

Godrej eon®

HOW TO GET THE BEST OUT OF YOUR GODREJ MICROWAVE OVEN...



User Manual
GME 25GP1 MKM
25 ltr. Microwave Oven
PIZZA & KABAB MAKER

the above image is for representative purpose, actual image of the product may vary

Thank you for purchasing Godrej Microwave Oven

Please record the model number and serial number of this unit for future reference.

Staple your receipt here for proof of purchase.

Model No: _____

Serial No: _____

Dealer: _____

Dealer Phone No: _____

SPECIFICATIONS

Power Consumption:	230V/50Hz, 1450W (Microwave)
	1000W (Grill)
	1400W (Pizza Tray)
Rated Microwave Output:	900W
Operation Frequency:	2450MHz
Product Dimensions :	42.5 cm (H) × 51.6 cm (W) × 44.0 cm (D)
Oven Capacity:	25 Litres
Cooking Uniformity:	Turntable System
Net Weight:	Approx. 22.05 Kg

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE USE

Important Safety instructions

The Safety instructions mentioned below will tell you how to use your Microwave Oven without harming yourself and damaging your oven.

Warning – To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy

- Read all the instructions before using your oven
- Do not allow children to use this oven without close supervision

Precautions to avoid possible exposure to excessive microwave energy:

- a) Do not attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to tamper with the safety interlocks.
- b) Do not place any object between the microwave oven cavity and the door or allow soil or cleaner residue to accumulate on sealing surfaces
- c) Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damages to the:
 - i. Door (bent)
 - ii. Hinges and latches (broken or loosened)
 - iii. Door seals and sealing surfaces
- d) It is hazardous for anyone other than properly qualified competent service personnel to repair, adjust or remove the cover which gives protection against exposure to microwave energy

1. **Do not heat the following items in the microwave oven:** Whole eggs in the shell, water with oil or fat, sealed containers, or closed glass jars.

These items may explode.

- Do not cover or block any openings in the oven
- Use your oven only for the operations described in this manual
- Do not run the oven empty, without food in it
- Do not deep fry in your microwave oven
- Do not remove the turn table while using the microwave oven

- Do not make popcorn, peanuts and suji roast in plastic utensil. Use only microwaveable glass utensil.
2. Only use utensils suitable for use in microwave oven
 3. Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven
 4. The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface, and could adversely affect the life of the appliance and possibly result in a hazardous situation.
 5. When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
 6. To avoid a fire hazard do not severely overcook food. Severely overcooked foods can start a fire in the oven.
 7. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
 8. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames
 9. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
 10. Do not use this oven for commercial purposes. This appliances is intended to be used in household and similar application such as:
 - Staff Kitchen areas in shops, offices and other working environments;
 - Farm Houses;
 - By clients in hotels, motels and other residential environments;
 - Bed and breakfast type environments.
 11. When cleaning the door and the surfaces that touch the door, use only mild, non-abrasive soaps or detergents and a sponge or soft cloth
 12. Do not use corrosive chemicals or vapours, in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use

13. Do not use or store this appliance outdoors. Do not use this product near water for example near a kitchen sink, in a wet basement, or near a swimming pool, and the likes.
14. Do not tamper with the built-in safety switches on the oven door. The oven has several built-in safety switches to make sure the power is off when the door is open.
15. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard
16. If your oven is dropped or damaged, have it thoroughly checked by a qualified service technician before using it again
17. The temperature of accessible surfaces may be high when the appliance is operating. Keep cord away from heated surface, and do not cover the oven.
18. Do not immerse the electrical cord or plug in water
19. Pierce food with heavy skin such as potatoes, whole squashes, apples, tomatoes, brinjals, mutton, chicken before cooking
20. Cooking utensils may become hot because of heat transferred from heated food. Potholders may be needed to handle the utensils. Utensils should be checked to ensure that they are suitable for use in microwave ovens.
21. The microwave oven shall not be placed in a cabinet
22. Liquids, such as water, coffee, or tea can be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present, THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.
23. To reduce the risk of injury to persons:
 - Do not overheat the liquid
 - Stir the liquid both before and halfway through heating it
 - While cooking or reheating in microwave mode, ensure the vent of the lid is kept open at all times or the lid is partially open
 - After heating, allow the container to stand in the microwave oven for a short time before removing the container
 - Use extreme care when inserting a spoon or other utensil into the container
24. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns
25. The appliances is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety
26. The rear surface of the appliance shall be placed against the wall
27. Microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
28. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
29. Details for cleaning door seals, cavities and adjacent parts are given on page CLEANING AND CARE.
30. No temperature sensing probe to be inserted into the food placed inside the cavity of this oven by user, during switched ON state.
A temperature probe may be placed on the food once the food is taken outside the oven.
31. The microwave is intended to be used freestanding.

UTENSIL GUIDE

- The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
- Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
- Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
- Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
- Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 1 inch (2.54cm) between foil and cavity.

The list below is a general guide to help you select the correct utensils.

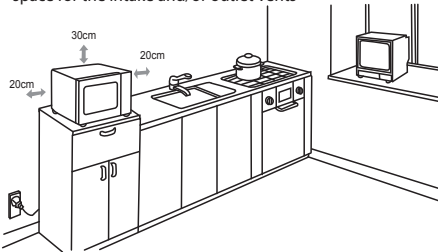
Cookware	Microwave	Grill	Convection	Combination*
Heat –Resistant Glass	Yes	Yes	Yes	Yes
Non Heat –Resistant Glass	No	No	No	No
Heat –Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave –Safe Plastic Dish	Yes	No	No	No
Kitchen Paper/	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Metal Rack	No	Yes	Yes	No
Aluminum Foil & Foil Container	No	Yes	Yes	No
Cotton Cloth, Wood	Yes**	No	No	No
Melamine	No	No	No	No

* Combination: applicable for both "microwave+grill", and "microwave+convection" cooking.

** Only for short time reheating

INSTALLATION INFORMATION

- Select a level surface that provides enough open space for the intake and/or outlet vents



A minimum clearance of 20 cm is required between the oven and any adjacent walls. One side must be open.

- Leave a minimum clearance of 30 cm above the oven.
- Do not remove the legs from the bottom of the oven.

- Blocking the intake and/or outlet openings can damage the oven
- Place the oven as far away from radios and TV as possible

2) Plug your oven into a standard household outlet. Be sure the voltage and frequency is the same as the voltage and the frequency on the rating label at the back of the Microwave Oven.

3) Do not operate the oven without glass tray, roller support and shaft in their proper positions (applicable for microwave ovens with turn tables)

4) Some smoke may appear from the vents when using grill / convection mode first time. It is normal

WARNING: Do not install oven over a range cook top or other heat-producing appliance. If Installed near or over a heat source, the oven could be damaged and the warranty would be void.

GROUNDING INSTRUCTIONS

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided. Using a high voltage is dangerous and may result in a fire or other accident causing oven damage.

WARNING Improper use of the grounding plug can result in a risk of electric shock.

Note:

- 1) If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
- 2) Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

The wires in this mains cable are colored in accordance with the following code:

Green and/or Yellow = EARTH
Blue and/or Black = NEUTRAL
Brown and/or Red = LIVE

ELECTRICAL REQUIREMENTS

The oven is designed to operate on a standard 230V/50Hz household outlet. Be sure the circuit is

at least 15A or 20A and the microwave oven is the **only appliance on the circuit**

RADIO INTERFERENCE

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment. When there is interference, it may be reduced or eliminated by taking the following measures:

1. Clean door and sealing surface of the oven.
2. Reorient the receiving antenna of radio or television.

3. Relocate the microwave oven with respect to the receiver.
4. Move the microwave oven away from the receiver.
5. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

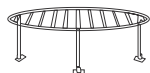
EXTENSION CORD INFORMATION

1. A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord

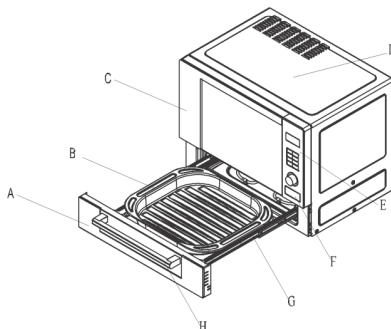
2. DO NOT USE AN EXTENTION CORD

PART AND ACCESSORIES NAMES

- A. Pizza & Kabab Tray
- B. Baking Tray
- C. Door
- D. Cover
- E. Control Panel
- F. Door Button
- G. Draw Channel
- H. Door Handle



Grill Rack (Only for Grill series)



OPERATING INSTRUCTIONS

This microwave oven uses modern electronic control to adjust cooking parameters to meet your cooking needs better.

1. CLOCK SETTING

When the power is switched on, the oven will display "0:00" and buzzer will ring once.

- 1) Press "CLOCK/KITCHEN TIMER" once to choose 24-hour format.
- 2) Turn the knob to adjust the hour figures, the input time should be within 0--23(24-hour).
- 3) Press "CLOCK/KITCHEN TIMER ", the minute figures will flash.
- 4) Turn the knob to adjust the minute figures, the input time should be within 0--59
- 5) Press "CLOCK/KITCHEN TIMER" to finish clock setting. ":" will flash.

Note:

- 1) If the clock is not set, it would not function when powered.
- 2) During the process of clock setting, if you press "STOP/CLEAR ", the oven will go back to the previous status automatically.

2. MICROWAVE COOKING

- 1) Press the "MICROWAVE" key once and "P100" will be displayed.
- 2) Press "MICROWAVE" button to select the microwave power from 100% to 10%. "P100", "P80", "P50", "P30", "P10" will be displayed in order.
- 3) Press "START/+30SEC./ CONFIRM" to confirm
- 4) Turn the knob clockwise to adjust the cooking time. (The time setting should be 0:05-95:00.)
- 5) Press "START/+30SEC./ CONFIRM" to start

cooking.

NOTE: The step increase in the cooking time while using the knob is as follows:

- Between 0---1 min : 5 seconds increase
- Between 1---5 min : 10 seconds increase
- Between 5---10 min : 30 seconds increase
- Between 10---30 min : 1 minute increase
- Between 30---95 min : 5 minutes increase

Microwave Power Chart

Press	Once	Twice	Thrice	4 times	5 times
Microwave Power	100%	80%	50%	30%	10%

3. GRILL OR COMBI COOKING

- 1) Press the "GRILL/COMBI." key once and "G" will be displayed.
- 2) Press "GRILL/COMBI." Twice to get "C-1", thrice to get "C-2".
- 3) Press "START/+30SEC./CONFIRM" to confirm.
- 4) Turn the jog dial to adjust the cooking time. (The time setting should be 0:05- 95:00.)
- 5) Press "START/+30SEC./CONFIRM" to start cooking.

Note: Combination instructions

Instructions	Display	Microwave POWER	Grill
1	G	0%	100%
2	C-1	55%	45%
3	C-2	36%	64%

Note: If half the grill time passes, the oven beeps twice to tell you to turn the food over.

In order to have a better effect of grilling food, you should turn the food over, close the door, and then press "START/+30SEC./CONFIRM" to continue cooking. If you don't turn it over, the oven will continue operation.

4. KITCHEN TIMER

- 1) Press "CLOCK/KITCHEN TIMER" twice, LED will display 00:00.

- 2) Turn the jog dial to enter the correct time. (The maximum cooking time is 95 minutes)
- 3) Press **"START/+30SEC./CONFIRM"** to confirm setting.
- 4) When the set time has elapsed, the buzzer will ring 5 times. If the clock is set (24-hour system), LED will display the current time.

5. WEIGHT DEFROST

- 1) Press **"Weight Defrost"** to choose the defrosting by weight. "dEF1" will be displayed.
- 2) Turn the knob to select the weight of food from 100-2000g will be displayed in order.
- 3) Press **"Start/+30Sec./Confirm"** to start defrosting.

6. TIME DEFROST

- 1) Press **"Time Defrost"** once to choose the function of defrost by time. "dEF2" will be displayed.
- 2) Turn the knob to input the cooking time. The max time is 95 minutes.
- 3) Press **"Start/+30Sec./Confirm"** to start defrosting. The defrost power is P30 and it will not be changed

7. INSTACOOK MENU

- 1) In waiting state, turn the jog dial right to choose the InstaCook wanted, and "A1", "A2", "A3"...."A8" will be displayed.
- 2) Press **"START/ +30 SEC./CONFIRM"** to confirm the menu you need.
- 3) Turn the knob left to choose the weight of menu.
- 4) Press **"START/ +30 SEC./CONFIRM"** to start cooking.

8. EXPRESS COOKING

- 1) In waiting state, press **"START/+30SEC./CONFIRM"** key to cook with 100% power level for 30 seconds. Each press on the same key can increase 30 seconds. The maximum cooking time is 95 minutes.
- 2) During microwave cooking or time defrost state, press **"START/+30SEC./CONFIRM"** key to cook with 100% power level for 30 seconds. Each press on the same key can increase 30 seconds.

Note: Express cooking can also be set by turning the jog dial left and pressing **"START/+30SEC./CONFIRM"** key.

9. MULTISTAGE COOKING

Maximum, two stages can be set. If one stage is defrosting, it should be put in the first stage. The buzzer will ring once after each stage and the next stage will begin.

Example: if you want to defrost the food for 5 minutes, then to cook with 80% microwave power for 7 minutes. The steps are as follows:

- 1) Press **"TIME DEFROST"** once, the screen will display "dEF2";
- 2) Turn the jog dial to adjust the defrost time of 5 minutes;
- 3) Press **"MICROWAVE"** once;
- 4) Turn the jog dial to choose 80% microwave power till "P80" display;
- 5) Press **"START/+30SEC./CONFIRM"** to confirm;
- 6) Turn the jog dial to adjust the cooking time of 7 minutes;
- 7) Press **"START/+30SEC./CONFIRM"** to start cooking. The buzzer will sound once for the first stage; buzzer will sound once again entering the second stage. On completion, the buzzer will sound 5 times.

10. CHILD LOCK

Lock: In waiting state, press "**STOP/CLEAR**" for 3 seconds, there will be a long "beep" denoting entering into the child lock state and an indicator will light. LED will display current time or 0:00.

Lock quitting: In locked state, press "**STOP/CLEAR**" for 3 seconds, there will be a long "beep" denoting that the lock is released, and the indicator will disappear.

11. ENQUIRY FUNCTION

1) While cooking, press "**CLOCK/KITCHEN TIMER**" to check the current time. It will be displayed for 3 seconds.

2) During microwave, grill and combination cooking, press "**MICROWAVE**", the current power will be displayed for 3 seconds.

12. PIZZA & KABAB FUNCTION

Open the Pizza & Kabab tray, put the food on the baking tray, and then close the door.

1) Press "Pizza/Kabab" button once, the LED will light and the oven display "1".

2) Press "Pizza/Kabab" button multiple times or turn the knob to select the choice of timing. There are four types.

3) Press "Start/+30Sec./Confirm", buzzer will sound once and the oven starts cooking. The LED will flash, and the cooking time counts down.

4) During cooking, the time can be increased by pressing "Start/+30Sec./Confirm" and the maximum cooking time is 95 minutes.

The default Pizza/Kabab cooking time chart:

Program	The default time
1	25mins
2	20mins
3	15mins
4	10mins

Note: Pizza/Kabab function cannot work with the microwave or grill at the same time.

STEAM CLEAN

This function is used to clean the microwave oven cavity of any food or dirt particles.

1. Place the plastic bowl from the starter kit with 150ml of water on the center of the turntable.
2. Set the microwave oven at 100% power for 3 - 5mins and press "Start".
3. At the end of the cycle the microwave will beep. Allow the microwave oven to remain closed for 1min.
4. Open the microwave and swipe clean the inner surface of the microwave oven with a soft cloth.

INSTACOOK MENUS

For food or the following cooking mode, it is not necessary to program the duration and the cooking power. It is sufficient to indicate the type of food that you wish to cook as well as the weight of this food. The result of auto cook depends on factors such as the shape and size of food, your personal preference as to the doneness of certain foods and even how well you happen to place the food in the oven. If you find the result at any rate not quite satisfactory, please adjust the cooking time a little bit accordingly.

Note: To select a specific recipe from those given below, identify the InstaCook menu it falls under (Insta1, Insta2, etc.), rotate the jog dial in the anti-clockwise direction and select the relevant Insta menu. The InstaCook menu will be displayed as A1, A2,A8. Press the **START/+30SEC./CONFIRM** to set it. Set the weight according to the recipe weights mentioned below. In case, the display shows weight as 1, 2, 3- it is in the ascending order of weight as given in the recipe. For example, 1=200gms, 2=400gms, 3=600gms. Thus, if you want to prepare Upma under Insta 1, then the weight indication is as follows: 1-200gms, 2- 300gms, 3-400gms. If you want to prepare Beetroot Halwa under Insta 2, then the weight indication is as follows: 1-200gms, 2-400gms, 3-600gms, and 4-800gms

RAVA UPMA	Insta 1	RAVA UPMA	200 gms	400 gms	600 gms
		Ingredients;			
		Roasted Semolina (Suji)	1½ cup	2 cup	2½ cup
		Onions Medium Sized (Finely Chopped)	1	2	2
		Green Chilly (Finely Chopped)	2	3	4
		Curry Leaves	few	few	few
		Mustard	½ tsp	½ tsp	1 tsp
		Cumin Seeds	½ tsp	½ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Groundnuts (Roasted)	½ tbsp	½ tbsp	1 tbsp
		Channa Dal	2 tsp	2 tsp	3 tsp
		Urad Dal	2 tsp	2 tsp	3 tsp
		Tomato (Chopped)	¼ cup	¼ cup	½ cup
		Green Peas	½ tbsp	½ tbsp	1 tbsp
		Carrot (Chopped)	¼ cup	¼ cup	½ cup
		Ghee As Required			
		Salt To Taste			
		Water As Required			
		Grated Coconut & Shev For Garnish			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than roasted suji and water. After beep, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Garnish with coconut & shev, serve hot.			

NOODLES	Insta1	NOODLES	200 gms	400 gms	600 gms
		Ingredients:			
		Noodles – Boiled	75 gms	100 gms	150 gms
		Mixed Vegetables(Carrots,Beans,Cauliflower,Baby Corn)	75 gms	200 gms	300 gms
		Mushrooms - Sliced	50 gms	100 gms	150 gms
		Garlic – Chopped	½ tsp	½ tsp	1 tsp
		Ginger - Chopped	½ tsp	½ tsp	1 tsp
		Soya Sauce	2 tsp	3 tsp	4 tsp
		Spring Onions - Chopped	½ tbsp	½ tbsp	1 tbsp
		Oil As Required			
		Pepper To Taste			
		Salt To Taste			
		Method of preparation:			
		Prepare tadka as mentioned in Insta 4 with all the ingredients other than noodles and soya sauce. After beep, Remove; add noodles & soya sauce, mix smoothly, select Insta 1, enter weight and press start. Serve hot			

PALAK PANEER	Insta1	PALAK PANEER	200 gms	400 gms	600 gms
			Ingredients:		
		Paneer	1½ cup	2 cup	2½ cup
		Palak Paste	2 cup	3 cup	4 cup
		Onion Paste	1 cup	2 cup	3 cup
		Black Pepper Powder	½ tsp	½ tsp	1 tsp
		Ginger-Garlic Paste	1 tsp	1 tsp	1½ tsp
		Green Chilli Paste	1 tsp	1 tsp	1½ tsp
		Bay Leaves	2	3	4
		Cumin Seeds	1 tsp	1 tsp	1½ tsp
		Garam Masala Powder	1 tsp	2 tsp	2½ tsp
		Butter As Required			
		Coriander Leaves For Garnish			
		Salt To Taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than paneer, spinach paste, and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, garnish with coriander and serve.					

GREEN PEAS MASALA	Insta1	GREEN PEAS MASALA	200 gms	400 gms	600 gms
			Ingredients:		
		Green peas	1½ cup	2 cup	2½ cup
		Tomato	1	2	2
		Onions	1	2	2
		Ginger, garlic paste	1 tsp	1½ tsp	2 tsp
		Green chillies	1	2	2
		Turmeric powder	¼ tsp	¼ tsp	½ tsp
		Coriander leaves	few	few	few
		Garam masala powder	1 tsp	1½ tsp	2 tsp
		Coriander powder	¼ tsp	¼ tsp	½ tsp
		Chilly powder	1 tsp	1½ tsp	2 tsp
		Mustard seeds	¼ tsp	¼ tsp	½ tsp
		Black pepper powder	¼ tsp	¼ tsp	½ tsp
		Coconut milk	½ cup	½ cup	1 cup
		Curry leaves	few	few	few
		Oil as required			
		Salt to taste.			
Method of preparation:					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than tomato, green peas and coconut milk. After beep, remove; add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start.					

CARROT SOUP	Insta1	CARROT SOUP	200 gms	400 gms	600 gms
Ingredients:					
		Carrot - Chopped	100 gms	150 gms	300 gms
		Sweet Potato - Chopped	100 gms	150 gms	300 gms
		Onion - Chopped	1 cup	1½ cup	1½ cup
		Vegetable Broth	1 cup	1½ cup	1½ cup
		Coconut Milk	1 cup	1½ cup	1½ cup
		Ginger Sliced	½ tsp	½ tsp	1 tsp
		Garlic Chopped	½ tsp	½ tsp	1 tsp
		Curry Powder	½ tsp	½ tsp	1 tsp
		Pepper Powder	1 tsp	1 tsp	1½ tsp
		Salt To Taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than carrots, sweet potato, vegetable broth and coconut milk, After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove, allow to cool and then blend in a juicer. Drain, reheat and serve.					

VEGETABLE STEW	Insta1	VEGETABLE STEW	200 gms	400 gms	600 gms
Ingredients:					
		Chopped Mix Vegetables	200gms	400gms	600gms
		Chopped Onion	½ cup	1 cup	1½ cup
		Refined Flour	½ cup	½ cup	1 cup
		Powdered Black Pepper	½ tsp	¾ tsp	1 tsp
		Nutmeg Powder	½ tsp	½ tsp	¾ tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Water As Required			
		Oil As Required			
		Salt As Required			
Method of preparation:					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than the nutmeg powder and water. After beep, Remove; add the nutmeg powder and water mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and serve hot.					

LAUKI CURRY	Insta1	LAUKI CURRY	200 gms	400 gms	600 gms
		Ingredients:			
		Lauki (Peel The Skin & Cut Into Pieces)	1 cup	1½ cup	2 cup
		Peas	½ cup	1 cup	1½ cup
		Chopped Capsicum	1	1	1½
		Chopped Onion	1	2	2
		Chopped Green Chilli	2	2	3
		Yogurt	1 tbsp	1½ tbsp	2 tbsp
		Crushed Ginger	½ inch	¾ inch	1 inch
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	½ tsp	¾ tsp	1 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Oil As Required	1 tbsp	1 tbsp	1½ tbsp
		Chopped Coriander For Garnish			
		Salt To Taste			
		Water As Required			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than peas, capsicum, yogurt and coriander. After beep, remove, add the remaining ingredients other than coriander and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove, and serve hot.			

BROWNIE	Insta1	BROWNIE	200 gms	400 gms	600 gms
		Ingredients:			
		Flour - Sifted	1 cup	1½ cup	2 cup
		Margarine	1½ tbsp	2 tbsp	2½ tbsp
		Sugar	1 cup	1½ cup	2 cup
		Baking Powder	½ tsp	1 tsp	1 tsp
		Cocoa Powder	½ cup	¾ cup	1 cup
		Walnuts	¼ tbsp	½ tbsp	½ tbsp
		Method of preparation;			
		Mix the margarine and sugar in a mixing bowl until the sugar is completely dissolved. Add cocoa powder, flour, nuts, baking powder and mix well until smooth. Pour into a lightly greased glass bowl, Place in the microwave oven, select Insta1, enter weight and press start. Remove, allow to cool and serve.			

