

**Steps:**

Preheat oven to 160°C. Grease and line three flat baking trays with baking paper.

Place butter, golden syrup and

brown sugar into the TC ProM2.0 bowl. Melt for 3 minutes, 100°C, speed 2.

Add baking soda and cold water to the melted butter mixture and mix for 10 seconds, speed 3.

Add rolled oats, flour and coconut. Mix together for 40 seconds on reverse speed 2.

Roll level tablespoons of mixture into balls and place on trays, 5cm apart and flatten slightly.

For chewy ANZACS, bake for 10-12 minutes or until light golden. For crunchy ANZACS, increase cooking time to 12-15 minutes.

Leave on baking trays for 5 minutes before transferring to a wire rack to cool completely.

**Tips:** Great for school lunches or afternoon snack.

Reducing sugar makes a very tasty healthier cookie.

# CHOCOLATE CHIP COOKIES

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 2/5

**Ingredients:**

125g Butter

110g White sugar

110g Brown sugar

0.5 tsp Vanilla

1 Egg

260g Self raising flour

0.5 tsp Salt

150g Chocolate chips

**Steps:**

Place butter, white sugar, brown sugar and vanilla into TC ProM2.0 bowl.

Cream together for 1 minute, speed 4.

With TC still running, add egg through the hole in the lid.

Continue mixing for 30 seconds, speed 4.

Add flour and salt and mix for 30 seconds on reverse speed 3.

Add chocolate chips and stir through with spatula.

Drop teaspoonfuls of mixture on trays, leaving room for spreading.

Bake in moderate oven 180°C for 10-12 minutes.

**Tips:** Great for an afternoon treat.

Reducing sugar makes a very tasty healthier cookie.

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# HOMEMADE MARSHMALLOWS

**Gluten Free**

Servings: 6

Difficulty: 2/5

## Ingredients:

250g Filtered water

60g Quality powdered gelatin

200g Raw honey

1 Pinch salt

1 tsp Vanilla extract

## Steps:

Add water to the TC ProM2.0 bowl. Add gelatin to the water and give a little stir to mix the gelatin in so no dry lumps remain.

Add your butterfly tool. Place honey and pinch of salt to the bowl. Place the

lid in place but remove the measuring cup and place the small steaming basket on top (this allows heat to escape). Mix 10 minutes, 50°C, speed 1.

Allow to cool to luke warm. When cool, blend for 12 minutes, speed 4.

Add tsp vanilla or any other flavouring or food colouring halfway through.

Line a dish with parchment paper, pour the marshmallow into the dish, spread evenly and pop in the fridge to cool at least 1 hour. Then cut into small bite size chunks, roll in desiccated coconut and store in airtight container.

**Tips:** If you want firmer marshmallows try cooking for 15 minutes, 120°C, speed 1.

Quality gelatin is healthy and nutritious, good for bones and gut health, making these marshmallows a healthy and nutritious treat.

# MAGIC BEAN CHOCOLATE CAKE

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 2/5

## **Ingredients:**

**425g Can kidney beans, butter beans or black beans**  
**1 tbsp Water or Coffee**  
**1 tsp Vanilla extract**  
**70g Cocoa powder**  
**1 tsp Baking powder**  
**0.5 tsp Bicarb soda**  
**0.25 tsp Salt**  
**125g Butter**  
**5 Eggs**  
**140g Coconut sugar**

## **Steps:**

Drain and rinse your beans and place in TC ProM2.0 bowl with 1 tbsp water or coffee, 1 egg and tsp vanilla. Puree until smooth 30 seconds, speed 7. Set aside.

Without washing the bowl, beat 125g butter and 140g coconut sugar for 30 seconds, speed 5.

Add remaining 4 eggs and beat 20 seconds, speed 4.

Add bean mixture and beat 5 seconds, speed 4.

Add 70g cocoa powder, tsp baking powder, 1/2 tsp bicarb soda and 1/4 tsp salt, blend for 10 seconds, speed 4

Pour batter into a greased cake pan and bake 180°C for 30 minutes or until a toothpick inserted comes out clean.

**Tips:** Makes a very light and delicious brownie cake.

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## RASPBERRY SPONGE CAKE

### Vegetarian

Servings: 6

Difficulty: 2/5

### Ingredients:

4 Eggs

225g Butter

225g Caster sugar

225g Plain flour

2 tsp Baking powder

0.5 tsp Vanilla extract

150g Butter

300g Icing sugar

200g Raspberries

150g Raspberry Jam

### Steps:

Preheat oven to 180°C. Line two round cake tins 18-20cm diameter with baking paper.