FRUIT CUSTARD	Insta1	FRUIT CUSTARD	200 gms	400 gms	600 gms
		Ingredients:			
		Custard Powder	½ cup	½ cup	1 cup
		Milk	2 cup	3 cup	5 cup
		Sugar	1 cup	1½ cup	2 cups
		Apple	1	1	2
		Banana	2	2	3
		Pineapple Slices	¼ cup	¼ cup	½ cup
		Strawberries	¼ cup	¼ cup	½ cup
		Black Grapes (Seedless)	¼ cup	¼ cup	½ cup
		Green Grapes (Seedless)	¼ cup	¼ cup	½ cup
		Cherries To Garnish	¼ cup	¼ cup	½ cup
		Method of preparation;			
		Take a microwave oven safe large glass bowl; add milk, sugar, custard powder and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Slice the apple, banana, pineapple into pieces and put them into a bowl which is large enough to hold all the contents. The grapes and the strawberries need not be cut and should be added along with it. Add custard to the fruits and mix gently. Set to cool and serve.			

TOMATO CHUTNEY	Insta1	TOMATO CHUTNEY	200 gms	400 gms	600 gms
		Ingredients:			
		Tomatoes - Chopped	200 gms	400 gms	600 gms
		Onion - Large Chopped	1	1	2
		Garlic - Chopped	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Tamarind Extract (Juice)	½ cup	½ cup	1 cup
		Oil As Required			
		Salt To Taste			
		For Seasoning:			
		Oil As Required			
		Curry Leaves As Required			
		Mustard Seeds As Required			
		Pinch Of Asafetida Powder			
		Method of preparation:			
Take a microwave oven safe bowl; add oil, onion, garlic, salt, tomatoes, red chilli powder and tamarind juice, mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and allow to cool. Grind into a fine paste. Take a microwave oven safe bowl; add the ingredients for seasoning and place it in the microwave oven. Select Insta 4, enter weight and press start. Remove, add to the tomato mixture, mix well and serve.					

CHICKEN MASALA	Insta1	CHICKEN MASALA	200 gms	400 gms	600 gms
		Ingredients:			
		Chicken	2 cup	3 cup	4 cup
		Mushrooms, Drained	1 cup	1½ cup	2 cup
		Chopped Onion	1 cup	1½ cup	2 cup
		Garlic, Minced	½ tsp	¾ tsp	1 tsp
		Cornstarch	½ cup	¾ cup	1 cup
		Curry Powder	½ tsp	¾ tsp	1 tsp
		Chicken Stock	½ cup	¾ cup	1 cup
		Milk	½ cup	¾ cup	1 cup
		Salt To Taste			
		Butter As Required			
		Coriander Leaves For Garnish			
		Method of preparation			
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than mushroom, corn starch, chicken stock, coriander leaves and milk. After beep, remove, add all the ingredients other than coriander leave and mix well. Place the tomatoes in the microwave oven select Insta1, enter weight and press start. Remove, garnish with coriander leaves and serve hot.					

MUSHROOM SOUP	Insta1	MUSHROOM SOUP	200 gms	400 gms	600 gms
		Ingredients:			
		Button Mushrooms	1 cup	1½ cup	2 cup
		Chicken Stock	1 cup	1½ cup	2 cup
		Spring Onions, Chopped Finely	½ tbsp	½ tbsp	1 tbsp
		Ginger Paste	½ tsp	½ tsp	1 tsp
		Block Peppers	few	few	few
		Salt To Taste			
		Method of preparation:			
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4, with all the ingredients other than mushrooms and salt. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and serve.					

PUDINA CHUTNEY	Insta1	PUDINA CHUTNEY	200 gms	400 gms	600 gms
		Ingredients:			
		Pudina Leaves	2 cup	3 cup	4 cup
		Raw Mango Peeled, Chopped	1 cup	1 cup	1½ cup
		Sesame Seeds	½ cup	½ cup	1 cup
		Green Chillies / Red Chillies	3	4	5
		Mustard Seeds	1 tsp	1 tsp	1 tsp
		Cumin Seeds	1 tsp	1 tsp	1 tsp
		Channa Dal, Soaked	½ tbsp	½ tbsp	1 tbsp
		Hing	a pinch	a pinch	a pinch
		Oil As Required			
		Salt To Taste			
		Method of preparation:			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta4, with all the ingredients other than raw mango, pudina leaves, salt. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and serve.			

ALOO MATAR	Insta1	ALOO MATAR	200 gms	400 gms	600 gms
		Ingredients:			
		Potatoes	1½ cup	2 cup	2 ½ cup
		Green Peas	1 cup	1 cup	1½ cup
		Curd	1 cup	1½ cup	2 cup
		Green Chillies	2	2	3
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Onion	1	2	3
		Tomatoes Puree	1 cup	1½ cup	2 cup
		Ginger	½ tsp	½ tsp	1 tsp
		Coriander Powder	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Garam Masala	1 tsp	1 tsp	1½ tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation:			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta4, with all the ingredients other than tomato puree, salt, green peas and curd. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove, garnish with coriander leaves and serve.			

PRAWNS MASALA	Insta 1	PRAWNS MASALA	200 gms	400 gms	600 gms
		Ingredients:			
		Prawn – Shelled	200 gms	400 gms	600 gms
		Onions Cut Into Small Pieces	1	2	3
		Garlic Paste	¼ tsp	½ tsp	1 tsp
		Ginger Paste	¼ tsp	½ tsp	1 tsp
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	¼ tsp	½ tsp	1 tsp
		Oil As Required			
		Salt To Taste			
		Method of preparation:			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta4 with all the ingredients other than the prawns. Remove, add the prawns and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and serve hot.			

TINDORA CURRY	Insta 1	TINDORA CURRY	200 gms	400 gms	600 gms
		Ingredients:			
		Tindora Chopped	1½ cup	2 cup	2 ½ cup
		Roasted Dalia Powder	1 cup	1½ cup	2 cup
		Ajwain	1 tsp	1 tsp	1½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	a pinch	a pinch	a pinch
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			
		Method of preparation:			
		Prepare tadka as explained in Insta4 in a microwave oven safe bowl with all the ingredients other than tindora and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 1, enter weight and press start. Serve hot.			

PITLA	Insta1	PITLA	200gms	400gms	600gms
		Ingredients:			
		Besan	1½ cup	2 cup	2½ cup
		Chopped Tomato	1	2	3
		Chopped Coriander Leaves	½ tbsp	1 tbsp	1½ tbsp
		Chopped Onion	1	1	2
		Curry Leaves	few	few	few
		Hing	a pinch	a pinch	a pinch
		Mustard Seeds	¼ tsp	½ tsp	1 tsp
		Cumins Powder	1 tsp	1 tsp	1½ tsp
		Coriander Powder	1 tsp	1 tsp	1½ tsp
		Lemon Juice / Tamarind Juice	½ tbsp	½ tbsp	1 tbsp
		Red Chilli Powder	1tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta4, with all the ingredients other than besan, tomato, tamarind juice and coriander. Remove, add the remaining ingredients other than the coriander and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove, garnish with coriander leaves and serve.			

BAINGAN KA BHARTA	Insta1	BAINGAN KA BHARTA	200gms	400gms	600gms
Ingredients:					
Large Seedless Oval Eggplant					
Large Onion Grated					
Ginger Finely Chopped					
Garlic Finely Chopped					
Green Chillies Finely Chopped					
Coriander Leaves Finely Chopped					
Garam Masala					
Red Chilli Powder					
Turmeric Powder					
Asafetida (Hing)					
Lemon Juice					
Cumin					
Mustard Seeds					
Oil As Required					
Water As Required					
Salt To Taste					
Method of preparation:					
Place the eggplant (pierced on all sides with a fork) on the turn table in the microwave oven. Select Insta1, enter weight & press start. Remove after beep, mash eggplant till soft and add all remaining ingredients, mix well, cover bowl with lid and place the bowl in the microwave oven, select tadka option under Insta4, enter weight, press start. Remove, and serve hot.					

SARSON KA SAAG	Insta1	SARSON KA SAAG	200gms	400gms	600gms
Ingredients:					
Spinach Chopped					
Mustard Greens Chopped					
Green Chillies					
Ginger Paste					
Garlic Paste					
Onion Grated					
Coriander Powder					
Cumin Powder					
Garam Masala Powder					
Lime Juice					
Bengal Gram Flour					
Ghee As Required					
Salt To Taste					
Method of preparation:					
Make a paste of spinach, mustard green, green chillies and salt. Set aside. Prepare tadka as explained in Insta4 in a microwave oven safe bowl with all the ingredients other than green paste, lime juice and bengal gram flour. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta1, enter weight and press start. Serve hot.					

SEV BHAJI	Insta1	SEV BHAJI	200gms	400gms	600gms
		Ingredients:			
		Sev	100 gms	200 gms	300 gms
		Tomato Puree	100 gms	200 gms	300 gms
		Chopped Tomato	1	1½	1½
		Chopped Onions	1	1½	1½
		Mustard Seeds	¼ tsp	½ tsp	¾ tsp
		Cumin Seeds	¼ tsp	½ tsp	¾ tsp
		Green Chilli	1	2	2
		Hing	a pinch	a pinch	a pinch
		Curry Leaves	few	few	few
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1tsp	1½ tsp	2 tsp
		Ground Coriander	½ tsp	¾ tsp	1 tsp
		Ground Cumin	½ tsp	¾ tsp	1 tsp
		Oil	½ tbsp	¾ tbsp	1 tbsp
		Salt To Taste			
		Water As Required			
		Coriander Leaves For Garnish			
		Method of preparation:			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta4, with all the ingredients other than tomato puree, sev, water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and garnish with coriander leaves and serve.			

KADHI	Insta1	KADHI	200gms	400gms	600gms
		Ingredients:			
		Yogurt	2 cup	2½ cup	3 cup
		Besan	4 tsp	4 tsp	6 tsp
		Grated Ginger	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Ghee	½ tbsp	¾ tbsp	1 tbsp
		Dry Red Chillies	2	3	4
		Curry Leaves	few	few	few
		Chopped Green Chillies	1	2	3
		Hing	a pinch	a pinch	a pinch
		Sugar	1 tsp	1½ tsp	2 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Salt To Taste			
		Chopped Coriander Leaves For Garnish			
		Water As Required			
		Method of preparation			
		Beat the yogurt, water & besan in a vessel so that no lumps are formed. Prepare tadka in a microwave oven safe bowl as explained in Insta4 with all the ingredients other than yogurt, besan, water mixture. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and garnish with coriander leaves and serve.			

CAULIFLOWER CURRY	Insta1	CAULIFLOWER CURRY	200gms	400gms	600gms
		Ingredients:			
		Capsicum	200gms	400gms	600gms
		Sesame Seeds Paste	¼ tbsp	½ tbsp	1 tbsp
		Groundnut Paste	¼ tbsp	½ tbsp	1 tbsp
		Onion	2	2	3
		Jeera	1 tsp	1 tsp	1½ tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Cardamom	2	3	4
		Cloves	1	2	3
		Cinnamon	1 tsp	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Garam Masala Powder	1 tsp	1 tsp	1½ tsp
		Dhania Jeera Powder	1 tsp	1 tsp	1½ tsp
		Bay Leaves	2	2	3
		Oil	½ tbsp	½ tbsp	1 tbsp
		Salt To Taste			
		Method of preparation:			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta4 with all the ingredients other than capsicum & garam masala. Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and serve.			
BUTTER CHICKEN	Insta1	BUTTER CHICKEN	200gms	400gms	600gms
		Ingredients:			
		Boneless Chicken	200gms	400gms	600gms
		Yogurt	1 tbsp	1½ tbsp	2 tbsp
		Lime Juice	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Roasted Cloves	2	3	4
		Roasted Pepper Corns	2	3	4
		Roasted Cinnamon	½ inch	¾ inch	1 inch
		Cardamom	2	3	4
		Roasted Almonds	3	4	5
		Bay Leaves	1	2	2
		Oil	½ tbsp	½ tbsp	¾ tbsp
		Chopped Onions	1	2	2
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Coriander Powder	½ tsp	¾ tsp	1 tsp
		Cumin Powder	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Tomato Puree	1 tbsp	1½ tbsp	2 tbsp
		Chicken Stock	1 cup	2 cup	2 cup
		Kasuri Methi	1 tsp	1½ tsp	2 tsp
		Butter	½ tbsp	½ tbsp	¾ tbsp
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation:			
		Grind & make a paste of cloves, pepper corns, cinnamon, almonds & cardamom. Marinate the chicken with the above paste and butter, yogurt, salt, lime juice, red chilli powder, bay leaves, coriander, cumin, turmeric powder & set aside for 1 hour. Prepare tadka in a microwave oven safe bowl as explained in Insta4 with oil, onion, garlic, ginger paste, and marinated chicken. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and garnish with coriander leaves and serve.			

RIDGE GOURD CURRY	Insta1	RIDGE GOURD CURRY	200gms	400gms	600gms
		Ingredients:			
		Ridge Gourd (Peeled & Chopped)	150 Gms	300 Gms	400 Gms
		Moong Dal	25 Gms	50 Gms	100 Gms
		Urad Dal	25 Gms	50 Gms	100 Gms
		Jeera	½ Tsp	¾ Tsp	1 Tsp
		Mustard Seeds	¼ Tsp	½ Tsp	¾ Tsp
		Red Chilli Powder	1 Tsp	1½ Tsp	2 Tsp
		Onion (Chopped)	1 Tbsp	1½ Tbsp	2 Tbsp
		Curry Leaves	Few	Few	Few
		Whole Red Chillies	2	3	4
		Turmeric Powder	¼ Tsp	¼ Tsp	½ Tsp
		Fresh Coconut	½ Tbsp	½ Tbsp	¾ Tbsp
		Hing	A Pinch	A Pinch	A Pinch
		Oil As Required			
		Salt To Taste			
		Method Of Preparation:			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta4 with all the ingredients other than ridge gourd and salt remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and serve.			

CABBAGE SABZI	Insta1	CABBAGE SABZI	200gms	400gms	600gms
		Ingredients:			
		Cabbage, Chopped.	150 gms	300 gms	400 gms
		Chana Dal	50 gms	100 gms	200 gms
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Sugar	½ tsp	¾ tsp	1 tsp
		Green Chillies	2	3	4
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Hing	a pinch	a pinch	a pinch
		Salt To Taste.			
		Oil As Required			
		Method of preparation:			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta4 with all the ingredients other than cabbage and salt. Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and serve.			

KHEER	Insta1	KHEER	200gms	400gms	600gms
		Ingredients:			
		Rice (Boiled)	2 cup	2½ cup	3 cup
		Milk	4 cup	5 cup	6 cup
		Condensed Milk	1 cup	1½ cup	2 cup
		Sugar	1 cup	1½ cup	2 cup
		Raisins	1 tbsps	1½ tbsps	2 tbsps
		Cashew Nut Pieces (Roasted)	1 tbsps	1½ tbsps	2 tbsps
		Almonds (Roasted)	1/2 tbsps	1tbsps	1½ tbsps
		Powdered Elaichi (Cardamom)	1 tsp	1½ tsp	2 tsp
		Water As Required			
		Method of preparation:			
		Take a microwave oven safe bowl; add all the ingredients except elaichi powder and raisins, mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove; add elaichi powder and raisins mix well. Serve hot.			

BAINGAN MASALA	Insta1	BAINGAN MASALA	200gms	400gms	600gms
		Ingredients:			
		Brinjals (Baingan), Cut Into Half	150gms	250gms	350gms
		Tomatoes, Chopped	50gms	150gms	250gms
		Onions, Chopped	1	2	2
		Methi Leaves (Fenugreek)	½ cup	¾ cup	1 cup
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	few
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1½ tsp	2 tsp	3 tsp
		Oil As Required			
		Coriander For Garnish			
		Salt & Pepper To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta4 with all the ingredients other than tomato, methi leaves, salt and pepper. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove, garnish with coriander and serve.			

KARELA FRY	Insta1	KARELA FRY	200gms	400gms	600gms
		Ingredients:			
		Karela (Cut Into Thin Round)	200gms	400gms	600gms
		Lemon Juice	1½ tsp	2 tsp	3 tsp
		Turmeric Powder	½ tsp	¾ tsp	¾ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Jeera Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			
		Method of preparation			
		Marinate karela with the lemon juice, turmeric, salt for 20 minutes and wash it well. Prepare tadka in a microwave oven safe bowl as explained in Insta4 with all the ingredients other than garam masala. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start.			

CARROT CURRY	Insta1	CARROT CURRY	200gms	400gms	600gms
		Ingredients:			
		Carrots Chopped	200gms	400gms	600gms
		Roasted Sesame Seeds Paste	¾ cup	1 cup	1½ cup
		Dried Red Chillies	2	3	4
		Red Chilli Powder	1½ tsp	2 tsp	3 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Urad Dal	1½ tsp	2 tsp	3 tsp
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			
		Coriander For Garnish			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than carrots and salt. After beep, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove, garnish with coriander and serve.			

GOBI MATAR	Insta1	GOBI MATAR	200gms	400gms	600gms
		Ingredients:			
		Cauliflower Florets	50 gms	100 gms	150 gms
		Green Peas	50 gms	100 gms	150 gms
		Lauki	50 gms	100 gms	150 gms
		Chopped Cabbage	30 gms	100 gms	150 gms
		Green Chillies	2	3	4
		Cashew Nut Paste	½ cup	¾ cup	1 cup
		Garam Masala	1½ tsp	2 tsp	3 tsp
		Curd	1 cup	1½ cup	2 cup
		Oil As Required			
		Method of preparation:			
		Prepare tadka as explained in Insta 4 in a microwave oven safe glass bowl with all the ingredients other than Lauki, cabbage, green peas and curd. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta1, enter weight and press start. Serve hot.			

CAULIFLOWER ONION FRY	Insta1	CAULIFLOWER ONION FRY	200gms	400gms	600gms
		Ingredients:			
		Cauliflower Florets	200gms	400gms	600gms
		Onion Chopped	1	2	3
		Green Chillies	2	3	4
		Coriander Powder	2 tsp	3 tsp	4 tsp
		Lemon Juice	1 tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	¼ tsp	½ tsp	½ tsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			
		Method of preparation:			
		Prepare tadka as explained in Insta4 in a microwave oven safe glass bowl with all the ingredients other than cauliflower florets and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta1, enter weight and press start. Serve hot.			

SWEET POTATO SOUP	Insta1	SWEET POTATO SOUP	200gms	400gms	600gms
		Ingredients:			
		Sweet Potato Chopped	200gms	400gms	600gms
		Onion Chopped	1	2	3
		Nutmeg Powder	a pinch	a pinch	a pinch
		Black Pepper Powder	a pinch	a pinch	a pinch
		Milk Or Heavy Cream	1 cup	1½ cup	2 cup
		Corn Flour	1 tbsp	1½ tbsp	2 tbsp
		Vegetable Stock	1 cup	1½ cup	2 cup
		Lemon Juice	1 tsp	1 tsp	1½ tsp
		Butter	1 tbsp	1½ tbsp	2 tbsp
		Salt To Taste			
		Method of preparation:			
		Prepare tadka as explained in Insta4 in a microwave oven safe bowl with all the ingredients other than nutmeg powder, pepper powder, milk, vegetable stock and lemon juice. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta1, enter weight and press start. Remove and make puree of the sweet potato mixture. Serve hot.			

ARBI/ TARO ROOT FRY	Insta1	ARBI / TARO ROOT FRY	200gms	400gms	600gms
Ingredients:					
Taro Root (Boiled & Peeled)			200gms	400gms	600gms
Roasted Dalia Powder			1 cup	1½ cup	2 cup
Red Chilli Powder			1 tsp	1 tsp	1½ tsp
Turmeric Powder			a pinch	a pinch	a pinch
Mustard Seeds			½ tsp	½ tsp	1 tsp
Cumin Seeds			1 tsp	1 tsp	1½ tsp
Urad Dal			3 tsp	4 tsp	5 tsp
Curry Leaves			few	few	few
Oil As Required					
Salt To Taste					
Method of preparation:					
Prepare tadka as explained in Insta4 in a microwave oven safe bowl with all the ingredients other than taro root and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta1, enter weight and press start. Serve hot.					

MACHHER JHOL	Insta1	MACHHER JHOL	200gms	400gms	600gms
Ingredients:					
Fish Rohu			200gms	400gms	600gms
Potatoes			2	4	6
Onion Paste			½ cup	1 cup	1½ cup
Green Chillies			2	3	4
Coriander Seeds			1 tsp	1½ tsp	2 tsp
Cumin Seeds			1 tsp	1½ tsp	2 tsp
Turmeric Powder			¼ tsp	¼ tsp	½ tsp
Chilli Powder			1 tsp	1½ tsp	2 tsp
Oil					
Salt To Taste					
Method of preparation:					
Marinate fish with turmeric powder and salt for 20 minutes and wash it well. Prepare tadka in a microwave oven safe bowl as explained in Insta4 with all the ingredients other than fish. After beep, remove, add the remaining ingredients and mix smoothly. Place the bowl in the microwave oven, select Insta1, enter weight and press start.					

SUKHDI	Insta1	SUKHDI	200gms	400gms	600gms
Ingredients:					
Whole Wheat Flour			2 cup	3 cup	4 cup
Ghee			1½ cup	2 cup	2½ cup
Jaggery - Sliced Thinly			1½ cup	2 cup	2½ cup
Milk			1 cup	1½ cup	2 cup
Method of preparation:					
Take a microwave oven safe glass bowl; add wheat flour and ghee mix well. To roast the wheat flour select tadka option in Insta4, enter weight, press start. After beep, remove and add jaggery, milk, and mix well. Place the bowl in the microwave oven. Select Insta1, enter weight and press start. Serve hot.					

MISA MACH PORA	Insta1	MISA MACH PORA	200gms	400gms	600gms
Ingredients:					
Shrimps, Shelled			2 cup	3 cup	4 cup
Ground Coriander			1½ tsp	2 tsp	3 tsp
Lime Juice			2 tsp	3 tsp	3 tsp
Onion, Chopped			½ cup	1 cup	1½ cup
Peppercorns			few	few	few
Turmeric Powder			a pinch	a pinch	a pinch
Salt To Taste					
Oil As Required					
Method of preparation:					
Rub salt and turmeric powder on the shelled shrimps. Marinate for 20 minutes. Prepare tadka as explained in Insta4 in a microwave oven safe bowl with all the ingredients other than marinated shrimps and lime juice. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta1, enter weight and press start. Serve hot.					

CHICKEN XACUTI	Insta 1	CHICKEN XACUTI	200gms	400gms	600gms
Ingredients:					
Chicken			200gms	400gms	600gms
Small Potatoes			few	few	few
Small Onions			few	few	few
Nutmeg Powder			¼ tsp	¼ tsp	¼ tsp
Coconut Paste			½ cup	1 cup	1½ cup
Xacuti Masala Ingredients:					
Red Chillies			4	5	6
Coconut Pieces			few	few	few
Cloves			2	3	4
Turmeric Powder			¼ tsp	¼ tsp	¼ tsp
Pepper Corns			few	few	few
Jeera			½ tsp	½ tsp	1 tsp
Methi Seeds			½ tsp	½ tsp	1 tsp
Saunf			1½ tsp	2 tsp	3 tsp
Garlic Flakes			3	4	5
Ginger			¼ " inch	½ " inch	1 " inch
Cinnamon			¼ " inch	½ " inch	1 " inch
Khus Khus			½ cup	1 cup	1½ cup
Coriander Seeds			1½ tsp	2 tsp	3 tsp
Sesame seeds			1½ tsp	2 tsp	3 tsp
Onion			1	2	2
Method of preparation:					
Make a fine paste of all masala ingredients. Prepare tadka as explained in Insta4 in a microwave oven safe bowl with all the ingredients other than chicken and potato. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta1, enter weight and press start. Serve hot.					

PLAIN PALAK CURRY	Insta 1	PLAIN PALAK CURRY	200gms	400gms	600gms
		Ingredients:			
		Palak (Spinach) Finely Chopped	2 cup	2½ cup	3 cups
		Red Chilli Powder	1 tsp	1 tsp	1 tsp
		Moong Dal	¼ cup	½ cup	¾cup
		Garam Masala	1 tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Garlic Paste	¼ tsp	¼ tsp	½ tsp
		Ginger Paste	¼ tsp	¼ tsp	½ tsp
		Oil As Required			
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta4 with all the ingredients other than palak and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta1, enter weight and press start. Remove and serve hot.			

CHICKEN CHETTINAD	Insta 1	CHICKEN CHETTINAD	200gms	400gms	600gms
		Ingredients:			
		Chicken	200gms	400gms	600gms
		Khus Khus Roasted	1 tbsp	1½ tbsp	2 tbsp
		Dry Red Chillies Roasted	3	4	5
		Coriander Roasted	½ tsp	¾ tsp	1tsp
		Mustard Roasted	½ tbsp	¾ tbsp	1tbsp
		Cinnamon Roasted	½ inch	½ inch	1 inch
		Cardamom Roasted	2	3	4
		Cloves Roasted	2	3	4
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	½ tsp	¾ tsp	1 tsp
		Chopped Ginger	1 tsp	1tsp	1tsp
		Chopped Garlic	1 tsp	1 tsp	1½ tsp
		Chopped Tomato	1	1½	2
		Chopped Onions	1	1½	2
		Oil	1 tbsp	1 tbsp	1½ tbsp
		Curry Leaves	few	few	few
		Lemon Juice	½ tsp	¾ tsp	1 tsp
		Sugar	½ tsp	¾ tsp	1 tsp
		Grated Coconut for Garnish			
		Coriander Leaves for Garnish			
		Salt To Taste			
		Method of preparation:			
		In a mixer, grind all the roasted ingredients with garlic and ginger to make a uniform paste. Prepare tadka in a microwave oven safe bowl as explained in Insta 4, with all the ingredients other than chicken, tomato, coconut and coriander leaves. After beep, remove, add the remaining ingredients except coconut and coriander leaf and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, garnish with coconut and coriander. Serve hot.			

PANEER MAKHANI	Insta 1	PANEER MAKHANI	200gms	400gms	600gms
Ingredients:					
		Paneer	200gms	400gms	600gms
		Tomato Puree	1 cup	1½ cup	2 cup
		Fresh Cream	1 cup	1½ cup	2 cup
		Green Chillies	1	2	3
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Garam Masala Powder	1 tsp	1 tsp	1½ tsp
		Dried Kasuri Methi	few	few	few
		Butter As Required			
		Salt To Taste			
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tomato puree and fresh cream. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, and serve hot.					

COCONUT LADOO	Insta 1	COCONUT LADOO	200gms	400gms	600gms
Ingredients:					
		Suji / Rava	1 cup	2 cup	3 cup
		Grated Coconut	1½ cup	3 cup	4 cup
		Condensed Milk	as required	as required	as required
		Powdered Sugar	1 cup	2 cup	3 cup
		Dry Coconut Powder	½ cup	¾ cup	1cup
Method of preparation;					
Take suji (rava) in a microwave oven safe glass bowl. Place in the microwave oven, select Insta 4, enter weight & press start. After beep, remove, add grated coconut, condensed milk, powdered sugar & mix well. Select Insta 1, enter weight, and press start. Remove after beep & set aside to cool. Make small balls of the mixture. Roll the balls in dry coconut powder & serve.					

BANANA HALWA	Insta 1	BANANA HALWA	200gms	400gms	600gms
Ingredients:					
		Banana Ground To Paste	2 cup	2½ cup	3 cups
		Wheat Flour	¾ cup	1 cup	1½ cup
		Milk	¾ cup	1 cup	1½ cup
		Cardamom Powder	a pinch	a pinch	a pinch
		Sugar	1 cup	1½ cup	2 cup
		Cashews	few	few	few
		Almonds	few	few	few
		Ghee As Required			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with wheat flour and ghee. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve hot.					

GREEN CHANNA CURRY	Insta 1	GREEN CHANNA CURRY	200 gms	400 gms	600 gms
Ingredients:					
Green Channa			1 cup	1½ cup	2 cup
Tomato Chopped			1 cup	1½ cup	2 cup
Onion Chopped			1 cup	1½ cup	1½ cup
Green Chilli Chopped			2	3	3
Ginger, Garlic Paste			1½ tsp	2 tsp	2 tsp
Cumins Powder			1 tsp	1½ tsp	2 tsp
Hing			a pinch	a pinch	a pinch
Turmeric Powder			a pinch	a pinch	a pinch
Coriander Powder			1 tsp	1½ tsp	2 tsp
Garam Masala			1½ tsp	2 tsp	2 tsp
Oil As Required					
Salt To Taste					
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than green channa and tomato. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta1, enter weight and press start.					

DALIYA KHICHDI	Insta 1	DALIYA KHICHDI	200 gms	400 gms	600 gms
Ingredients:					
Dalia (Broken Wheat)			1 cup	1½ cup	2 cup
Mix Vegetable Chopped			1 cup	1½ cup	2 cup
Onion Chopped			1 cup	1½ cup	2 cup
Green Chillies			2	3	3
Garlic, Ginger Paste			1 tsp	1½ tsp	1½ tsp
Turmeric Powder			a pinch	a pinch	a pinch
Cumins Seeds			1 tsp	1½ tsp	1½ tsp
Coriander Powder			1 tsp	1½ tsp	1½ tsp
Oil As Required					
Salt To Taste					
Coriander Leaves For Garnish					
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than dalia and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven selects Insta 1, enter weight and press start. Remove, garnish with grated coriander and serve.					

MACHE BESARA	Insta 1	MACHE BESARA	200gms	400gms	600gms
		Ingredients:			
		Fish (Rohu Or Any Fresh Water Fish)	200gms	400gms	600gms
		Potato (Cut Into Cubes)	1	2	2
		Curd	1cup	2 cup	2 cup
		Green Chillies Paste	4	5	6
		Mustard Paste	1tbsp	1½ tbsp	2 tbsp
		Garlic Cloves Paste	2	3	4
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	1 tbsp	1 tbsp	1½ tbsp
		Fennel Seeds	1 tsp	1½ tsp	2 tsp
		Fenugreek Seeds	1 tsp	1½ tsp	2 tsp
		Kal Jeera Seeds	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than fish, curd and coriander leaves. After beep, remove; add all the ingredients other than coriander leaves and mix smoothly. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, garnish with coriander leaves and serve hot.			

BEETROOT RASAM	Insta 1	BEETROOT RASAM	200gms	400gms	600gms
		Ingredients:			
		Beetroot Chopped	200gms	400gms	600gms
		Tamarind Juice	1 cup	1½ cup	2 cup
		Urad Dal	1 tsp	1½ tsp	2 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Cilantro Sprigs	¼ cup	½ cup	¾ cup
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than beetroot and tamarind juice. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, and serve hot.			

DOI MACHCH	Insta 1	DOI MACHCH	200gms	400gms	600gms
		Ingredients:			
		Fish (Rohu)-Sliced & Rubbed With Turmeric & Salt	200gms	400gms	600gms
		Curd	1 cup	1½ cup	2 cup
		Onion Paste	1 cup	1½ cup	2 cup
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Bay Leaves	2	2	3
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Cardamoms	3	4	5
		Cloves	2	3	4
		Cinnamon-Broken	1	2	3
		Sugar	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all ingredients except fish. After beep, remove; add the fish, mix smoothly. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Serve hot.			

CAULIFLOWER KURMA	Insta 1	CAULIFLOWER KURMA	200gms	400gms	600gms
		Ingredients:			
		Cauliflower, Cut Into Florets	2 cup	3 cup	4 cup
		Tomatoes, Cut Into Cubes	1 cup	1½ cup	2 cup
		Onion	1 cup	1½ cup	2 cup
		Yogurt	1 cup	1½ cup	2 cup
		Ginger-Garlic Paste	1 tsp	1½ tsp	2 tsp
		Red Chili Powder	1 tsp	1½ tsp	2 tsp
		Khus Khus Paste	1 tbsp	1½ tbsp	2 tbsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Cardamom	few	few	few
		Coriander Seeds	1 tsp	1½ tsp	2 tsp
		Cloves	2	3	4
		Curry Leaves	few	few	few
		Salt To Taste			
		Oil As Required			
		Coriander Leaves For Garnish			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than cauliflower, tomato, yogurt and coriander leaves. After beep, remove, add the all ingredients other than coriander leave and mix well. Place the bowl in the microwave oven selects Insta 1, enter weight and press start. Remove, garnish with coriander leaves and serve hot.			

POTATO CURRY	Insta 1	POTATO CURRY	200gms	400gms	600gms
		Ingredients;			
		Potatoes, Peeled And Cubed	1½ cup	2 cup	3 cup
		Tomatoes, Chopped	1 cup	1½ cup	2 cup
		Onion, Chopped	1 cup	1½ cup	2 cup
		Garlic, Ginger Paste	½ tsp	¾ tsp	1 tsp
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Ghee			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than potato and tomatoes. After beep, remove, add the all remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 1, enter weight and press start. Remove and serve hot.			

CHICKEN SOUP	Insta 1	CHICKEN SOUP	200gms	400gms	600gms
		Ingredients;			
		Chicken	200gms	400gms	600gms
		Spring Onion Chopped	½ cup	¾ cup	1 cup
		Eggs	1	2	3
		Black Pepper Powder	1 tsp	1½ tsp	2 tsp
		Coconut Milk	½ cup	¾ cup	1 cup
		Chicken Stock	½ cup	¾ cup	1 cup
		Sugar	1 tsp	1½ tsp	2 tsp
		Salt As Per Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than coconut milk and chicken stock. After beep, remove, add the all remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 1, enter weight and press start. Remove and serve hot.			

SINDHI KADHI	Insta 1	SINDHI KADHI	200 gms	400 gms	600 gms
		Ingredients;			
		Carrots	¼ cup	½ cup	¾ cup
		Lady Finger	¼ cup	½ cup	¾ cup
		Brinjal	¼ cup	½ cup	¾ cup
		Drumsticks	¼ cup	½ cup	¾ cup
		Bottle Gourd	¼ cup	½ cup	¾ cup
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Methi Seeds	1 tsp	1½ tsp	2 tsp
		Tamarind Pulp	¼ cup	½ cup	¾ cup
		Besan	1 tbsp	1½ tbsp	2 tbsp
		Coriander / Cumins Powder	1 tsp	1½ tsp	2 tsp
		Green Chillies Chopped	2	3	4
		Turmeric Powder	1½ cup	2 cup	2½ cup
		Hing A Pinch			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tamarind pulp, hing and coriander leaves. After beep, remove, add the all remaining ingredients except coriander leaves mix well and place the bowl in the microwave oven, select Insta 1 enter weight and press start. Remove, garnish with coriander leaves and serve hot.			

CHEESE SAUCE	Insta 1	CHEESE SAUCE	200 gms	400 gms	600 gms
Ingredients;					
Thick Milk			¼ cup	½ cup	¾ cup
Flour			1 tbsp	1½ tbsp	2 tbsp
Cheese grated			¼ cup	½ cup	¾ cup
Pepper powder			1 tsp	1½ tsp	2 tsp
Butter melted			1 tbsp	1½ tbsp	2 tbsp
Salt to taste					
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than cheese and salt. After beep, remove, add all the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve.					

PURAN POLI PURAN	Insta 1	PURAN POLI PURAN	200 gms	400 gms	600 gms
Ingredients;					
Chana Dal, Soaked & Cooked			1½ cup	2 cup	2½ cup
Jaggery Grated			1½ cup	2 cup	2½ cup
Turmeric Powder			¼ tsp	¼ tsp	½ tsp
Cardamom Powder			½ tsp	¾ tsp	1 tsp
Nutmeg Powder			½ tsp	¾ tsp	1 tsp
Oil If Required					
Method of preparation					
Take a microwave oven safe bowl; add all the ingredients, mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove; add into flour, flatten dough and make puran poli. Serve hot.					

FISH ROAST	Insta 1	FISH ROAST	200 gms	400 gms	600 gms
Ingredients:					
Pomfret - Washed And Cleaned			200 gms	400 gms	600 gms
Garlic			½ tsp	½ tsp	1 tsp
Lemon Juice			½ tsp	½ tsp	1 tsp
Chilli Powder			1 tsp	1½ tsp	2 tsp
Turmeric Powder			¼ tsp	¼ tsp	½ tsp
Pepper Powder			1 tsp	1½ tsp	2 tsp
Garam Masala			1 tsp	1½ tsp	2 tsp
Rice Flour			½ tbsp	½ tbsp	1 tbsp
Oil			2 tsp	2 tsp	3 tsp
Salt To Taste					
Method of preparation;					
Mix all the ingredients to make a paste. Toss the fish into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in a flat base glass bowl. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve.					

VEGETABLE STOCK	Insta 1	VEGETABLE STOCK	200 gms	400 gms	600 gms
		Ingredients;			
		Onion, Peeled And Chopped	¼ cup	½ cup	¾ cup
		Carrot, Peeled And Chopped	¼ cup	½ cup	¾ cup
		Turnip, Chopped	¼ cup	½ cup	¾ cup
		Tomato, Chopped	¼ cup	½ cup	¾ cup
		Spring Onion, Chopped	¼ cup	½ cup	¾ cup
		Garlic, Crushed	2	3	4
		Bay Leaf	1	2	3
		Dried Thyme	2	¾ tsp	1 tsp
		Black Peppercorns	½ tsp		
		Cloves	2	3	4
		Oil As Required			
		Water As Required			
		Method of preparation;	Take a microwave oven safe glass bowl, add all ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start.		

PUNJABI KADHI	Insta 1	PUNJABI KADHI	200gms	400gms	600gms
		Ingredients:			
		Pakodas	200gms	400gms	600gms
		Curd	¼ cup	½ cup	¾ cup
		Gram Flour	¼ cup	½ cup	¾ cup
		Chopped Ginger.	½ tsp	½ tsp	1tsp
		Ajwain.	½ tsp	½ tsp	1tsp
		Fenugreek Seeds.	½ tsp	½ tsp	1tsp
		Red Chilli Powder.	1tsp	1tsp	1½ tsp
		Dry Red Chilli Whole	2	2	3
		Turmeric Powder.	A pinch	A pinch	A pinch
		Hing	A pinch	A pinch	A pinch
		Oil As Required.			
		Salt As Per Taste			
		Method of preparation;	Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than curd and gram flour. After beep, remove, add the all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve.		

SHAHI PANEER	Insta 1	SHAHI PANEER	200gms	400gms	600gms
		Ingredients:			
		Paneer	200gms	400gms	600gms
		Onions	½ cup	¾ cup	1 cup
		Ginger, Garlic Paste	½ tsp	1tsp	1 tsp
		Green Chillies Chopped	2	3	3
		Pepper Powder	½ tsp	1tsp	1 tsp
		Red Chilli Powder	1tsp	1tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Garam Masala Powder	1tsp	1tsp	1½ tsp
		Milk Cream	½ cup	¾ cup	1 cup
		Cashew Nuts	½ tbsps	1tbsp	1 tbsps
		Milk	½ cup	¾ cup	1 cup
		Oil As Required			
		Salt To Taste			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than paneer, milk cream and milk. After beep, remove, add the all remaining ingredients and mix smoothly. Place the bowl in the microwave oven selects Insta 1, enter weight and press start. Remove and serve hot.			

FISH KURMA	Insta 1	FISH KURMA	200gms	400gms	600gms
		Ingredients:			
		Fish (Cut Into Large Pieces)	200gms	400gms	600gms
		Onion Paste	1 cup	1½ cup	2 cup
		Green Chilli	2	3	3
		Ginger Paste	½ tsp	½ tsp	½ tsp
		Garlic Paste	½ tsp	½ tsp	½ tsp
		Coriander Paste	1tsp	1tsp	1½ tsp
		Cardamom	3	4	4
		Cinnamon Sticks	2	2	3
		Lemon Juice	½ tbsps	1tbsp	1 tbsps
		Curd	½ cup	¾ cup	1 cup
		Oil As Required			
		Salt To Taste			
		Water As Required			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than fish, lemon juice, curd and water. After beep, remove, add the all remaining ingredients and mix smoothly. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve hot.			

YAM MASALA	Insta 1	YAM MASALA	200gms	400gms	600gms
		Ingredients:			
		Yam, Cut Into Pieces	1½ cup	2 cup	2½ cup
		Tomato Puree	1 cup	1½ cup	2 cup
		Onion, Chopped	2	2½	3
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tomato puree and salt. Remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start.			

MUSTARD FISH	Insta 1	MUSTARD FISH	200gms	400gms	600gms
		Ingredients;			
		Hilsa Fish (Cut Into Medium Size Pieces)	200gms	400gms	600gms
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Oil	1 tbsp	1½ tbsp	2 tbsp
		Mustard Seeds	1 tsp	1½ tsp	2 tsp
		Salt To Taste			
		Water As Required			
		Coriander Leaves For Garnish			
		Green Chillies For Garnish			
		For Mustard Curry Paste:			
		Mustard Seeds	1 tsp	1½ tsp	2 tsp
		Green Chillies	2	3	4
		Poppy Seeds	1 tsp	1½ tsp	2 tsp
		Method of preparation:			
		Marinate fish with turmeric powder and salt. Set aside for ½ hour. To make a Mustard Curry paste of ground mustard seeds and green chillies, poppy seeds. Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than hilsa fish, water, coriander leaves and green chillies. Remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start.			

CORN CHAT	Insta 2	CORN CHAT	200gms	400gms	600gms	800gms
		Ingredients:				
		Sweet Corn Kernels	¼ cup	½ cup	¾cup	1 cup
		Tomato Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup
		Cooked Potato Cut Into Pieces	¼ cup	½ cup	¾cup	1 cup
		Cucumber Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup
		Chopped Coriander	½ tbsp	½ tbsp	½ tbsp	1 tbsp
		Lime Juice	¼ tsp	¼ tsp	½ tsp	¾ tsp
		Chat Masala	1 tsp	1 tsp	1½ tsp	2 tsp
		Cumins Powder	1 tsp	1 tsp	1 tsp	1½ tsp
		Red Chilli Powder	1 tsp	1 tsp	1 tsp	1 tsp
		Salt To Taste				
		Method of preparation				
		Take a microwave oven safe bowl, add sweet corn kernels, tomato, chat masala, cumins powder and red chilli powder, salt, mix well and select Insta 2, enter weight and press start. Remove and add all remaining ingredients and serve.				

CHICKEN STOCK	Insta 2	CHICKEN STOCK	200gms	400gms	600gms	800gms
		Ingredients:				
		Fresh Chicken (Or Leftover Chicken Parts)	200gms	400gms	600gms	800gms
		Carrot (Chopped)	½ cup	½ cup	1 cup	1 cup
		Onion (Chopped)	½ cup	½ cup	1 cup	1 cup
		Water	½ cup	1 cup	1 ½ cup	2 cups
		Bay Leaf	2	3	4	4
		Celery (Roughly Chopped)	½ tbsp.	½ tbsp.	1 tbsp	1 ½ tbsp
		Fresh Parsley	½ tbsp.	½ tbsp.	1 tbsp	1 ½ tbsp.
		Fresh Thyme	1 tbsp	1 ½ tbsp.	2 tbsp	2 ½ tbsp.
		Pepper corns	4	5	6	6
		Salt To Taste				
		Method of preparation				
		Take a microwave oven safe bowl, add put the chicken, vegetables, salt, peppercorns, water, bay leaf, parsley, thyme; stir and place the bowl on the turn table. Select Insta 2, enter weight, press start. Drain and collect the stock and use as an ingredient in other recipes.				

RAVA (SUJI) ROAST	Insta 2	RAVA (SUJI) ROAST	200gms	400gms	600gms	800gms
		Ingredients;				
		Rava (Suji)	200gms	400gms	600gms	800gms
		Method of preparation;				
		Take a microwave oven safe glass bowl, add suji, mix well and select Insta 2, enter weight and press start. Remove and mix properly. (For better perfection stir twice in between)				

BEETROOT HALWA	Insta 2	BEETROOT HALWA	200gms	400gms	600gms	800gms
		Ingredients;				
		Beetroot, Grated	200gms	400gms	600gms	800gms
		Sugar	1 cup	1½ cup	2 cup	2½ cup
		Milk	1 cup	1½ cup	2 cup	2½ cup
		Roasted Cashew	few	few	few	few
		Raisins	few	few	few	few
		Ghee As Required				
		Method of preparation:				
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than milk, roasted cashew and raisins. After beep, remove and add milk, mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Garnish with cashew and raisins, serve hot.				

SUJI KA HALWA	Insta 2	SUJI KA HALWA	200gms	400gms	600gms	800gms
Ingredients:						
Suji - Roasted			1 cup	2 cup	3 cup	4 cup
Milk			1 cup	2 cup	3 cup	4 cup
Sugar			1 cup	2 cup	3 cup	4 cup
Ghee			1 cup	1½ cup	2 cup	2 cup
Cardamom Powder			½ tsp	½ tsp	1 tsp	1 tsp
Cashews			5	6	7	8
Almonds			5	6	7	8
Raisins			few	few	few	few
Water As Required						
Method of preparation						
Take a microwave oven safe bowl; add the roasted suji, water, milk, sugar, cardamom powder, cashew, almonds, ghee, raisins and mix well. Place the bowl in the microwave oven, select Insta2, enter weight and press start. Add water if required. Stir twice in between for better result. PN - Suji can be roasted by placing it on plain paper in the microwave oven and cooking it in microwave mode for 3 - 4 min. Mix twice in between.						

TOMATO SOUP	Insta 2	TOMATO SOUP	200gms	400gms	600gms	800gms
Ingredients:						
Tomatoes (Pierced)			200gms	400gms	600gms	800gms
Mint Leaves			few	few	few	few
Pepper To Taste						
Salt To Taste						
Method of preparation:						
Take a microwave oven safe bowl; add all ingredients other than mint leaves. Place the bowl in the microwave oven and select Insta 2, enter weight & press start. Remove after beep, add mint leaves, mix well and set aside to cool. When cool, blend the tomatoes in a mixer. Strain and serve hot.						

STUFFED CAPSICUM	Insta 2	STUFFED CAPSICUM	200gms	400gms	600gms	800gms
Ingredients:						
Capsicum (Bell Pepper)			100gms	200gms	300gms	400gms
Carrots - Finely Chopped			1 cup	1½ cup	2 cup	2½ cup
Cabbage - Finely Chopped			1 cup	1½ cup	1½ cup	2 cup
Cumins Seeds			½ tsp	½ tsp	1 tsp	1½ tsp
Mustard Seeds			½ tsp	½ tsp	1 tsp	1½ tsp
Coriander Powder			1 tsp	1 tsp	1½ tsp	1½ tsp
Turmeric Powder			½ tsp	½ tsp	1 tsp	1½ tsp
Red Chilli Powder			1 tsp	1½ tsp	2 tsp	2½ tsp
Oil As Required						
Carrot For Garnishing						
Chopped Cabbage For Garnishing						
Salt To Taste						
Method of preparation:						
Slice off the top of the capsicums. Scoop out the inside to make them hollow and set aside. Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the remaining ingredients. Remove and stuff the capsicum with this mixture. Place the stuffed capsicums on the turn table in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish and serve.						

BHENDI FRY	Insta 2	BHENDI FRY	200gms	400gms	600gms	800gms
Ingredients:						
Lady Finger (Okra / Bhindi)			200gms	400gms	600gms	800gms
Gram Flour			½ cup	1 cup	1½ cup	2 cup
Sliced Onion			½ cup	1 cup	1½ cup	2 cup
Sliced Green Chilli			2	3	4	5
Coriander Powder			½ tsp	1 tsp	1½ tsp	2 tsp
Red Chilli Powder			1 tsp	1½ tsp	2 tsp	2 tsp
Garam Masala Powder			1 tsp	1½ tsp	2 tsp	2 tsp
Cumin Seeds			½ tsp	1 tsp	1½ tsp	2 tsp
Turmeric Powder			¼ tsp	¼ tsp	½ tsp	½ tsp
Oil As Required						
Salt To Taste						
Method of preparation;						
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than lady finger. Remove, add lady fingers and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve.						

MUTTON LIVER CURRY	Insta 2	MUTTON LIVER CURRY	200gms	400gms	600gms	800gms
Ingredients:						
Goat Liver			200gms	400gms	600gms	800gms
Onion Finely Sliced			1	2	3	3
Ginger & Garlic Paste			½ tsp	1 tsp	1½ tsp	2 tsp
Tomato Puree			½ cup	½ cup	1 cup	1½ cup
Turmeric			¼ tsp	¼ tsp	½ tsp	½ tsp
Red Chilli Powder			1 tsp	1½ tsp	2 tsp	2 tsp
Coriander Powder			1 tsp	1½ tsp	2 tsp	2 tsp
Cumin Powder			1 tsp	1½ tsp	2 tsp	2 tsp
Garam Masala Powder			1 tsp	1½ tsp	2 tsp	2 tsp
Ghee			½ tbsp	½ tbsp	1 tbsp	1½ tbsp
Bay Leaves			2	3	4	4
Cinnamon			1" stick	2" stick	3" stick	3" stick
Green Cardamom			3	4	6	6
Cloves			3	4	6	6
Coriander Leaves For Garnish						
Water As Required						
Salt To Taste						
Method of preparation;						
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than liver, tomato puree, coriander leaves and water. Remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve.						