Place 225g butter, 225g caster sugar, 1/2 tsp vanilla, 4 eggs, 225g flour and 2 tsp baking powder into TC ProM2.0 bowl. Mix for 30 seconds,

speed 5.

Scrape down and mix again 20 seconds, speed 5.

Divide the mixture between the two prepared tins. Bake for 25 minutes.

Remove and leave to cool entirely on a wire rack.

To make the filling, place 150g butter in the clean mixing bowl. Mix 30 seconds, speed 4.

Insert the butterfly tool and whisk 3 minutes, speed 3. While whisking, slowly add 300g icing sugar through the lid. At the end add a splash of water.

Place the buttercream in a bowl and add 3/4 of the raspberries. Stir with a spoon until combined.

Start assembling the cake by putting one base on a round serving plate or a cake plate. Top with the buttercream and spread over the raspberry jam. Place the second base on top and decorate with remaining raspberries and dust with icing sugar. Enjoy!

**Tips:** Try reducing the sugar to reduce sweetness but still have a tasty cake. Great cake for celebrations.

# SHORTBREAD BISCUIT GF

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 2/5

**Ingredients:**

**200g Rice flour**

**120g Brown sugar**

**125 Butter**

**3 Egg yolks**

**1 Orange, zested**

**Steps:**

Place rice flour, brown sugar, butter cut in small pieces, egg yolks and orange zest into TC ProM2.0 bowl and mix for 3 minutes, speed 8.

If needed, use the spatula to push the mixture towards the centre and blend again for 30 seconds, speed 8.

Wrap the dough in cling film and chill in the fridge for 60 minutes.

Preheat oven to 180°C. Using a rolling pin, roll out the dough and using a cookie cutter to cut your shortbread.

Place onto a baking tray lined with parchment paper and bake for 15 minutes.

Dust with icing sugar if desired to serve.

**Tips:** Great Christmas gift idea.

Reducing sugar makes a more palatable tasty treat.

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## SWISS ROLL SPONGE CAKE

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 2/5

### Ingredients:

4 Large eggs

90g White sugar

0.5 tsp Vanilla extract

100g Cornflour

0.5 tsp Bicarb soda

1 tsp Cream of tartar

### Steps:

Preheat oven to 170°C. Line a swiss roll tray/pan with baking paper.

Sift dry ingredients twice, cornflour, bicarb soda and cream of tartar, into a medium sized bowl and set aside.

Mill 90g white sugar for 10 seconds, speed 10 in the TC ProM2.0 bowl, leave

the sugar in the bowl.

Place butterfly tool into the bowl, making sure it is secure. Add room temperature eggs and vanilla to sugar. Beat for 8 minutes, speed 4 with measuring cup off.

Pour egg mixture over reserved sifted flour. Using a large metal spoon, gently fold egg and flour together, until flour is just incorporated. Do not beat or over mix or sponge will not be fluffy.

Pour into the lined tray and bake for 12-15 minutes or until sponge springs back when touched gently.

Turn out onto a clean tea towel and then roll up from end to end and leave to cool.

Once roll is cold, carefully unroll as much as possible, then fill with your desired filling/cream and roll up to serve.

**Tips:** Fill with fresh cream or buttercream and jam, dust with icing sugar.

# VANILLA SLICE

## Vegetarian

Servings: 6

Difficulty: 2/5

### Ingredients:

2 Sheets ready rolled puff pastry

200g Sugar

100g Cornflour

1000g Milk

60g Butter

2 Egg yolks

2 tsp Vanilla extract

250g Icing sugar

2 tsp Softened butter

3 tbsp Boiling water

### Steps:

Preheat oven to 220°C. Place puff pastry on lined baking trays and bake for approximately 10 minutes until well browned. Remove from the oven and gently press down with a spatula to flatten. Allow to cool.

Line a 23-25cm square baking tray or oven dish with baking paper.

Place 200g sugar into TC ProM2.0 bowl and mill for 7 seconds, speed 9.

Add cornflour, milk, butter and vanilla and cook for 10 minutes, 80°C, speed 3.

Add egg yolks and increase temperature to 100°C and cook for a further 5-7 minutes, speed 4.

Trim pastry sheets to fit bottom of tray. Place in the prepared tray brown side up. Pour custard over the pastry and top with another slice of trimmed pastry browned side down. Refrigerate until completely cooled, approx 5 hours.