PANEER PEAS CURRY	Insta 2	PANEER PEAS CURRY	200gms	400gms	600gms	800gms
		Ingredients:				
		Paneer Cubed	100gms	200gms	300gms	400gms
		Green Peas	100gms	200gms	300gms	400gms
		Onions	1	2	3	3
		Tomato Puree	1 cup	1½ cup	2 cup	2 tsp
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp	1½ cup
		Coriander Powder	½ tsp	½ tsp	1 tsp	½ tsp
		Cumin Powder	½ tsp	½ tsp	1 tsp	2 tsp
		Garam Masala	½ tsp	½ tsp	1 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	2 tsp
		Green Chillies Chopped	2	3	4	2 tsp
		Heavy Cream	¼ cup	¼ cup	½ cup	1½ tbsp
		Oil As Required				
		Salt To Taste				
		Coriander Leaves For Garnish				
		Method of preparation:				
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than paneer, tomato puree, heavy cream, coriander leaves and salt. Remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve.				

CAPSICUM CURRY	Insta 2	CAPSICUM CURRY	200gms	400gms	600gms	800gms
		Ingredients:				
		Capsicum, Chopped	200gms	400gms	600gms	800gms
		Onion, Chopped	1 cup	1 cup	1½ cup	2 cup
		Green Chillies, Slit Lengthwise	2	3	4	4
		Ginger Paste	½ tsp	½ tsp	1 tsp	1 tsp
		Garlic Paste	½ tsp	½ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Chole Masala	½ tbsp	½ tbsp	1 tbsp	1 tbsp
		Cumins Seeds	½ tsp	½ tsp	1 tsp	1 tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp
		Oil As Required				
		Salt To Taste				
		Water As Required				
		Method of preparation:				
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than capsicum, chole masala and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve.				

METHI MALAI MATAR	Insta 2	METHI MALAI MATAR	200gms	400gms	600gms	800gms
		Ingredients:				
		Green Peas	100gms	200gms	300gms	400gms
		Methi Leaves	100gms	200gms	300gms	400gms
		Malai / Cream	1 cup	1½ cup	2 cup	2 cup
		Onion Paste	1 cup	1½ cup	2 cup	2 cup
		Green Chili Paste	1 tsp	1½ tsp	2 tsp	2 tsp
		Garlic, Ginger Paste	½ tsp	1 tsp	1½ tsp	1½ tsp
		Khus Khus Paste	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
		Cumins	½ tsp	1 tsp	1½ tsp	2 tsp
		Cashew Nuts	4	5	6	7
		Milk	1 cup	1½ cup	2 cup	2½ cup
		Oil As Required				
		Salt To Taste				
		Method of preparation:				
		Prepare tadka as explained in Insta 4 in a microwave oven safe glass bowl with all the ingredients other than methi leaves, green peas, malai and milk. Remove; add methi leaves, green peas, malai, milk and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 2, enter weight and press start. Remove and serve.				

GRATED RADISH CURRY	Insta 2	GRATED RADISH CURRY	200gms	400gms	600gms	800gms
		Ingredients:				
		Radish (Grated)	200gms	400gms	600gms	800gms
		Coconut (Grated)	1 cup	1 cup	1½ cup	2 cup
		Onion Chopped	1 cup	1 cup	1½ cup	2 cup
		Chilli Powder	1 tsp	1½ tsp	2 tsp	2 tsp
		Chopped Green Chillies	2	3	4	4
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp
		Curry Leaves	few	few	few	few
		Oil As Required				
		Salt To Taste				
		Coriander Leaves For Garnish				
		Method of preparation:				
		Prepare tadka as explained in Insta 4 in a microwave oven safe glass bowl with all the ingredients other than grated radish, grated coconut and coriander leaves. Remove; add all remaining ingredients other than coriander leaves and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve.				

COFFEE	Insta 2	COFFEE	200gms	400gms	600gms	800gms
		Ingredients:				
		Coffee Powder	1½ tsp	2 tsp	2½ tsp	3 tsp
		Milk	2 cups	3 cups	4 cups	5 cups
		Sugar To Taste				
		Water As Required				
		Method of preparation:				
		Take a microwave oven safe large bowl, add water, milk, sugar, coffee powder, mix well and place the bowl in microwave oven, select Insta 2, enter weight, press start. Strain and serve hot.				

MUSHROOM CHILLI FRY	Insta 2	MUSHROOM CHILLI FRY	200gms	400gms	600gms	800gms
		Ingredients:				
		Mushrooms Cut Into Halves	200gms	400gms	600gms	800gms
		Mustard Seeds	½ tsp	½ tsp	1 tsp	
		Red Chillies	2	2	3	
		Butter To Taste				
		Salt To Taste				
		Method of preparation;				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start.						

COCONUT ROAST	Insta 2	COCONUT ROAST	200gms	400gms	600gms	800gms		
		Ingredients;						
		Grated Coconut	200gms	400gms	600gms	800gms		
		Method of preparation;						
		Take a microwave oven safe glass bowl, add grated coconut and place the bowl in the microwave oven. Select Insta 2, enter weight and press start. stir once in-between						

BABY CORN MASALA	Insta 2	BABY CORN MASALA	200gms	400gms	600gms	800gms
		Ingredients:				
		Baby Corn	200gms	400gms	600gms	800gms
		Tomatoes Chopped	1 cup	1½ cup	2 cup	2½ cup
		Onion Chopped	1 cup	1½ cup	2 cup	2½ cup
		Roasted Groundnut Powder	¼ cup	½ cup	¾ cup	1 cup
		Chilli Powder	1 tsp	1½ tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp	2 tsp
		Fenugreek Seeds	1 tsp	1½ tsp	2 tsp	2 tsp
		Saunf	1 tsp	1½ tsp	2 tsp	2 tsp
		Salt To Taste				
		Oil As Required				
		Coriander Leaves For Garnish				
Method of preparation						
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than baby corn, tomatoes and coriander leaves. After beep, remove, add the all ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve hot.						

RAJGIRA (CHAULI) LEAVES CURRY	Insta 2	RAJGIRA (CHAULI) LEAVES CURRY	200gms	400gms	600gms	800gms
Ingredients:						
Rajgira Leaves Finely Chopped			200gms	400gms	600gms	800gms
Urad Dal			2 tsp	2½ tsp	3 tsp	4 tsp
Garlic Paste			¼ tsp	¼ tsp	1 tsp	1½ tsp
Mustard Seeds			½ tsp	½ tsp	¾ tsp	1 tsp
Turmeric Powder			½ tsp	½ tsp	½ tsp	½ tsp
Dry Red Chillies			3	4	4	5
Jeera			¾ tsp	¾ tsp	1 tsp	1½ tsp
Salt As Per Taste						
Oil As Required						
Water As Required						
Method of preparation						
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tomato, salt and coriander leaves. After beep, Remove, add the remaining ingredients other than the coriander leaf and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve hot.						

IDLY	Insta 3	IDLY	250gms	350gms	450gms
Ingredients:					
Idly Batter			250gms	350gms	450gms
Method of preparation					
Pour idly batter in lightly greased microwave safe idly stand. Pour some water in the bottom of the idly bowl and cover the bowl with lid. Place the bowl in the microwave oven, select Insta 3, enter weight & press start. Remove after beep & serve hot with sambhar and coconut chutney.					

DHOKLA	Insta 3	DHOKLA	250gms	350gms	450gms
Ingredients:					
Besan (Gram Flour)			1½ cup	2 cup	2½ cup
Corn Flour			1½ tsp	2 tsp	2½ tsp
Sugar			1 tsp	1½ tsp	2 tsp
Turmeric Powder			¼ tsp	½ tsp	½ tsp
Citric Acid			1 tsp	1 tsp	1½ tsp
Soda-Bi-Carb			¼ tsp	½ tsp	1 tsp
Lemon Juice			1½ tsp	2 tsp	2 tsp
Mustard Seeds			½ tbsp	¾ tbsp	¾ tbsp
Green Chillies - Finely Chopped			1½ tsp	2 tsp	2 tsp
Amchoor Powder			¼ tsp	½ tsp	1 tsp
Salt To Taste					
Oil As Required					
Grated Coconut For Garnish					
Coriander Leaves For Garnish					
Water As Required					
Method of preparation					
Take gram flour, curd, water, salt and mix well into a batter. Cover it and set aside for 4 hours to marinate. Add green chillies, ginger paste, turmeric, lime juice, oil, soda-bi-carb and mix into a smooth batter. Pour into microwave oven safe lightly greased bowl, place in the microwave oven, select Insta 3 enter weight, and press start. For tempering, use curry leaves, mustard seeds, oil, and green chillies. Garnish with coriander leaves and grated coconut. Serve with chutney.					

EGG BHURJI	Insta 3	EGG BHURJI	250gms	350gms	450gms
		Ingredients:			
		Eggs (Beaten)	3	4	5
		Onion (Chopped)	3	4	5
		Green Chillies (Chopped)	2	3	4
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Ginger Paste	1 tsp	1½ tsp	2 tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Green Peas	½ tbsp	¾ tbsp	¾ tbsp
		Tomato (Chopped)	2	2	3
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation			
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than eggs, tomato and coriander leaves. Remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. (stir twice in-between) Remove, garnish with coriander leaves and serve.					

MASALA PEANUTS	Insta 3	MASALA PEANUTS	250gms	350gms	450gms
		Ingredients:			
		Peanuts	250gms	350gms	450gms
		Red Chilli Powder	1½ tsp	2 tsp	2 tsp
		Gram Flour (Basen)	½ tbsp	¾ tbsp	¾ tbsp
		Rice Flour	½ tbsp	¾ tbsp	¾ tbsp
		Coriander Powder (Dhania)	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Salt To Taste			
		Water As Required			
		Method of preparation			
Take peanuts in a microwave oven safe glass bowl, add all ingredients, mix well and set aside for 15 minutes. Drain out the water; place the glass bowl on the turn table in the Microwave oven. Select Insta 3, enter the weight and press start. Mix twice in between. Set aside for some time to cool and serve.					

MUSHROOM MASALA	Insta 3	MUSHROOM MASALA	250gms	350gms	450gms
		Ingredients:			
		Mushrooms (Sliced)	250gms	350gms	450gms
		Bread Crumbs	1 tbsp	1 tbsp	1½ tbsp
		Sour Cream	1 cup	1½ cup	2 cup
		Flour	1 tbsp	1 tbsp	1½ tbsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Lemon Juice	½ tsp	1 tsp	1½ tsp
		Butter	1½ tsp	2 tsp	2½ tsp
		Salt To Taste			
		Cheese (Grated) For Garnish			
		Method of preparation			
Take mushroom in a microwave oven safe glass bowl, add all ingredients, mix well and set aside for 15 minutes. Drain out the water; place the glass bowl on the turn table in the microwave oven. Select Insta 3, enter the weight and press start. Mix twice in between. Set aside for some time to cool and serve.					

PANEER MASALA	Insta 3	PANEER MASALA	250gms	350gms	450gms
		Ingredients:			
		Paneer (Cut Into Cubes)	150 gms	250 gms	450 gms
		Tomatoes (Chopped)	100 gms	100 gms	150 gms
		Oil	½ tbsps	1 tbsps	1½ tbsps
		Green Chilli	3	4	4
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Garlic Ginger Paste	½ tsp	1 tsp	1 tsp
		Cloves	3	4	4
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Red Chilli Powder	1½ tsp	2 tsp	2 tsp
		Pepper Powder	½ tsp	1 tsp	1 tsp
		Cardamom Powder	½ tsp	1 tsp	1 tsp
		Salt To Taste			
		Water As Required			
		Coriander Leaves For Garnish			
		Method of preparation			
		Prepare tadka as explained in Insta 4 with the all the ingredients other than paneer, water and coriander leaves. Remove, add paneer and water and mix well. Place the bowl back in the microwave oven, select Insta 3, enter weight and press start. Remove, garnish with coriander and serve.			

MIX VEGETABLE SABZI	Insta 3	MIX VEGETABLE SABZI	250gms	350gms	450gms
		Ingredients:			
		Carrots (Cut Into Pieces)	¼ cup	½ cup	¾ cup
		Potatoes (Cut Into Pieces)	¼ cup	½ cup	¾ cup
		French Beans (Chopped)	¼ cup	½ cup	¾ cup
		Green Peas (Chopped)	¼ cup	½ cup	¾ cup
		Tomato (Chopped)	¼ cup	½ cup	¾ cup
		Onion (Chopped)	2	2	3
		Mustard	¼ tsp	½ tsp	½ tsp
		Garlic Ginger Paste	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Bay Leaves	2	3	3
		Cinnamon	2" stick	2" stick	3" stick
		Cloves	few	few	few
		Cumins	½ tsp	½ tsp	1 tsp
		Garam Masala	1 tsp	1 tsp	½ tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than carrots, potato, beans, green peas, tomato and coriander leaves. Remove, add the remaining ingredients other than the coriander and mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. Remove, garnish with coriander leaves and serve.			

STUFFED TOMATOES	Insta 3	STUFFED TOMATOES	250gms	350gms	450gms
Ingredients:					
Tomatoes			150 gms	200 gms	300 gms
Paneer Grated			100 gms	150 gms	150 gms
Onion Chopped			1	1	1½
Chopped Coriander Leaves			½ tbsp	½ tbsp	¾ tbsp
Green Chilli Chopped			1	1	2
Red Chilli Powder			½ tsp	½ tsp	¾ tsp
Garam Masala			½ tsp	½ tsp	¾ tsp
Turmeric Powder			¼ tsp	¼ tsp	½ tsp
Grated Cheese			½ tbsp	½ tbsp	¾ tbsp
Oil As Required					
Salt To Taste					
Method of preparation					
Cut the top of tomatoes and gently scoop out the centers. Keep aside. Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tomato and cheese. After beep, remove, add cheese and fill in the tomatoes. Place the tomatoes in the microwave oven, select Insta 3, enter weight and press start. Remove and serve hot.					

KHANDVI	Insta 3	KHANDVI	250gms	350gms	450gms
Ingredients:					
Besan			1½ cup	2 cup	2½ cup
Butter Milk			3 cup	4 cup	5 cup
Turmeric Powder			¼ tsp	½ tsp	¾ tsp
Oil			½ tbsp	¾ tbsp	¾ tbsp
Sesame Seeds			1½ tsp	2 tsp	2 tsp
Mustard Seeds			½ tsp	¾ tsp	¾ tbsp
Coconut Scraped			½ tbsp	¾ tbsp	¾ tbsp
Chopped Coriander			½ tbsp	¾ tbsp	¾ tbsp
Hing			a pinch	a pinch	a pinch
Chopped Green Chillies			2	3	3
Salt To Taste					
Method of preparation;					
Take butter milk in a microwave oven safe bowl, add besan, turmeric powder, oil, salt, sesame seeds, mustard, hing, coconut, coriander, green chillies & mix well to avoid lump formation. Place the bowl on the turn table in the microwave oven, select Insta 3, enter weight & press start. When done, pour a cup full in a large flat plate. Spread as thin as possible with the back of a large flat spoon using circular outward movements. Allow to cool & cut into 1½ inch wide strips. Carefully roll each strip & Serve with chutney.					

METHI CHUTNEY	Insta 3	METHI CHUTNEY	250gms	350gms	450gms
Ingredients:					
Fenugreek Leaves			2 cup	2½ cup	3 cup
Dried Red Chillies, Cut Into Pieces			2	3	3
Urad Dal Boiled			1 tbsp	1½ tbsp	2 tbsp
Tamarind (Soaked)			½ tbsp	½ tbsp	¾ tbsp
Jaggery			1" block	1½"block	1½"block
Garlic (Crushed)			3	3	4
Sesame Seeds			1 tsp	1½ tsp	2 tsp
Salt To Taste					
Oil As Required					
Water As Required					
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than fenugreek leaves, tamarind, jaggery, water. Remove, add the remaining ingredients other than tamarind, jaggery and water, mix well. Place the bowl on the turn table in the microwave oven, select Insta 3, enter weight and press start. Remove, and set aside to cool. After it cools down, grind the fenugreek leaves mixture, jaggery, and tamarind into a fine paste. While grinding use water if required.					

DRUM STICK LEAVES CURRY	Insta 3	DRUMSTICK LEAVES CURRY	250gms	350gms	450gms
Ingredients:					
Drum Stick Leaves			2 cup	3 cup	4 cup
Coconut Grated			1 tbsp	1 tbsp	1½ tbsp
Masoor Dal			1 tbsp	1 tbsp	1½ tbsp
Cumins Seeds			½ tsp	½ tsp	1 tsp
Mustard Seeds			½ tsp	½ tsp	1 tsp
Red Chilli Powder			1 tsp	1½ tsp	2 tsp
Turmeric Powder			¼ tsp	¼ tsp	½ tsp
Oil As Required					
Salt To Taste					
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than drumstick leaves. After beep, remove, add the drumstick leaves and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove and serve hot.					

MIRCHI KA SALAN	Insta 3	MIRCHI KA SALAN	250gms	350gms	450gms
		Ingredients:			
		Deep Fried Green Chillies	250 gms	350 gms	450 gms
		Onion Paste	1 cup	1½ cup	2 cup
		Ginger Garlic Paste	½ tsp	1 tsp	1 tsp
		Mustard Seeds	½ tsp	1 tsp	1 tsp
		Cloves	few	few	few
		Curry Leaves	few	few	few
		Tamarind Pulp	1 cup	1½ cup	2 cup
		Oil As Required			
		Coriander Leaves For Garnish			
		Salt To Taste			
		Salan Paste			
		Grated Coconut			
		Roasted Peanuts			
		Coriander Seeds			
		Sesame Seeds			
		Cumin Seeds			
		Peppercorns			
		Red Chillies			
		Method of preparation;			
		Grind all salan paste ingredients to make fine paste. Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than green chillies, tamarind pulp and coriander leaves. After beep, remove; add the remaining ingredients other than the coriander leaves and mix smoothly. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, garnish with grated coriander and serve.			

STIR FRIED OATS	Insta 3	STIR FRIED OATS	250gms	350gms	450gms
		Ingredients:			
		Oats	250 gms	350 gms	450 gms
		Raisins	few	few	few
		Flour	1 tbsp	1½ tbsp	2 tbsp
		Cinnamon	2 stick	3 stick	3 stick
		Sugar	1½ tsp	2 tsp	2 tsp
		Butter As Required			
		Salt To Taste			
		Method of preparation;			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than raisins and flour. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start.			

BESAN KA LADOO	Insta 3	BESAN KA LADOO	250 gms	350 gms	450 gms
		Ingredients:			
		Besan	1½ cups	2 cups	2½ cups
		Sugar (Grinded)	¾ cup	1 cup	1½ cup
		Ghee	¾ cup	1 cup	1 cup
		Almonds (Roasted)	few	few	few
		Pistachios	few	few	few
		Cashew Nuts (Roasted)	few	few	few
		Method of preparation;			
		Take a microwave oven safe glass bowl, add ghee and besan, mix well and place the bowl in the microwave oven, select Insta 3, enter weight and press start. (stir twice in-between to avoid lumps).After beep, remove and add all the ingredients to the flour, mix thoroughly and form small balls like laddoo.			

MILK BOILING	Insta 3	MILK BOILING	250gms	350gms	450gms
		Ingredients:			
		Milk	250 gms	350 gms	450 gms
		Method of preparation;			
		Take a microwave oven safe bowl, add milk, mix well. Place the bowl in the microwave oven. select Insta 3, enter weight and press start. For better result stir twice in-between.			

BREAD CHIVDA	Insta 3	BREAD CHIVDA	250gms	350gms	450gms
		Ingredients:			
		Bread Slices	250 gms	350 gms	450 gms
		Mustard Seeds	½ tsp	1 tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	1½ tsp
		Onion Finely Chopped	1	2	2
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Hing	a pinch	a pinch	a pinch
		Curry Leaves	few	few	few
		Raw Peanuts	1 tbsp	1½ tbsp	2 tbsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation;			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than bread slices, hing and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, garnish with grated coriander and serve.			

PRAWNS VINDALOO	Insta 3	PRAWNS VINDALOO	250gms	350gms	450gms
Ingredients:					
		Shelled Prawns	250gms	350gms	450gms
		Tomatoes, Chopped	1½ cup	2 cup	2½ cup
		Cumin Seeds	¾ tsp	1 tsp	1 tsp
		Ginger, Garlic Paste	1½ tsp	2 tsp	2 tsp
		Curry Leaves	few	few	few
		Chilli Powder	1½ tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Vinegar	1 tbsp	1½ tbsp	1½ tbsp
		Corn Flour	1 tbsp	1½ tbsp	1½ tbsp
		Sugar	1½ tsp	2 tsp	2 tsp
		Salt To Taste			
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than prawns, tomato and vinegar. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove and serve hot.					

CHANNA CHAT	Insta 3	CHANNA CHAT	250gms	350gms	450gms
Ingredients;					
		Green Channa / Kabuli Channa	½ cup	¾ cup	1cup
		Potato Chopped	½ cup	¾ cup	1cup
		Tomato Chopped	½ cup	¾ cup	1cup
		Onion Chopped	½ cup	¾ cup	1cup
		Grated Raw Mango(Optional)	few	few	few
		Green Chilli Finely Chopped	few	few	few
		Garam Masala	½ tsp	1 tsp	1½ tsp
		Hing	A pinch	A pinch	A pinch
		Cumin Powder	½ tsp	1 tsp	1½ tsp
		Chilli Powder	½ tsp	1 tsp	1½ tsp
		Lime Juice	1 tsp	1 tsp	1½ tsp
		Coriander Leaves For Garnish			
		Salt To Taste			
Method of preparation;					
Take a microwave oven safe bowl; add all the ingredients other than raw mango, hing and coriander leaves. Place the bowl in the microwave oven. Select Insta 3, enter weight and press start. After the beep, remove and add all remaining ingredients, mix well. Garnish with coriander leaves and serve.					

PIZZA TOPPINGS	Insta 3	PIZZA TOPPINGS	250gms	350gms	450gms
		Ingredients;			
		Finely Chopped Cabbage	½ cup	¾ cup	1 cup
		Finely Chopped Capsicum	½ cup	¾ cup	1 cup
		Finely Chopped Tomatoes	½ cup	¾ cup	1 cup
		Finely Chopped Onion	½ cup	¾ cup	1 cup
		Tomato Puree	1 tbsp	1½ tbsp	1½ tbsp
		Cumins Powder	½ tsp	1 tsp	1½ tsp
		Grated Cheese	1½ tbsp	1½ tbsp	2 tbsp
		Pepper Powder	½ tsp	1 tsp	1½ tsp
		Butter As Required			
		Salt As Required			
Method of preparation;					
Take a microwave oven safe bowl; add all the ingredients other than grated cheese. Mix well and place the bowl in the microwave oven. Select Insta 3, enter weight and press start. After the beep, remove and spread the cooked vegetables on the top of the pizza base and add grated cheese over the top of the vegetables to make pizza.					

APPLE JAM	Insta 3	APPLE JAM	250gms	350gms	450gms
		Ingredients;			
		Apples cut into slices	250gms	350gms	450gms
		Sugar	150gms	200gms	300gms
		Lemon juice or Citric acid	1 tsp	1½ tsp	1½ tsp
		Water as required			
Method of preparation;					
Take a microwave oven safe bowl; add all the ingredients other than water. Select tadka option Insta 4, enter weight and press start. After the beep, remove and add water, mix well and place the bowl in the microwave oven, select Insta 3, enter weight and press start. After beep, remove, set to cool and pour into jar, seal tightly and place in refrigerator. Serve after one day.					