To make icing: place 250g icing sugar, 2 tsp softened butter and 3 tbsp boiling water into the TC bowl and mix for 30 seconds, speed 4 until butter, icing sugar and water are incorporated. Spread icing over the top pastry sheet, refrigerate until firm, cut and serve!

**Tips:** Don't like icing.. leave the icing out and just dust with icing sugar and enjoy! Make dairy free and use any non dairy milk of choice for a delicious custard taste.





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## VEGAN CARROT CAKE

### Vegetarian

Servings: 6

Difficulty: 2/5

### Ingredients:

**255g Carrot, peeled, roughly chopped**  
**1 tbsp Apple cider vinegar**  
**250g Plain flour**  
**1 level tsp Baking powder**  
**1 level tsp Bicarb soda**  
**1 tsp Vanilla extract**  
**1 Small splash of plant milk**  
**2 level tsp Cinnamon**  
**1 level tsp Nutmeg**  
**1 level tsp Cardamom**  
**120g Olive oil**  
**100g Chopped walnuts, plus extra for topping**  
**150g Brown sugar**  
**0.5 level tsp Salt**  
**2 level tbsp Ground flaxseed meal mixed in a small bowl with 6 tbsp water**  
**225g Icing sugar**  
**1.5 level tbsp Vegan butter**  
**2 tbsp Fresh lemon juice**  
**1 tsp Vanilla**

**1 tsp Apple cider vinegar**

### Steps:

Preheat oven to 180°C. Put paking paper into a loaf or cake tin.

Place carrot into TC ProM2.0 bowl and chop 5 seconds, speed 6.

Add apple cider vinegar, plain flour, baking powder, bicarb soda, vanilla, cinnamon, nutmeg, cardamom, olive oil, brown sugar, salt and flaxseed meal mixed to a gel with 6 tbsp water mix for 10 seconds speed 5. If mixture is too dry, add a little bit of plant milk.

Add chopped walnuts and mix through manually with the spatula. pour into the lined tin and bake for 40 minutes to 1 hour.

Remove cake from tin and leave to cool on a cooling rack. Once cooled, ice with icing and top with crushed walnuts and desiccated coconut.

To make icing: Place icing sugar, vegan butter, fresh lemon juice, vanilla and apple cider vinegar to clean TC Bowl, mix for 45 seconds, reverse speed 3, pausing and scraping the bowl down as needed until desired consistency.

**Tips:** Don't like icing.. leave the icing out and just dust with icing sugar and enjoy!

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# DESSERTS





## APPLE BERRY CUSTARD CRUMBLE

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 2/5

### Ingredients:

6 Apples

150g Fresh or Frozen mixed berries

2 Eggs

300g Coconut milk

40g Coconut sugar

1 tsp Vanilla extract

30g Cornflour

130g Gluten free flour

0.75 tsp Baking powder

70g Desiccated coconut

80g Raw almonds

40g Coconut sugar

0.25 tsp Sea salt

100g Unsalted butter or coconut oil

### Steps:

Peel, core and slice apples and place with berries into a deep casserole dish and set aside. Preheat oven to 180°C.

Place into the TC ProM2.0 bowl 2 eggs, 300g coconut milk, 40g coconut sugar, 1 tsp vanilla and 30g cornflour and cook for 6 minutes, 90°C, speed 4. Spoon custard over apple and berries. Clean and dry mixing bowl.

Place 130g gf flour, 3/4 tsp baking powder, 70g desiccated coconut, 80g raw almonds, 40g coconut sugar, 1/4 tsp salt and 100g butter, chilled or coconut oil into the TC bowl and mix for 10 seconds, speed 7.

Sprinkle crumble over custard and bake for 30 minutes or until crumble is lightly browned. Serve warm.