TADKA / VAGHAR / TALIMPU	Insta 4	TADKA / VAGHAR / TALIMPU	200gms	300gms	400gms
		Ingredients:			
		Oil / Ghee	20 ml	25 ml	30 ml
		Green Chillies	3	3	4
		Chopped Onions	2	2	3
		Jeera	1 tsp	1 tsp	1 tsp
		Garlic	½ tsp	½ tsp	1 tsp
		Ginger	½ tsp	½ tsp	1 tsp
		Hing	½ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	½ tsp	½ tsp
		Turmeric Powder	½ tsp	½ tsp	½ tsp
		Red Chili Powder	1½ tsp	2 tsp	2 tsp
		Curry Leaves	few	few	few
		Cinnamon	3	3	3
		Cardamom	4	4	5
		Bay Leaves	3	3	3
		Coriander	few	few	few
		Cloves	3	3	4
		Pepper Corns	6	6	6
Method of preparation;					
Take a microwave oven safe bowl, add the ingredients according to the recipe, mix well, select Insta 4, enter weight and press start. Remove and use as per the directions of the recipe					

PANEER BHURJI	Insta 4	PANEER BHURJI	200gms	300gms	400gms
		Ingredients:			
		Paneer Grated	200gms	300 gms	400 gms
		Oil	½ tbsp	1 tbsp	1tbsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Green Chillies	3	4	4
		Onion Chopped	2	3	3
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Caram Masala Powder	1 tsp	1½ tsp	2 tsp
		Ginger-Garlic Paste	1 tsp	1½ tsp	1½ tsp
		Tomatoes	2	3	3
		Salt To Taste			
		Method of preparation;			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than grated paneer and salt. Remove, and add grated paneer, salt, mix well and select Insta 4, enter weight, press start. Serve hot.			

LEAFY VEGETABLE	Insta 4	LEAFY VEGETABLE	200gms	300gms	400gms
		Ingredients:			
		Spinach Leaves, Washed & Chopped	100gms	150gms	200gms
		Mustard Greens, Washed & Chopped	100gms	150gms	200gms
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Green Chilli (Minced)	½ tsp	1 tsp	1 tsp
		Ginger Paste	½ tsp	1 tsp	1 tsp
		Garlic Paste	½ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Hing A Pinch			
		Oil As Required			
		Salt To Taste			
		Method of preparation;			
		Prepare tadka as explained in Insta 4 in a microwave oven safe glass bowl with all the ingredients other than spinach leaves and mustard greens. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 4, enter weight and press start. Remove, mix well and serve hot.			

PRAWNS CURRY	Insta 4	PRAWNS CURRY	200gms	300gms	400gms
		Ingredients:			
		Prawn - Shelled	200gms	300 gms	400 gms
		Onions Cut Into Small Pieces	2	3	3
		Garlic Paste	¼ tsp	½ tsp	1 tsp
		Ginger Paste	¼ tsp	½ tsp	1 tsp
		Chilli Powder	½ tsp	1 tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Mustard Seeds	¼ tsp	½ tsp	½ tsp
		Oil	½ tbsp	1 tbsp	1½ tsp
		Salt To Taste			
		Method of preparation;			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than the prawns. Remove, add the prawns and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, and serve.			

EGG CURRY	Insta 4	EGG CURRY	200gms	300gms	400gms
		Ingredients:			
		Boiled Eggs	2	3	4
		Tomatoes Puree	1 cup	1½ cup	2 cup
		Onion, Finely Chopped	½ cup	1 cup	1½ cup
		Red Chilli Powder	1½ tsp	2 tsp	2½ tsp
		Ginger Garlic Paste	1 tsp	1½ tsp	2 tsp
		Cumin Powder	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1½ tsp	2 tsp	2 tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than boiled eggs, tomato puree and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with coriander leaves and serve hot.			

FISH CURRY	Insta 4	FISH CURRY	200gms	300gms	400gms
		Ingredients:			
		Fish - Washed & Sliced	200gms	300 gms	400 gms
		Coriander Leaves - Chopped	1 tbsp	1½ tbsp	2 tbsp
		Tomatoes - Finely Chopped	2	2	3
		Garlic Cloves	5	6	7
		Green Chillies - Chopped	2	3	4
		Methi Seeds	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Salt To Taste			
		Oil As Required			
		Method of preparation:			
		Marinate the fish in salt and turmeric powder for 15 minutes. Grind the coriander leaves, garlic and green chillies into a paste. Prepare tadka as explained in Insta 4 with all the ingredients other than the fish and above paste. Remove; add fish & coriander, green chilli, garlic paste to the tadka and mix smoothly. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and serve hot.			

TEA	Insta 4	TEA	200gms	300gms	400gms
		Ingredients:			
		Milk	2 cup	3 cup	5 cup
		Tea Powder	1 tsp	2 tsp	3 tsp
		Sugar To Taste			
		Water As Required			
		Method of preparation:			
		Take a microwave oven safe bowl, add water, milk, sugar, tea powder, mix well, select Insta 4, enter weight and press start.			

TOMATO CURRY	Insta 4	TOMATO CURRY	200gms	300gms	400gms
		Ingredients:			
		Tomatoes (Chopped)	200gms	300 gms	400 gms
		Finely Chopped Onion	2	2	3
		Red Chillie Powder	½ tsp	1 tsp	1½ tsp
		Cumins	½ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Garam Masala	½ tsp	1 tsp	1½ tsp
		Garlic Crushed	2	3	4
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			
Method of preparation;					
Prepare tadka as explained in Insta 4 in a microwave oven safe bowl with all the ingredients other than tomato and garam masala. Remove, add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 4, enter weight and press start. Remove, and serve hot.					

MURMURA CHIVDA	Insta 4	MURMURA CHIVDA	200gms	300gms	400gms
		Ingredients:			
		Poha (Thin Flattened Rice)	100 gms	150 gms	200 gms
		Murmura (Puffed Rice)	50 gms	75 gms	100 gms
		Peanuts	50 gms	75 gms	100 gms
		Almonds	few	few	few
		Cashew Nuts	few	few	few
		Black Raisins	few	few	few
		Coconut Flakes	few	few	few
		Chopped Green Chillies	2	3	4
		Curry Leaves	few	few	few
		Mustard Seeds	½ tsp	½ tsp	½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Sugar	½ tsp	1 tsp	1½ tsp
		Oil As Required			
		Salt To Taste			
Method of preparation;					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than the poha, murmura and sugar. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, and serve.					

VEGETABLE CHAT	Insta 4	VEGETABLE CHAT	200gms	300gms	400gms
Ingredients:					
Sev			¼ cup	½ cup	¾ cup
Peanuts - Roasted & Crushed			¼ cup	½ cup	¾ cup
Boiled Potato - Diced Into Small Cubes			¼ cup	½ cup	¾ cup
Chick Peas (Kabuli Channa) - Boiled (Optional)			¼ cup	½ cup	¾ cup
Corn Kernel – Boiled			¼ cup	½ cup	¾ cup
Tomato - Chopped Finely			¼ cup	½ cup	¾ cup
Onion - Chopped Finely			1	1	1
Green Chilli - Chopped Finely			1	2	3
Fresh Coriander Leaves - Chopped			½ tbsp	½ tbsp	1 tbsp
Chaat Masala Powder (Optional)			1 tsp	1 tsp	1 tsp
Red Chilli Powder			½ tsp	½ tsp	1 tsp
Lemon Juice			½ tsp	½ tsp	1 tsp
Tamarind Chutney			½ tbsp	½ tbsp	1tbsp
Salt To Taste					
Method of preparation;					
Take a Microwave oven safe bowl, combine all the ingredients, mix well, keep bowl on the turn table and select Insta 4, enter weight, press start. Remove and serve.					

PULISSERI	Insta 4	PULISSERI	200gms	300gms	400gms
Ingredients:					
Grated Coconut			2 cup	2½ cup	3 cup
Onion, Finely Chopped			1	1	2
Curds			3 cup	3½ cup	4 cup
Cumin Seeds (Jeera)			½ tsp	¾ tsp	1 tsp
Coriander Powder			½ tsp	¾ tsp	1 tsp
Fenugreek Seeds (Methi)			½ tsp	¾ tsp	1 tsp
Garlic Paste			½ tsp	¾ tsp	1 tsp
Turmeric Powder			¼ tsp	¼ tsp	¼ tsp
Mustard Seeds			½ tsp	¾ tsp	1 tsp
Curry Leaves			few	few	few
Green Chilli, Broken			1	2	3
Oil As Required					
Salt To Taste					
Method of preparation;					
Prepare tadka in a microwave oven safe bowl in Insta 4 with all ingredients other than grated coconut and curds. After beep, remove and add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, and serve hot.					

PUMPKIN SOUP	Insta 4	PUMPKIN SOUP	200gms	300gms	400gms
			Ingredients:		
Pumpkin		200gms	300gms	400gms	
Chopped Onion		1 cup	1 cup	2 cup	
Green Chillies		2	2	3	
Garlic, Finely Chopped		2	3	4	
Curry Powder		½ tsp	1 tsp	1½ tsp	
Chili Powder		1 tsp	1½ tsp	2 tsp	
Black Pepper		few	few	few	
Sugar		1 tsp	1½tsp	2 tsp	
Curry Leaves		few	few	few	
Chicken Broth		½ cup	1 cup	1½ cup	
Evaporated Milk		½ cup	1 cup	1½ cup	
Coconut Milk		½ cup	1 cup	1½ cup	
Butter As Required					
Salt To Taste					
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than pumpkin, chicken broth, evaporated milk and coconut milk. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 4, enter weight and press start.					

MUMPHALLI ROAST	Insta 4	MUMPHALLI ROAST	200gms	300gms	400gms
			Ingredients:		
Mumphalli (Raw Peanuts)		200gms	300 gms	400 gms	
Method of preparation;					
Take a microwave oven safe glass bowl, add mumphalli. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. For better result stir once in-between.					

PAKODA CURRY	Insta 4	PAKODA CURRY	200gms	300gms	400gms
			Ingredients:		
Pakodas		200gms	300 gms	400gms	
Tomato Puree		1 cup	1½ cup	1½ cup	
Green Chili		2	2	3	
Ginger Paste		½ tsp	½ tsp	1 tsp	
Curry Leaves		few	few	few	
Mustard Seeds		½ tsp	½ tsp	1 tsp	
Cumin Seeds		½ tsp	½ tsp	1 tsp	
Hing		a pinch	a pinch	a pinch	
Coriander Powder		½ tsp	½ tsp	1 tsp	
Red Chili Powder		½ tsp	½ tsp	1 tsp	
Sugar		1 tsp	1½ tsp	2 tsp	
Turmeric		a pinch	a pinch	a pinch	
Salt To Taste					
Coriander Leaves For Garnish					
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than pakodas, tomato puree and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with grated coriander and serve.					

PEANUTS CHUTNEY	Insta 4	PEANUTS CHUTNEY	200gms	300gms	400gms
		Ingredients:			
		Peanuts	200gms	300 gms	400 gms
		Red Chillies	2	2	3
		Onion	1 cup	1½ cup	1½ cup
		Garlic Paste	½ tsp	½ tsp	1 tsp
		Tamarind Pulp	½ cup	1 cup	1½ cup
		Cumin	½ tsp	½ tsp	1 tsp
		Curry Leave	few	few	few
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Uradd Dal	1 tsp	1½ tsp	2 tsp
		Salt To Taste			
Method of preparation;					
Take a microwave oven safe glass bowl, add peanuts and place the bowl in the microwave oven, select Insta 4, enter weight and press start. After beep, remove the peanuts and rub the skins off and make a fine paste of the peanuts. Prepare tadka as explained in Insta 4 with peanuts paste and all the ingredients. Remove the chutney and serve.					

SESAME SEEDS ROAST	Insta 4	SESAME SEEDS ROAST	200gms	300gms	400gms		
		Ingredients;					
		Sesame Seeds	200gms	300 gms	400 gms		
		Method of preparation;					
		Take a microwave oven safe glass bowl, add sesame seeds and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. For better result stir twice in-between.					

KHUS KHUS ROAST	Insta 4	KHUS KHUS ROAST	200gms	300gms	400gms		
		Ingredients;					
		khus khus	200gms	300 gms	400 gms		
		Method of preparation;					
		Take a microwave oven safe glass bowl, add khus khus and place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Stir once in-between.					

BOMBIL FRY	Insta 4	BOMBIL FRY	200gms	300gms	400gms		
		Ingredients:					
		Bombay Duck Fish	200gms	300 gms	400 gms		
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp		
		Red Chilli Powder	½ tsp	1 tsp	1½ tsp		
		Garam Masala Powder	¼ tbsp	½ tbsp	¾ tbsp		
		Rice Flour	½ tbsp	¾ tbsp	1 tbsp		
		Salt To Taste					
		Oil As Required					
		Coriander Leaves For Garnish					
		Method of preparation;					
		Marinate bombil with all ingredients other than oil and coriander leaves for 20 minutes. Take a microwave oven safe bowl, add oil and marinated bombil, mix well. Place the bowl in the microwave oven selects Insta 4, enter weight and press start. Remove, garnish with coriander leaves, serve hot.					

PAPDI KI SABZI	Insta 4	PAPDI KI SABZI	200gms	300gms	400gms
		IngredientTs:			
		Papadi Break Into Pieces	2 cup	2½ cup	3 cup
		Curd	1 cup	1¼ cup	1½ cup
		Chilli Powder	¼ cup	½ cup	¾ cup
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Hing			
		Cumin Powder			
		Mustard Seeds			
		Ghee As Required			
		Chopped Coriander			
		Salt To Taste			
		Water As Required			
		Method of preparation;			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than curd, water and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with grated coriander and serve.			

COCONUT CHUTNEY	Insta 4	COCONUT CHUTNEY	200gms	300gms	400gms
		Ingredients:			
		Coconut (Grated)	2 cup	2½ cup	3 cup
		Split Peas	½ tbsp	1 tbsp	1 tbsp
		Green Chillies Chopped	¼ cup	½ cup	¾ cup
		Coriander Leaves Chopped	¼ tsp	¼ tsp	½ tsp
		Curd	1 cup	1¼ cup	1½ cup
		Lime Juice	¼ tbsp	½ tbsp	½ tbsp
		Salt To Taste			
		Method of preparation;			
		Take a microwave oven safe bowl, add all the ingredients other than green chillies, curd, lime juice and coriander leaves. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. After beep, remove, add the remaining ingredients and mix well. Grind in a blender and serve.			

CASHEW BURFI	Insta 4	CASHEW BURFI	200gms	300gms	400gms
		Ingredients:			
		Cashew Nuts Powder	2 cup	2½ cup	3 cup
		Powdered Sugar	1 cup	1¼ cup	1½ cup
		Ghee	¼ cup	½ cup	¾ cup
		Elaichi Powder	¼ tsp	¼ tsp	½ tsp
		Water As Required			
		Silver Warq Few Sheets (Optional)			
		Method of preparation;			
		Take a microwave oven safe glass bowl, add water and sugar to make sugar syrup, select Insta 4 and set weight, press start. After beep, remove and add cashew powder, ghee, stir well and select Insta 4, set weight, press start. Pour the cashew mixture in a lightly greased tray. Apply silver warq over the cashew mixture. Set to cool and cut into diamond shape pieces.			

SPICY BANANA FRY	Insta 5	SPICY BANANA FRY	250gms	350gms	450gms
			Ingredients:		
Raw Bananas (Cubed)		3no's	4 no's	5 no's	
Turmeric Powder		¼ tsp	¼ tsp	¼ tsp	
Red Chilli Powder		1 tsp	1½ tsp	2 tsp	
Shahjeera		1 tsp	1½ tsp	2 tsp	
Coriander Powder		1 tsp	1½ tsp	2 tsp	
Curry Leaves		few	few	few	
Salt To Taste					
Oil As Required					
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than coriander powder and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Serve hot.					

TOMATO BRINJAL CURRY	Insta 5	TOMATO BRINJAL CURRY	250gms	350gms	450gms
			Ingredients:		
Brinjals (Cut Into Lengthwise)		1 cup	1½ cup	1½ cup	
Onion Chopped		1 cup	1½ cup	1½ cup	
Tomato Chopped		1 cup	1½ cup	1½ cup	
Chili Powder		1 tsp	1½ tsp	2 tsp	
Ginger Garlic Paste		½ tsp	1 tsp	1 tsp	
Cumin Seeds		½ tsp	1 tsp	1 tsp	
Turmeric Powder		¼ tsp	¼ tsp	¼ tsp	
Coriander Powder		1 tsp	1½ tsp	2 tsp	
Salt To Taste					
Oil As Required					
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tomato and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Serve hot.					

BEETROOT PALYA	Insta 5	BEETROOT PALYA	250gms	350gms	450gms
			Ingredients:		
Beetroot chopped		250 gms	350 gms	450 gms	
Tamarind juice		1 cup	1½ cup	2 cup	
Urad Dal		1 tsp	1½ tsp	2 tsp	
Garlic paste		½ tsp	¾ tsp	1 tsp	
Cilantro Sprigs		¼ cup	½ cup	¾ cup	
Mustard Seeds		½ tsp	¾ tsp	1 tsp	
Cumin Seeds		½ tsp	¾ tsp	1 tsp	
Curry Leaves		few	few	few	
Oil as required					
Salt to taste					
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than beetroot and tamarind juice. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, and serve hot.					

BOMBAY CHIVDA	Insta 5	BOMBAY CHIVDA	250gms	350gms	450gms
		Ingredients:			
		Flat Poha	1 ½ cup	2 cup	2 ½ cup
		Peanuts	½ cup	1 cup	1½ cup
		Cashew	¼ cup	½ cup	1 cup
		Almonds	¼ cup	½ cup	1 cup
		Pista	½ tsp	1 tsp	1½ tsp
		Pumpkin Seeds	¼ tsp	½ tsp	1 tsp
		Raisins	½ tsp	1 tsp	1½ tsp
		Khajoor	few	few	few
		Saunf	½ tsp	1 tsp	1½ tsp
		Green Chillies Sliced	2	2	2
		Curry Leaves	few	few	few
		Moong Dal	1 tsp	1½ tsp	2 tsp
		Ghee As Required			
		Sugar	½ tsp	1tsp	1½ tsp
		Sev Noodles For Garnish	½ cup	½ cup	1 cup
		Coriander Leaves For Garnish			
		Salt To Taste			
		Method of preparation:	Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than poha, cashew, almonds, pista, khajoor, sev and coriander. After beep, remove; add the all ingredients other than sev and coriander mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, garnish with sev and coriander leaves, serve hot.		

TAMARIND RICE	Insta 5	TAMARIND RICE	250gms	350gms	450gms
		Ingredients:			
		Cooked Rice	1 cup	1½ cup	2 cup
		Tamarind Juice	¼ cup	½ cup	¾ cup
		Channa Dal	1 tsp	1½ tsp	2 tsp
		Dried Red Chilly	3	4	4
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Curry Leaves	few	few	Few
		Jaggery Powder	½ tsp	¾ tsp	1 tsp
		Fenugreek	½ tsp	¾ tsp	1 tsp
		Hing	a pinch	a pinch	a pinch
		Mustard	½ tsp	¾ tsp	1 tsp
		Sesame Oil	1 tbsp	1 tbsp	1½ tbsp
		Peanuts	few	few	Few
		Salt To Taste			
		Method of preparation	Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than cooked rice and tamarind juice. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove and serve hot.		

CAPSICUM WITH POTATO CURRY	Insta 5	CAPSICUM WITH POTATO CURRY	250gms	350gms	450gms
		Ingredients:			
		Potatoes Cut Into Cubes	1 cup	1½ cup	2 cup
		Capsicum Chopped	½ cup	1 cup	1½ cup
		Garlic Crushed	¼ tsp	½ tsp	1 tsp
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cumin Seeds	¼ tsp	½ tsp	1 tsp
		Cumin Powder	½ tsp	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Amchoor Powder	¼ tsp	½ tsp	1 tsp
		Oil			
		Salt To Taste			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than capsicum and amchoor powder. After beep, remove; add the all ingredients, mix well. Place the bowl in the microwave oven, selects Insta 5, enter weight and press start. Serve hot.			

PUMPKIN CURRY	Insta 5	PUMPKIN CURRY	250gms	350gms	450gms
		Ingredients;			
		Pumpkin	250 gms	350 gms	450 gms
		Tomatoes	½ cup	1 cup	1½ cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Grated Coconut	½ cup	1 cup	1½ cup
		Green Chillies	few	few	few
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Sugar	1 tsp	1½ tsp	2 tsp
		Coriander Leaves For Garnish			
		Salt To Taste			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than pumpkin, tomato and coriander leaves. After beep, remove; add the all ingredients other than coriander leave, mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove and garnish with coriander leaves and serve hot.			

RIDGE GOURD SKIN FRY	Insta 5	RIDGE GOURD SKIN FRY	250gms	350gms	450gms
		Ingredients;			
		Ridge Gourd Skin	1 cup	1½ cup	2 cup
		Onion	1 cup	1½ cup	2 cup
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Mustard Seeds	¼ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp
		Cumin Seeds	¼ tsp	½ tsp	1 tsp
		Salt To Taste			
		Oil As Required			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than ridge gourd skin and salt. After beep, remove; add the all ingredients, mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Serve hot.			

POTATO TOMATO CURRY	Insta 5	POTATO TOMATO CURRY	250gms	350gms	450gms
Ingredients:					
Potato, Cut Into Cubes			1 cup	1½ cup	2 cup
Chopped Tomato			1 cup	1½ cup	2 cup
Onion, Chopped			1 cup	1½ cup	2 cup
Ginger, Garlic Paste			¼ tsp	½ tsp	1 tsp
Garam Masala			1 tsp	1½ tsp	2 tsp
Red Chilli Powder			1 tsp	1½ tsp	2 tsp
Turmeric Powder			¼ tsp	¼ tsp	¼ tsp
Cumins			¼ tsp	½ tsp	1 tsp
Oil As Required					
Salt To Taste					
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tomato and salt. After beep, remove; add the all ingredients, mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Serve hot.					

ONION ROAST	Insta 5	ONION ROAST	250gms	350gms	450gms
Ingredients:					
Onion Lengthwise Chopped			250 gms	350 gms	450 gms
Method of preparation:					
Take a microwave oven safe glass bowl, add onions and place the bowl in the microwave oven. Select Insta 5, enter weight and press start. (For better result stir twice in-between).					

POMFRET FRY	Insta 5	POMFRET FRY	250gms	350gms	450gms
Ingredients:					
Pomfret - Washed And Cleaned			250 gms	350 gms	450 gms
Garlic			½ tsp	½ tsp	1 tsp
Lemon Juice			1tsp	1½ tsp	2 tsp
Chilli Powder			1tsp	1½ tsp	2 tsp
Turmeric Powder			¼ tsp	¼ tsp	½ tsp
Pepper Powder			1tsp	1½ tsp	2 tsp
Garam Masala			1tsp	1½ tsp	2 tsp
Rice Flour			½ tbsps	1tbsps	1 tbsps
Oil As Required					
Salt To Taste					
Method of preparation					
Mix all the ingredients other than pomfret to make a paste. Toss the fish into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in a flat base glass bowl. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove and serve.					

COCONUT BURFI	Insta 5	COCONUT BURFI	250gms	350gms	450gms
Ingredients:					
		Coconut (Dry And Ground)	2 cup	2½ cup	3 cup
		Cardamom Seeds (Ground)	¼ tsp	¼ tsp	½ tsp
		Almonds (Grated)	few	few	few
		Cashew (Grated)	few	few	few
		Khoya	1½ cup	2 cup	2½ cup
		Ghee	¼ cup	½ cup	¾ cup
		Sugar	1½ cup	2 cup	2½ cup
		Water As Required			
Method of preparation					
Take a microwave oven safe glass bowl, add water and sugar to make sugar syrup, select Insta 4 and set weight, press start. After beep, remove and add all ingredients and place the bowl in the microwave oven, select Insta 5, set weight, press start. Pour the coconut mixture in a lightly greased tray. Set to cool and cut into diamond shape pieces.					

SEVIYA UPMA	Insta 5	SEVIYA UPMA	250gms	350gms	450gms
Ingredients;					
		Seviya Roasted	1 cup	1 cup	2 cup
		Urad Dal	½ tbsp	1 tbsp	1½ tbsp
		Chana Dal	½ tbsp	1 tbsp	1½ tbsp
		Onion Chopped	½ cup	1 cup	1½ cup
		Green Chillies	2	3	4
		Ginger Paste	¼ tsp	¼ tsp	½ tsp
		Curry Leaves	few	few	few
		Mustard	½ tsp	½ tsp	1 tsp
		Cashew Nuts	½ tbsp	1 tbsp	1½ tbsp
		Lemon Juice	1tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt As Required			
		Water As Required			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than roasted seviya, cashew nuts, lemon juice and water. After beep, remove; add the all ingredients, mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Serve hot.					

ALOO GOBI MASALA	Insta 5	ALOO GOBI MASALA	250 gms	350 gms	450 gms
Ingredients;					
		Potatoes Cut Into Cubes	1 cup	1½ cup	2 cup
		Cauliflower Florets	1 cup	1½ cup	2 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Red Chili Powder	1tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Cumins	½ tsp	1 tsp	1 tsp
		Mustard	¼ tsp	½ tsp	1 tsp
		Chopped Green Chillies	1tsp	1½ tsp	2 tsp
		Coriander Leaves For Garnish			
		Oil As Required			
		Salt To Taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than coriander leaves and salt. After beep, remove; add the all ingredients, mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Garnish with coriander leaves and Serve hot.					

VEG PULAO	Insta 6	VEG PULAO	50gms	100gms
		Ingredients:		
		Rice (Soaked)	1 cup	2 cup
		Potato Cut Into Cubes	½ cup	¾ cup
		Carrot Cut Into Cubes	½ cup	¾ cup
		Cauliflower Cut Into Florets	½ cup	¾ cup
		Peas	½ cup	¾ cup
		Cashew Nuts	½ tbsp	¾ tbsp
		Raisins	1 tsp	1½ tsp
		Onions	1	1
		Ghee	1 tbsp	1 tbsp
		Turmeric Powder	¼ tsp	½ tsp
		Ginger Paste	½ tsp	¾ tsp
		Garlic Paste	½ tsp	¾ tsp
		Green Chilli Paste	½ tsp	¾ tsp
		Cinnamon Stick	1	2
		Method of preparation		
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than rice, cashew and raisins. Remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start.				

DAL TADKA	Insta 6	DAL TADKA	50 gms	100gms
		Ingredients:		
		Red Lentils (Masoor Dal)	1 cup	1½ cup
		Yellow Lentils (Moong Dal)	1 cup	1½ cup
		Tomato Chopped	2	3
		Onion Chopped	1	1½
		Oil	1 tbsp	1 tbsp
		Red Chilli Powder	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Ginger Paste	½ tsp	¾ tsp
		Garlic Paste	½ tsp	¾ tsp
		Green Chillies Chopped	2	3
		Mustard Seeds	¼ tsp	¼ tsp
		Dried Red Chillies	2	3
		Coriander Leaves For Garnish		
		Salt To Taste		
		Water As Required		
		Method of preparation:		
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than red lentils, yellow lentils, tomato, water and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, garnish with coriander leaves and serve hot.				

CHANNA MASALA	Insta 6	CHANNA MASALA	50 gms	100gms
		Ingredients:		
		Chick Peas (Soaked)	1½ cup	2 cup
		Onion (Minced)	1 cup	1½ cup
		Tomato (Minced)	1 cup	1½ cup
		Green Chilli (Minced)	1 tsp	1½ tsp
		Garlic Paste	½ tsp	½ tsp
		Ginger Paste	½ tsp	½ tsp
		Bay Leaves	3	4
		Cinnamon	2 small	3 small
		Cardamom	3	4
		Red Chilli Powder	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Coriander Powder	1 tsp	1½ tsp
		Garam Masala	1 tsp	1½ tsp
		Oil As Required	1½ cup	2 cup
		Salt To Taste	1 cup	1½ cup
		Coriander Leaves (For Garnish)	1 cup	1½ cup
		Method of preparation:		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than channa, tomato water and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Garnish with coriander leaves and Serve hot.		

DALCHA	Insta 6	DALCHA	50 gms	100gms
		Ingredients:		
		Soaked Channa Dal	50 gms	100gms
		Lauki (Cut Into Pieces)	1½ cup	2 cup
		Oil	1 tbsp	1 tbsp
		Onion Paste	1 cup	1 cup
		Curry Leaves	few	few
		Red Chilli Powder	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp
		Ginger Paste	½ tsp	¾ tsp
		Garlic Paste	½ tsp	¾ tsp
		Cumin Seeds	1 tsp	1½ tsp
		Tamarind Juice	½ cup	¾ cup
		Salt To Taste		
		Water As Required		
		Method of preparation		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4, with all the ingredients other than channa dal, lauki, tamarind juice and water. Remove, add the remaining ingredients except coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, garnish with coriander and serve hot.		

YAM CHANNA PORIYAL	Insta 6	YAM CHANNA PORIYAL	50 gms	100gms
		Ingredients:		
		Yam	50 gms	100gms
		Channa	50 gms	100gms
		Tomato	1	1
		Urad Dal	1 tsp	1½ tsp
		Onion	2	2½
		Garlic Paste	½ tsp	¾ tsp
		Ginger Paste	½ tsp	¾ tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Red Chillli Powder	1 tsp	1½ tsp
		Mustard Seeds	¼ tsp	¼ tsp
		Curry Leaves	few	few
		Oil As Required		
		Salt To Taste		
		Method of preparation		
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than yam and tomato. Remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start.				

RASAM	Insta 6	RASAM	50 gms	100gms
		Ingredients:		
		Red Gram Dal	1½ cup	2 cup
		Tomatoes	1	2
		Ginger Paste	½ tsp	¾ tsp
		Garlic Paste	½ tsp	¾ tsp
		Green Chillies Chopped	1	2
		Turmeric Powder	¼ tsp	¼ tsp
		Mustard Seeds	½ tsp	¾ tsp
		Cumin Seeds	½ tsp	¾ tsp
		Dried Red Chillies	2	3
		Hing	a pinch	a pinch
		Curry Leaves	few	few
		Pepper Powder	½ tsp	¾ tsp
		Oil As Required	1 tbsp	1 tbsp
		Salt To Taste		
		Coriander Leaves For Garnish		
		Method of preparation		
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tomato, hing and coriander. Remove. Add the remaining ingredients other than coriander and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.				

CURD RICE	Insta 6	CURD RICE	50gms	100gms
		Ingredients;		
		Rice	2 cups	3 cups
		Dahi / Yogurt	200 gms	300 gms
		Milk	1 cup	1½ cup
		Mustard Seeds	½ tsp	½ tsp
		Cumins Seeds	½ tsp	½ tsp
		Dry Red Chilly (Cut Into Small)	2	3
		Ghee	1 tbsp	1 tbsp
		Medium Size Cucumber Grated	½	¾
		Seedless Grapes (Chopped)	50 gms	75 gms
		Pomegranate (Dalim) Seeds	¼ cut	½ cut
		Water As Required		
		Salt To Taste		
		Method of preparation		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than rice, yogurt, milk, cucumber, grapes, dalim and water. Remove; add the remaining ingredients other than grapes, and dalim, mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, add grapes, dalim and serve hot.		

PONGAL	Insta 6	PONGAL	50 gm	100 gm
		Ingredients:		
		Rice	1 cup	1½ cup
		Moong Dal	¼ cup	½ cup
		Cashew Nuts	few	few
		Black Peppers	few	few
		Grated Ginger	½ tsp	½ tsp
		Ghee As Required		
		Salt To Taste		
		Water As Required		
		Method of preparation		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4, with all the ingredients other than rice and water. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. For better result stir twice in between.		

SAMBHAR	Insta 6	SAMBHAR	50 gms	100 gms
		Ingredients:		
		Red Gram Dal	1 cup	1½ cup
		Turmeric Powder	¼ tsp	¼ tsp
		Bitter Gourd (Sliced Into Long Pieces)	50 gms	100 gms
		Brinjal (Sliced Into Long Pieces)	2	3
		Drum Stick (Sliced Into Long Pieces)	½ stick	¾ stick
		Ladies Finger (Sliced Into Long Pieces)	3	4
		Dried Red Chillies	4	4
		Curry Leaves	1 spring	1 spring
		Tamarind	20 gms	30 gms
		Hing	¼ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp
		Oil	½ tbsps	¾ tbsps
		White Gram Dal (Fried)	1 tsp	1½ tsp
		Coriander Seeds (Fried)	½ tsp	¾ tsp
		Mustard Seeds (Fried)	½ tsp	¾ tsp
		coriander leaves for garnish		
		mustard seeds for tadka		
		water as required		
		salt to taste		
		Method of preparation		
<p>Make a paste of fried white gram dal, coriander seeds and mustard seeds, keep aside. Mash the tamarind in a cup of water and strain. Keep aside. Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than red gram dal and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and serve hot.</p>				

JEERA RICE	Insta 6	JEERA RICE	50 gms	100gms
		Ingredients:		
		Rice	1½ cup	2 cup
		Jeera (Cumin Seeds)	2 tsp	2 tsp
		Cashew Nuts	2 tbsps	2 tbsps
		Peppercorns	4	5
		Bay Leafs	2	3
		Cloves	3	4
		Cinnamon Sticks	2	3
		Onions, Sliced	1	2
		Ghee As Required		
		Salt To Taste		
		Water As Required		
		Method of preparation		
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than rice and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and serve hot.</p>				

PARSI DAL	Insta 6	PARSI DAL	50 gms	100gms
		Ingredients:		
		Soaked Red Gram (Tur Dal)	1½ cup	2 cup
		Butter	1 tbsp	1 tbsp
		Garlic	½ tsp	¾ tsp
		Cumin Seeds	½ tsp	¾ tsp
		Turmeric Powder	½ tsp	½ tsp
		Salt To Taste		
		Water As Required		
		Method of preparation		
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than red gram dal, water, and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and serve hot.				

KOOTTU CURRY	Insta 6	KOOTTU CURRY	50 gms	100gms
		Ingredients:		
		Bengal Gram Dal (Channa Dal)	½ cup	¾ cup
		White Gram Dal (Urad Dal)	1 tbsp	1 tbsp
		Pumpkin (Cut Into Small Pieces)	½ cup	¾ cup
		Snake Gourd (Cut Into Small Pieces)	½ cup	¾ cup
		French Beans (Cut Into Small Pieces)	½ cup	¾ cup
		Yam (Cut Into Small Pieces)	½ cup	¾ cup
		Cucumber (Cut Into Small Pieces)	½ cup	¾ cup
		Inner Flesh Of Drum Stick Pieces	½ cup	¾ cup
		Grated Coconut Paste	½ cup	¾ cup
		Turmeric Powder	¼ tsp	½ tsp
		Green Chillies Paste	½ tsp	¾ tsp
		Mustard Seeds	¼ tsp	½ tsp
		Dried Red Chillies	3	4
		Curry Leaves	few	few
		Ghee Or Coconut Oil	1 tbsp	1½ tbsp
		Salt To Taste		
		Method of preparation		
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than all dal and all vegetable ingredients. After beep, remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start.				

RICE KHICHDI	Insta 6	RICE KHICHDI	50gms	100gms
Ingredients:				
		Rice	1½ cup	2 cup
		Toor Dal	½ cup	¾ cup
		Garlic Paste	½ tsp	¾ tsp
		Ginger Paste	½ tsp	¾ tsp
		Turmeric Powder	¼ tsp	½ tsp
		Oil	1 tbsp	1 tbsp
		Cardamom	½ inch	¾ inch
		Cinnamon	3	4
		Cloves	3	4
		Sliced Onion	1	2
		Chopped Tomatoes	2	3
		Slitted Green Chillies	2	3
		Mint Leaves	few	few
		Curry Leaves	few	few
		Salt To Taste		
		Water As Required		
		Coriander Leaves For Garnish		
Method of preparation				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than rice, toor dal, water, tomatoes and coriander leaves. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and serve hot.				

VEGETABLE BIRYANI	Insta 6	VEGETABLE BIRYANI	50gms	100gms
Ingredients:				
		Rice	1½ cup	2 cup
		Ghee	1tbsp	1tbsp
		Carrot Chopped	¼ cup	½ cup
		French Beans Chopped	¼ cup	½ cup
		Green Peas	¼ cup	½ cup
		Red Chilli Powder	½ tsp	¾ tsp
		Garam Masala	¾ tsp	1 tsp
		Garlic Paste	¼ tsp	¼ tsp
		Ginger Paste	¼ tsp	¼ tsp
		Green Chillies Chopped	¼ tbsp	¼ tbsp
		Onion Chopped	1	1½
		Tomato Chopped	1	1½
		Cinnamon	½ inch	¾ inch
		Cloves	4	5
		Cardamom	4	5
		Coconut Milk	1cup	1½ cup
		Cashew Nuts	few	few
		Mint Leaves	few	few
		Coriander Leaves	few	few
		Lemon Juice	½ tsp	¾ tsp
		Salt To Taste		
		Water As Required		
Method of preparation				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than rice, tomato, coconut milk, water, mint leaves, coriander leaves, lemon juice and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and serve hot.				

EGGPLANT DAL	Insta 6	EGGPLANT DAL	50 gms	100gms
Ingredients:				
		Toovar Dal	1½ cup	2 cup
		Eggplants Chopped	2 cup	3 cup
		Dried Coconut	1tbsp	1tbsp
		Turmeric Powder	¼ tsp	¼ tsp
		Green Chillies	3	4
		Cumins Seeds	½ tsp	¾ tsp
		Garlic, Ginger Paste	1 tsp	1½ tsp
		Mustard Seeds	½ tsp	¾ tsp
		Oil As Required		
		Salt To Taste		
Method of preparation				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than dal and egg plants. Remove. Add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and serve hot.				

DAL MAKHANI	Insta 6	DAL MAKHANI	50 gms	100gms
Ingredients:				
		Urad Dal	1 cup	1½ cup
		Tomato Finely Chopped	2	3
		Onion Finely Chopped	1	1
		Ginger, Garlic Paste	1 tsp	1½ tsp
		Chillies Finely Chopped	few	few
		Curd	1 cup	1½ cup
		Cream (Malai)	½ cup	¾ cup
		Cumin Seeds	½ tsp	¾ tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Garam Masala	1 tsp	1½ tsp
		Red Chilli Powder	1 tsp	1½ tsp
		Dhania Powder	1 tsp	1½ tsp
		Butter As Required		
		Chopped Coriander Leaves For Garnish		
		Salt To Taste		
Method of preparation				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than urad dal, tomato, cream, curd and coriander. Remove. Add the remaining ingredients other than coriander and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.				

RICE KHEER	Insta 6	RICE KHEER	50 gm	100 gm
Ingredients:				
		Rice	1½ cup	2 cup
		Milk	1½ cup	2 cup
		Cardamom Seeds	few	few
		Almonds	few	few
		Saffron Threads, Soaked	a pinch	a pinch
		Pistachio Nuts	few	few
		Raisins (Optional)	few	few
		Sugar		
Method of preparation				
Take a microwave oven safe bowl, add all the ingredients other than saffron and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start.				

AMRITSARI DAL	Insta 6	AMRITSARI DAL	50 gms	100 gms
		Ingredients:		
		Urad Dal	1 cup	2 cup
		Channa Dal	1 cup	2 cup
		Tomatoes	2	3
		Onion Chopped	1	2
		Mint Leaves	few	few
		Ginger, Garlic Paste	1 tsp	1½ tsp
		Green Chillies Chopped	2	2
		Butter As Required		
		Salt To Taste		
		Method of preparation		
Prepare tadka in a microwave oven safe bowl as explained in Insta4 with all the ingredients other than dal and tomatoes. Remove. Add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and serve hot.				

BISI BELE RICE	Insta 6	BISI BELE RICE	50 gms	100gms
		Ingredients:		
		Red Gram Dal	¾ cup	1cup
		Rice	2 cup	3 cup
		Brinjal Chopped	3	4
		Tamarind Juice	¾ cup	1cup
		Hing	a pinch	a pinch
		Oil As Required		
		Salt To Taste		
		Paste Ingredients		
		Onion	2	2
		Green Chillies	1½ tsp	2 tsp
		Cashew Nuts	¾ cup	1cup
		Grated Coconut	¾ cup	1cup
		Khus Khus	¾ cup	1cup
		Curry Leaves	few	few
		Coriander Leaves	¾ cup	1cup
		Powdered Ingredients		
		Dry Red Chillies	4	5
		Fenugreek Seeds	1½ tsp	2 tsp
		Coriander Seeds	¾ tsp	1 tsp
		Mustard	¾ tsp	1 tsp
		Cardamoms	4	5
		Cinnamon	2	3
		Cloves	4	5
		Saunf	1½ tsp	2 tsp
		Method of preparation		
Prepare tadka in a microwave oven safe bowl in Insta 4 with the paste ingredients. Remove. Add the remaining ingredients and powdered ingredients also in it, mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove and serve hot.				

KASHMIRI PULAO	Insta 6	KASHMIRI PULAO	50 gms	100gms
		Ingredients:		
		Rice	1½ cup	2 cup
		Cinnamon	2 stick	3 stick
		Cardamom	4	5
		Cloves	3	4
		Turmeric Powder	¼ tsp	½ tsp
		Saffron	a pinch	a pinch
		Milk	½ cup	¾ cup
		Walnut For Garnish	few	few
		Cashew Nut For Garnish	few	few
		Onion Fried For Garnish		
		Water As Required		
		Oil As Required		
		Salt To Taste		
		Method of preparation		
		Prepare tadka in a microwave oven safe bowl in Insta 4 with the paste ingredients. Remove. Add the remaining ingredients and powdered ingredients also in it, mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove and serve hot.		

CHANNA BIRYANI	Insta 6	CHANNA BIRYANI	50 gms	100gms
		Ingredients:		
		Rice	1½ cup	2 cup
		Channa	¾ cup	1 cup
		Onion	1	2
		Tomato	1	2
		Potato	1	2
		Chilli Powder	1 tsp	1½ tsp
		Green Chillies	2	3
		Turmeric Powder	¼ tsp	½ tsp
		Ginger Garlic Paste	1 tsp	1½ tsp
		Cinnamon	2 stick	3 stick
		Curry Leaves	few	few
		Bay Leaf	2	3
		Cloves	3	4
		Salt – To Taste		
		Butter As Required		
		Method of preparation:		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than rice, water and tomato. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start.		

BEANS RICE	Insta 6	BEANS RICE	50 gms	100gms
		Ingredients:		
		Rice	1½ cup	2 cup
		Black Beans	¾ cup	1 cup
		Onion, Chopped	1	2
		Capsicum, Thinly Sliced	1	2
		Garam Masala	1 tsp	1½ tsp
		Pepper Powder	1 tsp	1½ tsp
		Garlic Paste	½ tsp	¾ tsp
		Red Chilli Powder	1 tsp	1½ tsp
		Oil As Required		
		Coriander Leaves For Garnish		
		Salt As Required		
		Method of preparation:		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than rice, black beans and coriander leaves. After beep, remove and add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, garnish with coriander leaves. Serve hot.		

MUSHROOM PULAO	Insta 6	MUSHROOM PULAO	50 gms	100gms
		Ingredients:		
		Rice	1 cup	2 cup
		Mushroom	½ cup	¾ cup
		Capsicum	½ cup	¾ cup
		Paneer	½ cup	¾ cup
		Cauliflower Florets	½ cup	¾ cup
		Onion	½ cup	¾ cup
		Cloves	few	few
		Cinnamon Pieces	few	few
		Tej Patta	2	3
		Ghee as required		
		Salt to taste		
		Water as required		
		Method of preparation:		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than rice and water. Remove, add the remaining ingredients, mix well and place it in the microwave oven. Select Insta 6, enter weight and press start. Serve hot.		

KICHURI	Insta 6	KICHURI	50 gms	100gms
		Ingredients:		
		Rice	1 cup	1½ cup
		Moong Dal Roasted	½ cup	¾ cup
		Cauliflower Florets	¼ cup	½ cup
		Green Peas	¼ cup	½ cup
		Potatoes (Cubed)	¼ cup	½ cup
		Chilli Powder	1tsp	1½ tsp
		Sugar	1tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Green Chillies	2	3
		Cumin Powder	1tsp	1½ tsp
		Bay Leaves	2	3
		Red Chillies Whole	2	3
		Green Cardamoms	3	4
		Cloves	2	3
		Cinnamon	1" stick	1½"stick
		Ghee As Required		
		Salt To Taste		
		Water As Required		
		Method of preparation		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than vegetables and water. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Serve hot.		

AAMTI	Insta 6	AAMTI	50 gm	100 gm
		Ingredients:		
		Moong Dal	1½ cup	2 cup
		Chopped Tomato	1 cup	1½ cup
		Green Chillies	3	4
		Curry Leaves	few	few
		Mustard Seeds	½ tsp	¾ tsp
		Hing	a pinch	a pinch
		Turmeric Powder	¼ tsp	½ tsp
		Cumin Seeds	½ tsp	¾ tsp
		Oil As Required		
		Salt To Taste		
		Water As Required		
		Coriander Leaves For Garnish		
		Method of preparation		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than moong dal, tomato, hing, coriander leaves and water. After beep, remove, add the remaining ingredients other than coriander leaf and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove and garnish with coriander leaves. Serve hot.		

SPAGHETTI	Insta 6	SPAGHETTI	50 gms	100gms
		Ingredients:		
		Spaghetti	1 cup	1½ cup
		Carrot – Chopped	½ cup	½ cup
		Mushrooms – Chopped	½ cup	½ cup
		Tomatoes – Chopped	½ cup	½ cup
		Green Peas	½ cup	½ cup
		Green Onion – Chopped	½ cup	½ cup
		Capsicum – Chopped	½ cup	½ cup
		Butter	½ tbsp	1 tbsp
		Oregano	a pinch	a pinch
		Basil	a pinch	a pinch
		Tomato Ketchup (Optional)	½ tbsp	1 tbsp
		Grated Cheese For Garnish		
		Salt To Taste		
		Method of preparation:		
<p>Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than tomatoes, spaghetti, green peas and tomato ketchup; mix well. Remove, add the remaining ingredients other than grated cheese and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, garnish and serve.</p>				

LENTIL SOUP	Insta 6	LENTIL SOUP	50gms	100gms
		Ingredients:		
		Split Lentils	1½ cup	2 cup
		Garlic, Ginger Paste	1 tsp	1½ tsp
		Red Chilli Powder	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp
		Green Chilli, Chopped	2	3
		Salt To Taste		
		Coriander Leaves For Garnish		
		Water As Required		
		Method of preparation:		
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than lentil, water and coriander leaves. Remove. Add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.</p>				

SINDHI CURRY	Insta 6	SINDHI CURRY	50gms	100gms
Ingredients:				
Chopped Carrots			¼ cup	½ cup
Chopped Potatoes			¼ cup	½ cup
Chopped Cauliflower			¼ cup	½ cup
Chopped Eggplant			¼ cup	½ cup
Chopped Okra			¼ cup	½ cup
Besan			1 tbsp	1½ tbsps
Cumin Seeds Roasted			½ tsp	¾ tsp
Methi Seeds Roasted			½ tsp	¾ tsp
Hing			a pinch	a pinch
Turmeric Powder			¼ tsp	¼ tsp
Red Chilli Powder			1 tsp	1½ tsp
Tamarind Paste Juice			½ cup	¾ cup
Curry Leaves			few	few
Green Chilli			2	3
Chopped Ginger			½ tsp	½ tsp
Oil As Required				
Salt To Taste				
Warm Water				
Chopped Coriander For Garnish				
Chopped Mint For Garnish				
Method of preparation				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than hing, tamarind juice, water and coriander, mint leaves. After beep, remove and add the remaining ingredients other than coriander, mint leaves and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, garnish with coriander, mint leaves. Serve hot.				

MOONG DAL PALAK	Insta 6	MOONG DAL PALAK	50gms	100gms
Ingredients:				
Moong Dal			1 cup	1½ cup
Palak Chopped			2 cup	3 cup
Turmeric Powder			¼ tsp	½ tsp
Red Chilli Powder			1 tsp	1½ tsp
Green Chillies Chopped			½ tsp	¾ tsp
Garlic, Ginger Paste			1 tsp	1½ tsp
Hing			a pinch	a pinch
Butter As Required				
Salt As Required				
Method of preparation				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than palak and hing. After beep, remove and add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Serve hot.				