**Tips:** Use any milk you like for the custard.

# BASIC CREPES

**Vegetarian**

Servings: 4

Difficulty: 2/5

**Ingredients:**

**2 Eggs**

**250g Milk or Buttermilk**

**1 Pinch of Salt flakes**

**1 tbsp Olive oil**

**120g Plain flour**

**Steps:**

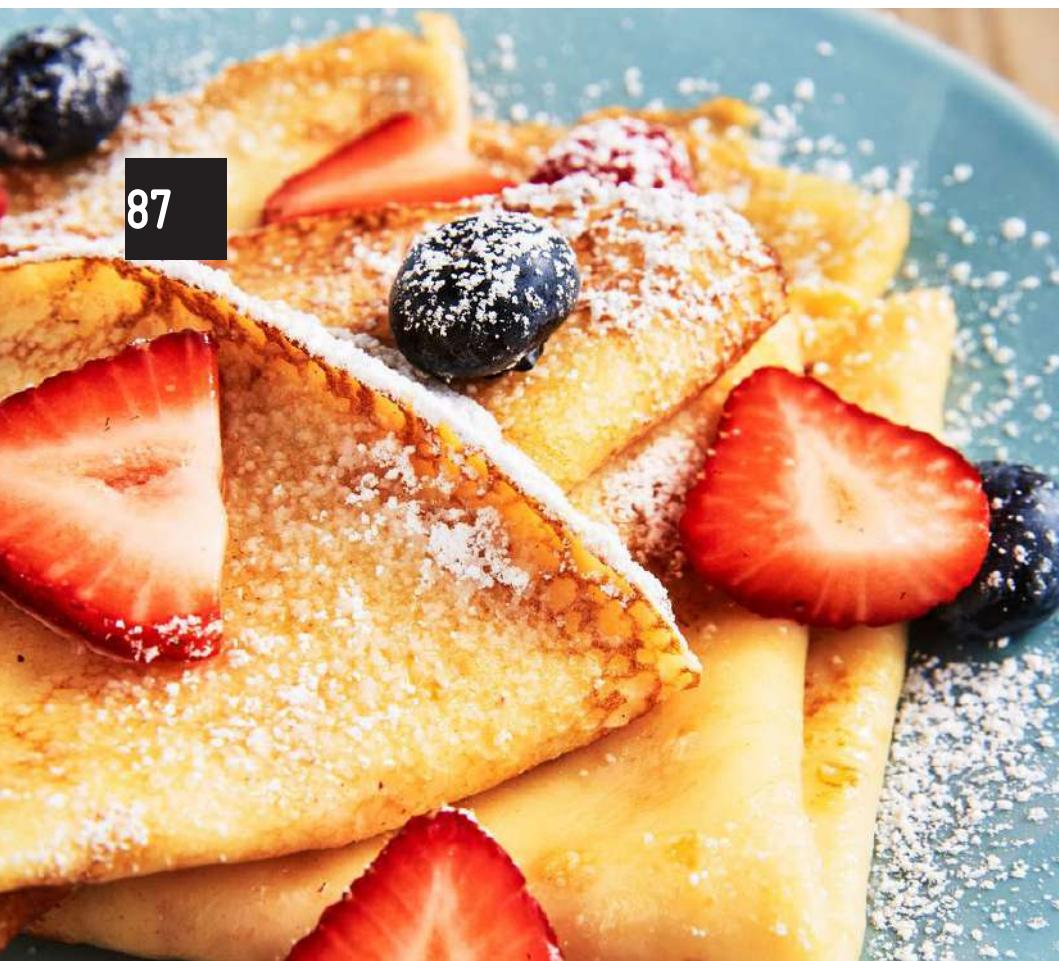
Place all ingredients into TC ProM2.0 bowl and blend 20-30 seconds, speed 6.

Allow mixture to stand for at least 20 minutes. Heat a shallow fry pan, grease with a little butter and pour batter into hot pan. Never pour batter into an unheated pan as it will stick.

Turn over crepe once edges start to lift.

Serve with lemon and sugar or maple syrup or jam as you desire.

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## CHOCOLATE ICE CREAM

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 2/5

### Ingredients:

200g Dark chocolate

3 Eggs

500g Cream

250g Milk

200g Raw caster sugar

1 tsp Vanilla extract

1 Pinch salt flakes

### Steps:

Place chocolate in TC ProM2.0 bowl and chop 10 seconds, speed 8. Remove from bowl and set aside.

Place butterfly tool into bowl add eggs, and sugar, beat for 4 minutes, 37°C, speed 3. Remove butterfly.

Add cream, milk, vanilla and pinch of salt and chocolate. Cook for 5 minutes 80°C, speed 5.

Pour into a large metal loaf tin and place in the freezer for approx 2 hours or until frozen around the edges.

Return to the TC ProM2.0 bowl and beat for 30 seconds, speed 9.

Return to loaf pan and return to freezer overnight.

If you want a lighter ice cream, you can beat a second time following the last procedure.

**Tips:** Best served fresh.

# FROZEN FRUIT SORBET

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 2/5

**Ingredients:**

60g Sugar

500g Frozen Fruit

2 tsp Lemon juice (optional)

1 Egg white (optional)

**Steps:**

Place sugar into TC ProM2.0 bowl and mil for 10 seconds, speed 10.

Add fruit, lemon juice and egg white if using and blend for 1.5 minutes, speed 5.

Pour into a container and keep in freezer or use immediately. Use within a couple of days.

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## CHOCOLATE AVOCADO MOUSSE

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

### Ingredients:

- 120g Dark chocolate
- 2 Large ripe avocados
- 3 tbsp Cocoa powder
- 0.25 Cup almond milk
- 1 tsp Vanilla extract
- 0.16 tsp Salt
- 1 tsp maple syrup (optional)

### Steps:

Chop chocolate and place in TC ProM2.0 bowl, melt gently 30 seconds, 40°C, speed 1, repeat if needed, make sure chocolate does not burn. Allow to cool.

When cool, add avocado flesh, cocoa powder, milk of choice, vanilla, salt to chocolate. Blend for 40 seconds, speed 7 until smooth and creamy, scrapping down the edge of the bowl as needed. Taste and add some maple syrup as needed.

Spoon into glasses. Enjoy immediately or refrigerate until firm.

Served with whipped cream, chocolate shavings and fruit as desired.

**Tips:** Healthy tasty dessert treat.

# PERFECT RICE PUDDING

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 1/5

## Steps:

Place all ingredients in TC ProM2.0 bowl. Cook for 50 minutes, 90°C on reverse speed 1.

Serve and enjoy.

**Tips:** Hearty winter dessert.

## Ingredients:

1000g Full cream milk

80g Sugar

130g Arborio rice

1 tsp Vanilla extract

1 Pinch salt

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## PURE FRUIT ICE CREAM

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

4 Frozen bananas

50g Cream

**Steps:**

Place bananas and cream into your TC ProM2.0 bowl and blend for 30 seconds, speed 9 until thick and creamy. Stop and scrape down sides along the way with spatula.

Serve and enjoy!

**Tips:** Easy summer treat.

Add other fruit as desired and reduce quantity of bananas for mixed fruit ice cream.

# STRAWBERRY ICE CREAM

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 1/5

**Ingredients:**

180g Frozen bananas in pieces

220g Frozen strawberries

50g Almond milk

**Steps:**

Place all ingredients into the TC ProM2.0 bowl and chop for 6 seconds, speed 6.

With the aid of the spatula, blend for 30-40 seconds, speed 9, scraping down the sides along the way.

Taste and adjust sweetness with a little maple syrup as desired. Blending further to incorporate.

Serve immediately!

**Tips:** Easy summer treat.

Try other berries or frozen fruit for your own creation.

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## VANILLA PANNA COTTA

**Gluten Free**

Servings: 6

Difficulty: 1/5

**Ingredients:**

10g Powdered gelatin

100g Sugar

600g Cream

300g Milk

1 Vanilla bean, scraped or 1 tsp vanilla extract

**Steps:**

Weigh 50g water into a small bowl and sprinkle the gelatin over and stir to mix. Set aside.

Put sugar into TC ProM2.0 bowl and mill for 15 seconds, speed 9.

Add 600g cream, 300g milk and vanilla to the bowl and heat for 4 minutes, 80°C, speed 2.

Add reserved gelatin mixture and mix for 30 seconds, speed 3.

Divide between 6 small molds or ramekins and set in the fridge for 4 hours or overnight.

To serve, dip each mold in a bowl of hot water for 3 seconds.

Run a thin knife around the edge of each mold and invert mold onto the centre of a small plate. Serve with fresh berries or berry coulis

**Tips:** Great for entertaining dinner guests.

# DRINKS



A tall glass filled with a creamy, light-colored banana smoothie. The top of the smoothie is garnished with several thin, sliced banana pieces. A red and white polka-dot straw is inserted into the glass. The glass sits on a dark wooden surface.

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## BANANA SMOOTHIE

**Vegetarian - Gluten Free**

Servings: 1

Difficulty: 1/5

**Ingredients:**

1 Banana, frozen or fresh

1 Apple

1 Pitted date (optional)

150g Milk

6 Ice cubes if using fresh banana

**Steps:**

Combine all ingredients in the TC ProM2.0 bowl, secure lid with measuring cup in place. Blend for 20 seconds, speed 10 until nice and smooth.

Serve and enjoy!

**Tips:** Add a spoon of peanut butter for added protein.

Great breakfast smoothie on the run.

# CAFE FRAPPE

**Vegetarian - Gluten Free**

Servings: 2

Difficulty: 1/5

**Ingredients:**

250g Ice cubes if using fresh banana

2 Shots espresso coffee

1 Scoop vanilla ice cream

100g Milk

2 tsp Raw sugar (optional)

**Steps:**

Place all ingredients into TC ProM2.0 bowl and blend for 1.5 minutes, speed 8, using the spatula to assist if needed.