LEMON RICE	Insta 6	LEMON RICE	50gms	100gms
		Ingredients:		
		Rice Cooked	1½ cup	2 cup
		Lemon Juice	1 cup	1½ cup
		Peanuts	¼ tbsp	½ tbsp
		Mustard Seeds	1 tsp	1½ tsp
		Turmeric Powder	a pinch	a pinch
		Green Chillies	1 tsp	1½ tsp
		Few Curry Leaves		
		Oil As Required		
		Sugar (Optional)		
		Salt To Taste		
		Method of preparation		
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than cooked rice, lemon juice and sugar. After beep, remove and add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Serve hot.				

LOBIA CURRY	Insta 6	LOBIA CURRY	50gms	100gms
		Ingredients:		
		Lobia	1½ cup	2 cup
		Onion, Chopped	1 cup	1½ cup
		Ground Coriander	¼ tbsp	½ tbsp
		Ground Cumin	1 tsp	1½ tsp
		Turmeric Powder	a pinch	a pinch
		Garlic, Ginger Paste	1 tsp	1½ tsp
		Oil As Required		
		Salt To Taste		
		Method of preparation:		
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than lobia and salt. After beep, remove and add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Serve hot.				

RAJMA CURRY	Insta 6	RAJMA CURRY	50gms	100gms
		Ingredients:		
		Rajma (Soaked)	1½ cup	2 cup
		Tomatoes, Chopped	1 cup	1½ cup
		Onion Chopped	1 cup	1½ cup
		Coriander Powder	1 tsp	1½ tsp
		Ginger, Garlic Paste	1 tsp	1½ tsp
		Green Chillies, Chopped	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp
		Bay Leaves	3	4
		Cardamoms	few	few
		Cinnamon Stick	3	4
		Oil As Required		
		Salt To Taste		
		Method of preparation		
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than rajma and tomatoes. After beep, remove and add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Serve hot.				

POHA	Insta 7	POHA	200gm	400gm
		Ingredients:		
		Poha	200gms	400gms
		Green Peas	½ tbsp	¾ tbsp
		Channa Dal	1 tsp	1½ tsp
		Urad Dal	1 tsp	1½ tsp
		Onions (Chopped)	1	2
		Green Chilli (Small Chopped)	2	3
		Carrot (Chopped)	½ tbsp	¾ tbsp
		Turmeric Powder	¼ tsp	¼ tsp
		Cumin Seeds	½ tsp	1 tsp
		Salt To Taste		
		Oil As Required		
		Grated Coconut For Garnish;		
		Fresh Coriander For Garnish;		
		Method of preparation:		
		Prepare tadka as explained in Insta 4 in a microwave oven safe bowl with all the ingredients other than poha, salt, sugar and lime. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 7, enter weight and press start. Remove, garnish with coriander and grated coconut. Serve hot.		

OMLETTE	Insta 7	OMLETTE	200gm	400gm
		Ingredients:		
		Eggs - Beaten	2	3
		Onion - Finely Chopped	1	2
		Green Chillies - Finely Chopped	½ tsp	½ tsp
		Red Chilli Powder	½ tsp	½ tsp
		Oil	2 tsp	2 tsp
		Coriander Leaves For Garnish		
		Salt To Taste		
		Method of preparation:		
		Prepare tadka in a microwave oven safe flat bowl as explained in Insta 4 with all the ingredients other than egg and coriander leaves. Remove, add the beaten eggs, but not the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish with coriander leaves and serve		

TOMATO PUREE	Insta 7	TOMATO PUREE	200gms	400gms
		Ingredients:		
		Tomatoes	200gms	400gms
		Method of preparation:		
		Pierce the outer skin of the tomatoes in few places and take them in a microwave oven safe bowl. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Smash or grind the tomatoes for puree.		

GARAM MASALA	Insta 7	GARAM MASALA	200gms	400gms
		Ingredients:		
		Coriander Seeds	1 tbsp	2 tbsp
		Cumin Seeds	½ tsp.	¾ tbsp
		Black Peppercorns	½ tsp.	¾ tsp
		Black Cummin Seeds (Shahjeera)	¾ tsp	1 tsp
		Dry Ginger	¾ tsp	1 tsp
		Black Cardamom	½ tsp	¾ tsp
		Cinnamon	½ tsp	¾ tsp
		Crushed Bay Leaves	few	few
		Method of preparation:		
Prepare tadka as explained in Insta 4 in a microwave oven safe glass bowl with all the ingredients other than cardamom, cloves and bay leaves. Remove; add the remaining ingredients and mix well and place it in the microwave oven. Select Insta 7, enter weight and press start. Remove, set aside to cool. Grind all the ingredients and combine into a fine powder.				

SABUDANA KHICHDI	Insta 7	SABUDANA KHICHDI	200gms	400gms
		Ingredients:		
		Sabudana (Soaked)		
		Ground Nut Powder	2 tbsp	2½ tbsp
		Chopped Green Chillies	2	3
		Boiled & Peeled Potato	1 cup	1½ cup
		Oil	½ tbsp	1tbsp
		Hing	a pinch	a pinch
		Cumin Seeds	¾ tsp	1 tsp
		Sugar	1½ tsp	2 tsp
		Lime Juice	¾ tsp	1 tsp
		Salt To Taste		
		Method of preparation:		
Prepare tadka as explained in Insta 4 in a microwave oven safe glass bowl with all the ingredients other than sabudana, salt, sugar and lime. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 7, enter weight and press start. Remove and mix well and serve hot.				

SWEET CORN	Insta 7	SWEET CORN	200gms	400gms
		Ingredients:		
		Whole Sweet Corn		
		Method of preparation:		
Remove the husk until three layers remain. Arrange the sweet corn of the turn table, Select Insta 7, enter weight & press start. Remove the remaining husk and set to cool. Deseed and serve.				

TAMARIND PULP	Insta 7	TAMARIND PULP	200gms	400gms
		Ingredients:		
		Tamarind	200gms	400gms
		Water as required		
		Method of preparation:		
Take a microwave oven safe bowl, add tamarind and water, keep aside for sometime. Place the bowl on the turn table in the microwave oven, select Insta 7, enter weight & press start. Remove and mash the tamarind smoothly to make pulp.				

CASHEW ROAST	Insta 7	CASHEW ROAST	200gms	400gms
		Ingredients:		
		Cashew Nuts	200gms	400gms
		Method of preparation:	Take a microwave oven safe glass bowl, add cashew. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove and serve hot.	

FENNEL ROAST	Insta7	FENNEL ROAST	200gms	400gms
		Ingredients:		
		Fennel (Saunf)	200gms	400gms
		Method of preparation:	Take a microwave oven safe glass bowl, add fennel. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove and serve.	

FRITTATA	Insta 7	FRITTATA	200gms	400gms
		Ingredients:		
		Eggs	2	3
		Bell Pepper	½ cup	1cup
		Yellow Bell Pepper	½ cup	1cup
		Zucchini	½ cup	1cup
		Fresh Basil	few	few
		Crushed Pepper	few	few
		Oil As Required		
		Salt To Taste		
		Method of preparation	Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than eggs and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish with coriander leaves and serve.	

MASHED POTATO SALAD	Insta 7	MASHED POTATO SALAD	200gms	400gms
		Ingredients:		
		Mashed Potatoes	200gms	400gms
		Chopped Celery		
		Onion Paste	½ cup	1 cup
		Milk	½ cup	1 cup
		Dry Mustard	½ tsp	½ tsp
		Green Bell Pepper Rings	few	few
		Pepper To Taste		
		Salad Dressing As Required		
		Salt To Taste		
Method of preparation;	Take a microwave oven safe bowl, add potatoes. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. After beep, remove and mash the potatoes with milk and onion. Prepare tadka as explained in Insta 7 with mashed potato and all the ingredients. Remove, warm and serve.			

ROTI CHIVDA	Insta 7	ROTI CHIVDA	200gms	400gms
		Ingredients:		
		Left Over Roti (Break Into Small Pieces)	200gms	400gms
		Onions Finely Chopped	1	1
		Green Chillies Finely Chopped	2	2
		Cumin Seeds	½ tsp	½ tsp
		Mustard Seeds	½ tsp	½ tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Curry Leaves	few	few
		Roasted Ground Nuts	few	few
		Lemon Juice	½ tsp	½ tsp
		Chopped Coriander Leaves		
		Oil As Required		
		Salt To Taste		
Method of preparation:				
Prepare tadka in a microwave oven safe flat bowl as explained in Insta 4 with all the ingredients other than roti, lime juice and coriander leaves. After beep, remove and add all the ingredients other than coriander leaves and lime juice, mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, pour lime juice and garnish with coriander leaves.				

PEDA	Insta 7	PEDA	200gms	400gms
		Ingredients;		
		Soft Khoya	200gms	400gms
		Sugar Powdered	1 cup	1½ cup
		Cardamom Powder	¼ tsp	¼ tsp
		Cardamom Seeds (Crushed)	¼ tsp	¼ tsp
		Pistachios	few	few
		Method of preparation:		
Take a microwave oven safe glass bowl, add all ingredients other than cardamom seeds and pistachios, mix well and select Insta 7, enter weight, press start After beep, remove and set to cool. When set well, make peda shape and garnish with cardamom seeds and pistachios on top and serve				

CURRY LEAVES ROAST	Insta 7	CURRY LEAVES ROAST	200gms	400gms
		Ingredients;		
		curry leaves	200gms	400gms
		Method of preparation:		
Take a microwave oven safe glass bowl, add curry leaves. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove and serve.				

DHANIA ROAST	Insta 7	DHANIA ROAST	200gms	400gms
		Ingredients;		
		Dhania	1½ cup	2 cups
Method of preparation:				
Take a microwave oven safe glass bowl, add dhania. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove and serve.				

JEERA ROAST	Insta 7	JEERA ROAST	200gms	400gms
		Ingredients;	1½ cup	2 cup
		Jeera		
		Method of preparation: Take a microwave oven safe glass bowl, add jeera. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove and serve.		

BADAM ROAST	Insta 7	BADAM ROAST	200gms	400gms
		Ingredients;	1½ cup	2 cup
		Almonds		
		Method of preparation: Take a microwave oven safe glass bowl, add badam. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove and serve.		

CHICKEN 65	Insta 8	CHICKEN 65	550gms	1100gms
		Ingredients:		
		Boneless Skinless Chicken	550gms	1100gms
		Cloves	few	few
		Cinnamon	few	few
		Cardamom	few	few
		Garlic Paste	1 tsp	1½ tsp
		Ginger Paste	1 tsp	1½ tsp
		Red Chillies Powder	2 tsp	3 tsp
		All-Purpose Flour	1tbsp	1½ tbsp
		Corn Flour	1tbsp	1½ tbsp
		Egg	2	3
		Food Coloring, Red	a pinch	a pinch
		Yoghurt	1 cup	1½ cup
		Lime Juice	2 tsp	3 tsp
		Butter As Required		
		Salt To Taste		
Method of preparation: Marinate the chicken with the all ingredients for 1 hour. Arrange marinated chicken in a lightly greased wide glass bowl and place the on the turn table in the microwave oven, select Insta 8, enter weight and press start.				

KARELA KA SABZI	Insta 8	KARELA KA SABZI	550gms	1100gms
Ingredients:				
		Karela, Chopped	550gms	1100gms
		Onion, Finely Chopped	1 cup	2cup
		Besan	1½ tbsp	2 tbsp
		Green Chilli, Finely Chopped	3	5
		Ginger, Garlic Paste	1 tsp	1½ tsp
		Fresh Coriander, Chopped	few	few
		Oil As Required	½ tbsp	½ tbsp
		Red Chilli Powder	2 tsp	3 tsp
		Coriander Powder	1 tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp
		Amchoor Powder	½ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp
		Hing	a pinch	a pinch
		Salt To Taste		
Method of preparation:				
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than karela and besan. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Remove and serve hot.				

DUM ALOO	Insta 8	DUM ALOO	550gm	1100gm
Ingredients:				
		Aloo (Potatoes)	550gms	1100gm
		Ghee	1½ tbsp	2 tbsp
		Tomato Puree	1½ cup	2 cup
		Curd	1 cup	1½ cup
Spices				
		Cloves	4	6
		Bay Leaves	3	5
		Black Peppercorns	8	10
		Cardamoms	6	8
		Cinnamon Stick	3	5
Paste				
		Onion (Chopped)	2	3
		Garlic	4	6
		Ginger	1" inch	1½"inch
		Black Peppercorns	4	5
		Poppy Seeds	1 tsp	1½ tsp
		Coriander Seeds	2 tsp	2½ tsp
		Cumin Seeds	1 tsp	1½ tsp
		Dry Red Chillies	4	6
		Turmeric Powder	¼ tsp	½ tsp
		Ground Mace	a pinch	a pinch
		Ground Nutmeg	a pinch	a pinch
		Salt To Taste		
Method of preparation:				
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the ingredients other than potato, tomato puree, curd and all paste items. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Remove and serve.				

BASUNDI	Insta 8	BASUNDI	550gm	1100gm
		Ingredients:		
		Milk	6 cups	8 cups
		Sugar	2tbsp	2½ tbsp
		Chopped Almonds	6	8
		Lemon Juice	1½ tsp	2 tsp
		Crushed Cardamoms	6	8
		Chopped Charoli Nuts (Saara)	1 tsp	1½ tsp
		Method of preparation:		
		Take a microwave oven safe bowl and add milk and sugar. Select Insta 8, enter weight and press start. Remove, add the remaining ingredients, mix well and serve.		

PAYASAM	Insta 8	PAYASAM	550gms	1100gms
		Ingredients:		
		Milk	6 cups	8 cups
		Vermicelli (Seviya)	1½cups	2 cups
		Sugar	1½ cup	2 cup
		Cardamom	6	8
		Cashew Nuts	½ tbsp	¾ tbsp
		Almonds	½ tbsp	¾ tbsp
		Ghee	1 tbsp	1½ tbsp
		Method of preparation		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than milk, sugar, cardamom. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Remove, and serve hot.		

GAJAR KA HALWA	Insta 8	GAJAR KA HALWA	550gms	1100gms
		Ingredients:		
		Carrots (Grated)	550gms	1100gms
		Kawa (Mawa Grated)	1½ cup	2 cup
		Sugar	2 cup	2½ cup
		Milk Condensed	1cup	1½ cup
		Milk	1cup	1½ cup
		Cardamoms	few	few
		Pistachio Flakes (Almonds)	few	few
		Raisins	few	few
		Ghee As Required		
		Method of preparation:		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than milk, condensed milk, cardamom, flakes and raisins. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start.		

TOMATO SURAN CURRY	Insta 8	TOMATO SURAN CURRY	550gms	1100gms
Ingredients:				
Suran Cut Into Cubes			1½ cup	2 cup
Tomatoes Chopped			1cup	1½ cup
Onion Chopped			1cup	1½ cup
Ginger-Garlic Paste			1 tsp	1½ tsp
Red Chilli Powder			2 tsp	2½ tsp
Garam Masala			1 tsp	1½ tsp
Coriander Powder			1 tsp	1½ tsp
Cumin Powder			1 tsp	1½ tsp
Turmeric Powder			¼ tsp	½ tsp
Curd			1cup	1½ cup
Oil As Required				
Salt To Taste				
Method of preparation:				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tomatoes, curd and coriander leaves. After beep, remove, add the remaining ingredients other than coriander and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Remove and garnish with coriander leaves. Serve hot.				

CAULIFLOWER PEAS CURRY	Insta 8	CAULIFLOWER PEAS CURRY	550gms	1100gm
Ingredients:				
Cauliflower Florets			1½ cup	2 cup
Peas			1cup	1½ cup
Onion Chopped			1cup	1½ cup
Cumins			1 tsp	1½ tsp
Dry Red Chillies			few	few
Ginger, Garlic Paste			1 tsp	1½ tsp
Garam Masala			1 tsp	1½ tsp
Turmeric Powder			¼ tsp	½ tsp
Curd			1cup	1½ cup
Cashew Nuts			few	few
Oil As Required				
Salt To Taste				
Method of preparation:				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than cauliflower, peas, curd and cashew nuts. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 8, enter weight and press start.				

RABDI	Insta 8	RABDI	550gms	1100gms
Ingredients:				
Milk			6 cup	10 cup
Sugar			3 cup	5 cup
Cardamom Seeds			few	few
Kewra Essence			few drops	few drops
Cardamom Powder			A pinch	A pinch
Pistachio Powder			A pinch	A pinch
Method of preparation:				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than cardamom seeds, kewra essence, cardamom powder and pistachio powder. After beep, remove; add the remaining ingredients other than cardamom powder and pistachio powder mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Remove, add cardamom powder and pistachio powder, mix well and serve hot.				

BENGALI FISH CURRY	Insta 8	BENGALI FISH CURRY	550gms	1100gm
		Ingredients:		
		Fish	550gms	1100gms
		Onions Chopped	1½ cup	2 cup
		Mustard Paste	1cup	1½ cup
		Ginger Paste	1 tsp	1½ tsp
		Garlic Paste	1 tsp	1½ tsp
		Red Chilli Powder	2 tsp	2½ tsp
		Red Chillies Whole	3	5
		Green Chillies Slit	2	4
		Turmeric Powder	¼ tsp	½ tsp
		Coriander Powder	1 tsp	1½ tsp
		Mustard Seeds	1 tsp	1½ tsp
		Bay Leaf	3	5
		Lemon Juice	1½ tbsps	2 tbsps
		Oil As Required		
		Salt To Taste		
		Method of preparation:		
<p>Marinate the fish with the mustard paste, turmeric powder, lemon juice and salt for 30 minutes. Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than marinated fish and bay leaves. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Serve hot.</p>				

OLAN	Insta 8	OLAN	550gms	1100gm
		Ingredients:		
		Black-Eyed Beans (Soaked)	1cup	1½ cup
		Pumpkin, Cubed	1½ cup	2 cup
		Onion Sliced Thin	1cup	1½ cup
		Jeera	1 tsp	1½ tsp
		Mustard Seeds	½ tsp	1 tsp
		Curry Leaves	few	few
		Green Chillies Chopped	3	5
		Coconut Milk	1cup	1½ cup
		Coconut Oil As Required		
		Salt To Taste		
		Method of preparation:		
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than pumpkin and coconut milk. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start.</p>				

CHICKEN KURMA	Insta 8	CHICKEN KURMA	550gms	1100gm
		Ingredients:		
		Chicken	550gms	1100gms
		Grated Coconut	½ cup	1cup
		Curd	1½ cup	2 cups
		Ginger, Garlic Paste	1 tsp	1½ tsp
		Onions, Chopped		1 tsp
		Garam Masala	1 tsp	1½ tsp
		Ground Coriander	1 tsp	1½ tsp
		Green Chilli Paste	1 tsp	1½ tsp
		Cumin	1 tsp	1½ tsp
		Cardamom	4	6
		Cinnamon Sticks	3	4
		Turmeric Powder	¼ tsp	½ tsp
		Bay Leafs	3	4
		Coriander For Garnish		
		Oil As Required		
		Salt To Taste		
		Method of preparation:		
		Marinate the chicken with the curd, turmeric powder, ginger, garlic paste, garam masala and ground coriander for 1 hour. Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than marinated chicken, coriander leaves and bay leafs. After beep, remove, add the remaining ingredients other than coriander leaf and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Remove, add coriander leaves and serve hot.		

MACHI KA SALAN	Insta 8	MACHI KA SALAN	550gms	1100gm
		Ingredients:		
		Fish Boneless	550gms	1100gm
		Almond Paste	½ cup	1cup
		Methi Seeds	1 tsp	1½ tsp
		Ginger	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp
		Coriander Powder	2 tsp	3 tsp
		Red Chilli Powder	1 tsp	1½ tsp
		Kasuri Methi	½ tsp	1 tsp
		Curd	½ cup	1cup
		Cream	½ cup	1cup
		Sugar	1 tsp	1½ tsp
		Oil As Required		
		Salt To Taste		
		Coriander Leaves For Garnish		
		Method of preparation:		
		Marinate the fish with the curd, turmeric powder, cream and salt for 30 minute. Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than marinated fish, coriander leaves, kasuri methi and sugar. After beep, remove, add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Remove and garnish with coriander leaves. Serve hot.		

VANGI BATATA BHAJI	Insta 8	VANGI BATATA BHAJI	550gms	1100gm
Ingredients:				
Eggplants, Cut Into Pieces			½ cup	1cup
Potatoes, Cut Into Pieces			½ cup	1cup
Tomatoes, Finely Chopped			½ cup	1cup
Garlic Ginger Paste			½ tsp	1tsp
Garam Masala			1 tsp	1½ tsp
Red Chili Powder			1 tsp	1½ tsp
Turmeric Powder			¼ tsp	½ tsp
Coriander Powder			1 tsp	1½ tsp
Cumin Powder			1 tsp	1½ tsp
Sugar			1 tsp	1½ tsp
Oil As Required				
Salt To Taste				
Method of preparation:				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than tomatoes and sugar. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Serve hot.				

MOONG DAL KA HALWA	Insta 8	MOONG DAL KA HALWA	550gms	1100gm
Ingredients:				
Moong Dal (Soaked & Grinded)			1½ cup	2 cups
Sugar			1½ cup	2 cups
Ghee			1cup	1½ cup
Badam			few	few
Cashew			few	few
Water As Required				
Method of preparation:				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with sugar and water. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. (for better result stir twice in between).Serve hot.				

PALAK GOSHT	Insta 8	PALAK GOSHT	550gms	1100gm
Ingredients:				
Mutton			1cup	1½ cup
Palak Paste			1½ cup	2 cups
Onions Sliced			1½ cup	2 cups
Ginger/ Ginger Paste			1 tsp	1½ tsp
Green Chillies Paste			1 tsp	1½ tsp
Cumin Seeds			½ tsp	1tsp
Bay Leaves			few	few
Red Chilli Powder			1 tsp	1½ tsp
Garam Masala			1 tsp	1½ tsp
Oil As Required				
Salt To Taste				
Method of preparation:				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all ingredients other than the mutton and palak. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Serve hot.				

VEGETABLE KURMA	Insta 8	VEGETABLE KURMA	550gms	1100gm
Ingredients:				
		Cauliflower Florets	½ cup	¾ cup
		Potato Cubes	½ cup	¾ cup
		Capsicum Chopped	½ cup	¾ cup
		Tomato Chopped	½ cup	¾ cup
		Onion Chopped	½ cup	¾ cup
		Red Chilli Powder	1 tsp	1½ tsp
		Powdered Black Pepper	½ tsp	1tsp
		Garam Masala	1 tsp	1½ tsp
		Corn Flour	½ cup	¾ cup
		Curd	½ cup	¾ cup
		Oil As Required		
		Salt To Taste		
Method of preparation:				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all ingredients other than the capsicum, tomatoes, corn flour and curd. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Serve hot.				

NAVRATTAN KURMA	Insta 8	NAVRATTAN KURMA	550gms	1100gm
Ingredients:				
		French Beans	¼ cup	½ cup
		Green Peas	¼ cup	½ cup
		Carrot Chopped	¼ cup	½ cup
		Potato Cubes	¼ cup	½ cup
		Cauliflower Florets	¼ cup	½ cup
		Capsicum Chopped	¼ cup	½ cup
		Cabbage Chopped	¼ cup	½ cup
		Bottle Gourd Chopped	¼ cup	½ cup
		Grated Paneer	¼ cup	½ cup
		Tomato Puree	1cup	1½ cup
		Onion Paste	1cup	1½ cup
		Ginger, Garlic Paste	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp
		Coriander Powder	1 tsp	1½ tsp
		Garam Masala Powder	1 tsp	1½ tsp
		Cream	¼ cup	½ cup
		Milk	¼ cup	½ cup
		Raisins For Garnish		
		Fried Cashew Nuts For Garnish		
		Coriander Leaves For Garnish		
		Oil As Required		
		Salt To Taste		
Method of preparation:				
Prepare tadka in a microwave oven safe bowl as explained in Insta 4 with all the ingredients other than green peas, capsicum, cabbage, bottle gourd, grated paneer, tomato puree, cream, milk and garnish ingredients. After beep, remove, add the remaining ingredients other than garnish ingredients, mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Remove, add all garnish ingredients and serve hot.				

PASTA	Insta 8	PASTA	550gms	1100gm
		Ingredients:		
		Pasta	1½ cup	2 cups
		Garlic Paste	½ tsp	1tsp
		Cumins	½ tsp	1tsp
		Garam Masala	1 tsp	1½ tsp
		Red Chilli Powder	½ tsp	1tsp
		Coriander Powder	1 tsp	1½ tsp
		Tomato Puree	½ cup	1 cup
		Butter As Required		
		Salt To Taste		
		Grated Cheese For Garnish		
		Water As Required		
		Method of preparation:		
Take a microwave oven safe bowl, add pasta and water mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. After beep, remove and add all remaining ingredients other than the grated cheese mix well and prepare tadka as explained in Insta 4. After beep, remove and garnish with grated cheese. Serve hot.				