Serve in tall glasses with a straw and top with whipped cream if desired.

**Tips:** Add 1 tbsp cacao for mocha or replace coffee with cacao for chocolate cafe frappe.

Make dairy free with any non dairy milk of choice.

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## CARROT, CUCUMBER AND ORANGE JUICE

**Vegetarian - Gluten Free**

Servings: 2

Difficulty: 1/5

**Ingredients:**

**3 Carrots**

**1 Celery stick**

**1 Cucumber**

**1 Lime**

**1 Handful parsley leaves**

**Steps:**

Blend all ingredients in the TC ProM2.0 bowl with 1 cup filtered water until well combined 45 seconds, speed 9.

Place a nutmilk bag in a bowl and pour the juice through it, squeeze with your hands until all the juice is in the bowl.

Enjoy!

**Tips:** Drink as it is for a good dose of fibre, consistency will be thicker but can be thinned out with more water.

Tasty detox vege juice.

# CHRISTMAS MULLED WINE

**Vegetarian - Gluten Free**

Servings: 6

Difficulty: 1/5

**Ingredients:**

10 Cloves

2 Cinnamon sticks

1 tsp Grated nutmeg

450g Water

1 Orange rind

1 Green apple, chopped

70g Sugar

750g Merlot (or any red wine)

**Steps:**

Add cloves, cinnamon, nutmeg, water, orange rind, chopped apple and sugar to TC ProM2.0 bowl. Cook for 5 minutes, 100°C, speed 1.

Add red wine and heat for 7 minutes, 80°C, speed 1.

Strain into a jug and serve immediately.

**Tips:** Mid winter Christmas treat for adults.

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## COCONUT MILK

**Vegetarian - Gluten Free**

Servings: 4

Difficulty: 1/5

**Ingredients:**

300g Shredded coconut

1000g Filtered Water

**Steps:**

Place coconut into TC ProM2.0 bowl and mill for 20 seconds, speed 9.

Add 1000g water and blend 1-2 minutes, speed 9.

Pour mixture into a nutmilk bag and squeeze out the milk into a large jug or bowl. Use as needed.

**Tips:** Place coconut solids onto an oven tray into a cool oven and set temperature to 160°C and dry bake for around 10 minutes. Reduce temperature to 100°C and continue to dry out until completely dry. You can either mill it again into flour and store in an airtight container or store as it is and use in smoothies.

# MANGO LASSI

**Vegetarian - Gluten Free**

Servings: 2

Difficulty: 1/5

## Ingredients:

**300g Mango, fresh or frozen**

**100g Natural yoghurt**

**150g Milk**

**1 tsp Honey**

**150g Ice cubes if using fresh mango or  
iced water for frozen mango**

**0.5 tsp Ground cardamom**

## Steps:

If using frozen mango, place into TC

ProM2.0 bowl and puree 10 seconds,  
speed 9. If using fresh mango, begin  
from step 2.

Add all other ingredients: (mango  
if fresh) 100g yoghurt, 150g milk, 1 tsp  
honey, ice cubes or ice water, and 1/2  
tsp cardamom and blend for 1 minute,  
speed 10.

Check for sweetness, add more  
honey if required.

Pour into glasses and sprinkle with  
a little ground cardamom and enjoy!

**Tips:** Serves two tall glasses or 3 smaller  
ones.

Delicious summer treat.

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## MORNING DEW SMOOTHIE

**Vegetarian - Gluten Free**

Servings: 2

Difficulty: 1/5

**Ingredients:**

300g Apples

30g Honey or maple syrup

150g Frozen raspberries

**Steps:**

Cut apple into pieces and add with remaining ingredients into TC ProM2.0 bowl. Blend for approx 1 minute, speed 10 until smooth.

**Tips:** Add a touch of milk or yoghurt if you want a creamer consistency.

# REAL HOT CHOCOLATE

**Vegetarian - Gluten Free**

Servings: 2

Difficulty: 1/5

**Ingredients:**

60-100g Chocolate of choice

400g Milk of choice

**Steps:**

Add chocolate to the TC ProM2.0 bowl and pulse 2-3 times to break it up.

Scrape down the bowl and add the milk. Heat for 3.5 minutes, 80°C, speed 2.

Carefully froth for 30 seconds, speed 4. Serve and enjoy.

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