PIZZA and KABAB RECIPES

Select "Pizza/Kabab" button on the control panel to cook the specially made recipes listed below. Please note that these recipes are to be cooked in the baking tray specially provided at the bottom of your microwave oven.

There are 4 different in-built selections in Pizza/Kabab mode. The selections are based on time. Example, if you select Pizza mode and '1' appears on the digital display screen, which means the cooking process will take 25 min, '2' indicates 20 min, '3' indicates 15 min and '4' indicates 10 min. You may choose your selection as per your choice or as per the guidelines given below in the recipe list.

If you want to bake 2 Pizzas, then you will have to press Pizza button until '2' displays on the digital display screen. The time automatically gets selected to 15 min and now you are ready to bake 2 Pizza in the baking tray provided at the bottom of your microwave oven.

PIZZA VARIETIES

PIZZA 1	CHEESE MARGHERITA PIZZA	3	2	1	
	Ingredients:	15:00 min	20:00 min	25:00 min	
	Pizza Base	2	3	4	
	Tomatoes, Sliced Thinly	1½ cup	2 cup	3 cup	
	Garlic, Minced	¾ tsp	1 tsp	1½ tsp	
	Shredded mozzarella cheese	½ tbsp	¾ tbsp	1 tbsp	
	Shredded Fontina cheese	½ tbsp	¾ tbsp	1 tbsp	
	Dried basil leaves	few	few	few	
	Grated Parmesan cheese	½ tbsp	¾ tbsp	1 tbsp	
	Crumbled feta cheese	½ tbsp	¾ tbsp	1 tbsp	
	Salt To Taste				
	Butter as required				
	Method of preparation:				
Take a mixing bowl; add all ingredients other than all cheeses and pizza base, mix well and set a side for 10 minutes to marinate. Brush each pizza crust with some of the tomato marinade. Sprinkle the pizzas evenly with Mozzarella and Fontina cheeses. Arrange tomatoes otop and then sprinkle with shredded basil, Parmesan, and feta cheese. Place on the baking dish, select pizza mode and press start. Remove and serve.					

PIZZA 2	TOMATO AND CHEESE PIZZA	3	2	1
	Ingredients:	15:00 min	20:00 min	25:00 min
	Pizza base	2	3	4
	Tomato Sauce	2 tbsp	2½ tbsp	3 tbsp
	Tomato Slices	1½ cup	2 cup	3 cup
	Mozzarella grated cheese	1 tbsp	1½ tbsp	2 tbsp
	Cheese slices	1	2	3
	Pepper powder	¼ tsp	1 tsp	1½ tsp
	Salt to taste	2	3	4
	Method of preparation;			
	Place the pizza base on the baking tray and Apply butter on the top side of pizza base, arrange the tomato and cheese slices alternatively on the pizza base, overlapping over each other. Sprinkle some salt and pepper and grated Mozzarella cheese. Select pizza mode and press start. Remove and serve.			

PIZZA 3	VEGGIE PIZZA	3	2	1
	Ingredients:	15:00 min	20:00 min	25:00 min
	Pizza base	2	3	4
	Fresh broccoli, chopped	½ cup	¾ cup	1cup
	Red bell pepper, chopped	½ cup	¾ cup	1cup
	Thinly-sliced radishes	½ cup	¾ cup	1cup
	spring onion, thinly sliced	¾ stalk	1 stalk	1½ stalk
	Carrot, grated	½	¾	1
	Onion, finely chopped	½	¾	1
	Sour cream	½ cup	¾ cup	1 cup
	Garlic paste	½ tsp	¾ tsp	1 tsp
	Cumins powder	½ tsp	¾ tsp	1 tsp
	Cheese, softened	½ cup	¾ cup	1cup
	Salt to taste			
	Method of preparation;			
	Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese. Mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetables over pizza base. Sprinkle the softened cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and serve.			

PIZZA 4	PEPPY PANEER PIZZA	3	2	1
	Ingredients:	15:00 min	20:00 min	25:00 min
	Pizza base	2	3	4
	Paneer cubes	1cup	1½ cup	2 cup
	Capsicum sliced	¾ cup	1cup	1½ cup
	Tomato sliced	¾ cup	1cup	1½ cup
	Red bell pepper rounds	1½ tbsp	2 tbsp	2½ tbsp
	Onion sliced	1 tbsp	1½ tbsp	2 tbsp
	Green chili chopped	¾ tsp	1 tsp	½ tsp
	Pizza sauce	1 tbsp	1½ tbsp	2 tbsp
	Mozzarella grated cheese	1½ tbsp	2 tbsp	2½ tbsp
	Salt to taste			
	Method of preparation;			
	Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetables on the pizza base. Sprinkle the softened cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and serve.			

PIZZA 5	MEXICAN GREEN WAVE PIZZA	3	2	1	
	Ingredients:	15:00 min	20:00 min	25:00 min	
	Pizza base	2	3	4	
	Crunchy Onions	½ cup	¾ cup	1cup	
	Crispy Capsicum	½ cup	¾ cup	1cup	
	Broccoli Florets	½ cup	¾ cup	1cup	
	Tomato Ketchup	½ cup	½ cup	¾ cup	
	Basil	few	few	few	
	Mozzarella Cheese, grated	½ cup	¾ cup	1cup	
	Cumins powder	½ tsp	¾ tsp	1 tsp	
	Red chilli powder				
	Salt to taste				
	Method of preparation;				
	Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese. mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetables on the pizza base. Sprinkle the grated mozzarella cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and serve.				

PIZZA 6	GOURMET PIZZA	3	2	1	
	Ingredients:	15:00 min	20:00 min	25:00 min	
	Pizza base	2	3	4	
	Block Olives, chopped	½ cup	¾ cup	1cup	
	Sweet Corn Kennels	½ cup	¾ cup	1cup	
	Sun dried Tomatoes	½ cup	¾ cup	1cup	
	Onion, Sliced	½ cup	¾ cup	1cup	
	Tomato Ketchup	1 tbsp	1½ tbsp	2 tbsp	
	Cheese, grated	½ cup	¾ cup	1cup	
	Salt to taste				
	Method of preparation;				
	Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetables on the pizza base. Sprinkle the grated mozzarella cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and serve.				

PIZZA 7	BARBECUE CHICKEN PIZZA	3	2	1	
	Ingredients:	15:00 min	20:00 min	25:00 min	
	Pizza base	2	3	4	
	Boneless Chicken Breast halves	1 cup	1½ cup	2 cup	
	Red onion, thinly sliced	½ cup	¾ cup	1cup	
	Spring Onion, chopped	½ cup	¾ cup	1cup	
	Tomato sauce	2 tbsp	2½ tbsp	3 tbsp	
	Shredded Cheese	1 tbsp	1½ tbsp	2 tbsp	
	Cheese, grated	½ cup	¾ cup	1cup	
	Olive oil as required				
	Method of preparation;				
	Take a microwave oven safe bowl; add all ingredients other than pizza base and cheeses mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetables and shredded cheese on the pizza base. Sprinkle the grated cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and serve.				

PIZZA 8	CHICKEN PESTO	3	2	1	
		15:00 min	20:00 min	25:00 min	
Ingredients:					
Pizza base		2	3	4	
Chicken breasts, boneless		1 cup	1½ cup	2 cup	
Green Pepper		¼ cup	½ cup	¾ cup	
Red Pepper		¼ cup	½ cup	¾ cup	
Yellow pepper		¼ cup	½ cup	¾ cup	
Mushrooms, Chopped		¼ cup	½ cup	¾ cup	
Onion, thinly sliced		¼ cup	½ cup	¾ cup	
Spinach Pesto		½ cup	¾ cup	1cup	
Sugar		¾ tsp	1 tsp	1½ tsp	
Cheese, grated		½ cup	¾ cup	1cup	
Pepper to taste					
Salt to taste					
Method of preparation;					
Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese, mix well and cook for 6 minutes in Micro mode high power. After beep, remove and spread cooked vegetables on the pizza base. Sprinkle the grated cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and serve.					

PIZZA 9	SPICY CHICKEN PIZZA	3	2	1	
		15:00 min	20:00 min	25:00 min	
Ingredients:					
Pizza base		2	3	4	
Chicken breast, halved		1 cup	1½ cup	2 cup	
Onion, thinly sliced		¼ cup	½ cup	¾ cup	
Green pepper		1½ cup	2 cup	3 cup	
Green chilli, chopped		1 tsp	1½ tsp	2 tsp	
Cheese, grated		½ cup	¾ cup	1cup	
Salt & Pepper to taste					
Method of preparation;					
Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese, mix well and cook for 6 minutes in Micro mode high power. After beep, remove and spread cooked chicken and vegetables on the pizza base. Sprinkle the grated cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and serve.					

PIZZA 10	MEXICAN CHICKEN PIZZA	3	2	1	
		15:00 min	20:00 min	25:00 min	
Ingredients:					
Pizza base		2	3	4	
Cooked Chicken, shredded		1½ cup	2 cup	3 cup	
Yellow Bell Pepper, chopped		½ cup	¾ cup	1cup	
Roasted Diced Tomatoes		½ cup	¾ cup	1cup	
Plain Diced Tomatoes, drained		½ cup	¾ cup	1cup	
Sweet Corn Kennels		½ cup	¾ cup	1cup	
Spring onion, chopped		½ cup	¾ cup	1cup	
Grated Cheese		1 cup	1½ cup	2 cup	
Chopped Coriander leaves		few	few	few	
Method of preparation;					
Take a microwave oven safe bowl; add all ingredients other than pizza base, roasted diced tomatoes, chicken, cheese and coriander leaves, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked chicken and vegetables on the pizza base. Sprinkle the grated cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and serve.					

PIZZA 11	CHICKEN GOLDEN DELIGHT PIZZA	3	2	1		
	Ingredients:	15:00 min	20:00 min	25:00 min		
	Pizza base	2	3	4		
	Boneless Chicken	1½ cup	2 cup	3 cup		
	Corn Kennels	1 cup	1½ cup	2 cup		
	Tomato puree	1 cup	1½ cup	2 cup		
	Garlic paste	1 tsp	1½ tsp	2 tsp		
	Ajwain	1 tsp	1½ tsp	2 tsp		
	Pepper Powder	1 tsp	1½ tsp	2 tsp		
	Mozzarella cheese, grated	1 cup	1½ cup	2 cup		
	Oil as required					
Salt as required						
Method of preparation;						
Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked chicken and vegetables on the pizza base. Sprinkle the grated cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and serve.						
PIZZA 12	MEATZAA PIZZA	3	2	1		
	Ingredients:	15:00 min	20:00 min	25:00 min		
	Pizza base	2	3	4		
	Chicken Sausage, chopped	1 cup	1½ cup	2 cup		
	Mushrooms, chopped	½ cup	¾ cup	1cup		
	Green pepper, chopped	½ cup	¾ cup	1cup		
	Onion, chopped	½ cup	¾ cup	1cup		
	Tomato Sauce	1 cup	1½ cup	2 cup		
	Pepper	1 tsp	1 ½ tsp	2 tsp		
	Garlic Paste	1 tsp	1 ½ tsp	2 tsp		
	Ajwain	½ tsp	1 tsp	1 ½ tsp		
	Cheese, Grated	1 cup	1½ cup	2 cup		
	Salt as required					
	Method of preparation;					
Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked chicken sausages and vegetables on the pizza base. Sprinkle the grated cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and Serve.						
PIZZA 13	PEPPER ONION CHEESE PIZZA	3	2	1		
	Ingredients:	15:00 min	20:00 min	25:00 min		
	Pizza base	2	3	4		
	Sliced Mushrooms	1 cup	1½ cup	2 cup		
	Red Peppers, thin strips	½ cup	¾ cup	1cup		
	Spinach leaves, chopped	½ cup	¾ cup	1cup		
	Onion thin slices	½ cup	¾ cup	1cup		
	Garlic cloves, minced	3	4	5		
	Pepper powder	1 tsp	1 ½ tsp	2 tsp		
	Basil leaves	few	few	few		
	Cheese, grated	1 cup	1½ cup	2 cup		
	Butter	¼ tbsp	¼ tbsp	¼ tbsp		
	Method of preparation;					
	Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetables on the pizza base. Sprinkle the grated cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and Serve.					

PIZZA 14	CHEESE CRUST PIZZA	<u>3</u>	<u>2</u>	<u>1</u>	
Ingredients:		15:00 min	20:00 min	25:00 min	
Pizza base		2	3	4	
Sliced mushrooms		½ cup	¾ cup	1cup	
Ground Sausage		1 cup	1½ cup	2 cup	
Green pepper, diced		½ cup	¾ cup	1cup	
Tomato sauce		½ cup	¾ cup	1cup	
Ajwain		½ tsp	¾ tsp	1 tsp	
Garlic paste		1 tsp	1 ½ tsp	2 tsp	
Mozzarella Cheese, grated		½ cup	¾ cup	1cup	
String Cheese		½ cup	¾ cup	1cup	
Salt & Pepper to taste					
Method of preparation;					
Take a microwave oven safe bowl; add all ingredients other than pizza base and mozzarella & string cheese, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetables, sausage, string cheese on the pizza base. Sprinkle the grated cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and Serve.					

PIZZA 15	PAN PIZZA	<u>3</u>	<u>2</u>	<u>1</u>	
Ingredients:		15:00 min	20:00 min	25:00 min	
Pizza base		2	3	4	
Onion, chopped		½ cup	¾ cup	1cup	
Capsicums, chopped		½ cup	¾ cup	1cup	
Cabbage, chopped		1 cup	1½ cup	2 cup	
Tomato sauce		¾ cup	1cup	1½ cup	
Red chilli powder		1 tsp	1 ½ tsp	2 tsp	
Jeera powder		1 tsp	1 ½ tsp	2 tsp	
Dhania powder		1 tsp	1 ½ tsp	2 tsp	
Cheese, grated		1 tsp	1 ½ tsp	2 tsp	
Butter as required					
Salt to taste					
Method of preparation;					
Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetables on the pizza base. Sprinkle the grated cheese over it. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and Serve.					

PIZZA 16	CHEDDAR AND BRACCOLI PIZZA	<u>3</u>	<u>2</u>	<u>1</u>	
Ingredients:		15:00 min	20:00 min	25:00 min	
Pizza base		2	3	4	
Chopped Broccoli		2 cup	3 cup	4 cup	
Garlic paste		1 tsp	1 ½ tsp	2 tsp	
Sesame seed		1 tbsp	1 ½ tbsp	2 tbsp	
Cheddar cheese, shredded		½ tbsp	¾ tbsp	1 tbsp	
Mozzarella shredded		½ tbsp	¾ tbsp	1 tbsp	
Parmesan cheese		½ tbsp	¾ tbsp	1 tbsp	
Pepper to taste					
Butter as required					
Salt as required					
Method of preparation;					
Take a microwave oven safe bowl; add all ingredients other than pizza base and all cheeses, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetable all cheeses over pizza base. Place the pizza base in on the baking dish, select pizza mode and press start. Remove and Serve.					

PIZZA 17	ITALIAN VEGGIE PIZZA	3	2	1	
		15:00 min	20:00 min	25:00 min	
Ingredients:					
Pizza base		2	3	4	
Chicken Breast, halved		1½ cup	2 cup	3 cup	
Tomatoes finely chopped		1 cup	1½ cup	2 cup	
Tomato ketchup		¼ cup	¾ cup	1cup	
Black olives as desired		½ cup	¾ cup	1cup	
Mushrooms as desired		½ cup	¾ cup	1cup	
Feta Cheese		½ cup	¾ cup	1cup	
Mozzarella cheese		½ cup	¾ cup	1cup	
Salt & Pepper to taste					
Method of preparation:					
Take a microwave oven safe bowl; add all ingredients other than pizza base and all cheeses, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetable and chicken on the pizza base. Place the pizza base in on the baking dish, Sprinkle the grated cheese over it. Select pizza mode and press start. Remove and Serve.					

PIZZA 18	JAMAICAN JERK PIZZA	3	2	1	
		15:00 min	20:00 min	25:00 min	
Ingredients:					
Pizza base		2	3	4	
Chicken chopped		1½ cup	2 cup	3 cup	
Bell pepper		½ cup	¾ cup	1cup	
Chopped onion		½ cup	¾ cup	1cup	
Pineapple chunks drained		½ cup	¾ cup	1cup	
Jamaican jerk sauce (Tomato sauce)		¾ cup	1cup	1½ cup	
Cheddar cheese, grated		¾ cup	1cup	1½ cup	
Salt & Pepper to taste					
Method of preparation:					
Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetable and chicken on the pizza base. Place the pizza base in on the baking dish, Sprinkle the grated cheese over it. select pizza mode and press start. Remove and Serve.					

PIZZA 19	SHRIMPS TOMATO PESTO PIZZA	3	2	1	
		15:00 min	20:00 min	25:00 min	
Ingredients:					
Pizza base		2	3	4	
Shrimps		1½ cup	2 cup	3 cup	
Corn Kennels		½ cup	¾ cup	1cup	
Bell pepper, chopped		½ cup	¾ cup	1cup	
Onion, chopped		½ cup	¾ cup	1cup	
Tomato Pesto		1 cup	1½ cup	2 cup	
Parmesan cheese, grated		½ cup	¾ cup	1cup	
Oil as required					
Salt & Pepper to taste					
Method of preparation:					
Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese, mix well and cook for 4 minutes in Micro mode high power. After beep, remove and spread cooked vegetable and shrimps on the pizza base. Place the pizza base in on the baking dish, Sprinkle the grated cheese over it. select pizza mode and press start. Remove and Serve.					

PIZZA 20	PIZZA	3	2	1
	Ingredients:	15:00 min	20:00 min	25:00 min
	Pizza Base	2	3	4
	Capsicum, Sliced Thinly	¾ cup	1 cup	1½ cup
	Paneer Cubes	¾ cup	1 cup	1½ cup
	Cabbage Chopped	¾ cup	1 cup	1½ cup
	Onion, Thinly Sliced	¾ cup	1 cup	1½ cup
	Tomato Ketch-Up	¾ tbsp	1 tbsp	1½ tbsp
	Pepper Powder	1½ tsp	2 tsp	2 tsp
	Ginger-Garlic Paste	1½ tsp	2 tsp	2 tsp
	Grated Cheese	¾ tbsp	1 tbsp	1½ tbsp
	Butter As Required			
	Salt To Taste			
	Method of preparation:			
	Take a microwave oven safe bowl; add all ingredients other than pizza base and grated cheese mix well. Spread all the above mixture on top of the pizza base and sprinkle the grated cheese over it. Place on the baking tray, select Pizza mode and press start. Remove and serve.			

KABAB RECIPES

CAULIFLOWER, BROCCOLI KEBAB	CAULIFLOWER, BROCCOLI KEBAB	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Heads Of Cauliflower	1 cup	1½ cup	2 cup	2½ cup
	Heads Of Broccoli	1 cup	1½ cup	2 cup	2½ cup
	Onion, Cut Into Wedges	½ cup	1 cup	1½ cup	2 cup
	Tomato, Cut Into Wedges	½ cup	1 cup	1½ cup	2 cup
	For Marinating:-				
	Besan	1 cup	1½ cup	2 cup	2½ cup
	Garlic Paste	½ tsp	¾ tsp	1tsp	1½ tsp
	Ginger Paste	½ tsp	¾ tsp	1tsp	1½ tsp
	Coriander Powder	1tsp	1½ tsp	2 tsp	2½ tsp
	Garam Masala	1tsp	1½ tsp	2 tsp	2½ tsp
	Turmeric Powder	¼ tsp	½ tsp	½ tsp	¾ tsp
	Yogurt	1 cup	1½ cup	2 cup	2½ cup
	Lemon Juice	1tsp	1½ tsp	2 tsp	2½ tsp
	Oil As Required				
	Salt To Taste				
	Method of preparation:				
	Apply all marinate ingredients to the cauliflower, broccoli, tomato and onion. Allow the vegetables to marinate for 1 hour. Arrange the marinated vegetables on the baking tray select Pizza mode and press start.				

NAN KHATAI	NAN KHATAI	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Maida	2cups	2½cup	3 cup	3½ cup
	Sugar Powdered	1½cup	2 cup	2½cup	3 cup
	Melted Butter	1 cup	1½cup	2 cup	2½ cup
	Method of preparation:				
	Combine flour, sugar, and melted butter until all is mixed in well. Roll into 1 inch balls and place on lightly greased baking tray and select Pizza mode and press start.				

MUTTON KEBAB	MUTTON KEBAB	4	3	2	1
Ingredients;	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>	
Mutton, Cut Into 1inch Cubes	200gms	300gms	400gms	500 gms	
Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp	
Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp	
Onion Paste	1 cup	1½ cup	2 cup	2 cup	
Coriander Powder	½ tsp	¾ tsp	1 tsp	1 tsp	
Khus Khus Grinded	½ tbsp	¾ tbsp	1 tbsp	1 tbsp	
Garam Masala	1tsp	1½ tsp	2 tsp	2 tsp	
Cumin Powder	½ tsp	¾ tsp	1 tsp	1 tsp	
Curd	1 cup	1½ cup	2 cup	2 cup	
Oil As Required					
Salt To Taste					
Method of preparation;					
Apply all ingredients to the mutton cubes and allow the mutton to marinate for about 6 to 8 hours. Arrange the mutton pieces on the baking tray select Pizza mode and press start.					

MOYETTIES	MOYETTIES	4	3	2	1
Ingredients;	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>	
Bread Buns	3	4	5	6	
Mushrooms (Quartered)	1 cup	1½ cup	2 cup	2 cup	
Tomatoes (Chopped)	1 cup	1½ cup	2 cup	2 cup	
Crushed Garlic	3	4	5	6	
Green Chillies, Chopped	2	2	3	3	
Onions Chopped	1 cup	1½ cup	2 cup	2 cup	
Red Chilly Powder	1tsp	1½ tsp	2 tsp	2 tsp	
Cumin Powder	1tsp	1½ tsp	2 tsp	2 tsp	
Sugar	1tsp	1½ tsp	2 tsp	2 tsp	
Grated Cheese	½ tbsp	¾ tbsp	1 tbsp	1½ tbsp	
Butter As Required					
Salt To Taste					
(Option For The Topping)					
Shredded Cabbage					
Grated Carrot					
Chopped Spring Onions					
Method of preparation:					
Take a microwave safe bowl: add all ingredients other than bread buns and grated cheese, mix all ingredients and put to cook in Micro mode high power for 4 minutes. Cut off the tops from the buns, scoop out the centers, and fill the centers with some cooked vegetable mix and top with some grated cheese; apply some butter lightly onto all buns. Arrange all buns in on a baking tray select Pizza mode and press start. After beep, take out moyetties from oven and top with cabbage, carrot, spring onions and serve.					

MEAT BALLS	MEAT BALLS	4	3	2	1
		Ingredients:	10:00 min	15:00 min	20:00 min
Meat, Minced	200gms	300gms	400gms	500 gms	
Eggs	1	1	2	2	
Bread Crumbs	1 cup	1½ cup	2 cup	2½ cup	
Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp	
Onion, Minced	½ cup	¾ cup	1 cup	1 cup	
Milk	½ cup	¾ cup	1 cup	1 cup	
Tomato Sauce	½ tbsp	¾ tbsp	1 tbsp	1½ tbsp	
Sugar	1tsp	1½ tsp	2 tsp	2 tsp	
Mustard	½ tsp	¾ tsp	1 tsp	1 tsp	
Pepper To Taste	1tsp	1½ tsp	2 tsp	2 tsp	
Oil As Required					
Salt To Taste					
Method of preparation					
Blend all ingredients together. Make meat balls. Arrange meat balls in the baking tray select Pizza mode and press start. Stir once in-between.					

PANEER TIKKA	PANEER TIKKA	4	3	2	1
		Ingredients:	10:00 min	15:00 min	20:00 min
Paneer	200gms	300gms	400gms	500 gms	
Mushrooms	½ cup	¾ cup	1 cup	1 cup	
Capsicum	½ cup	¾ cup	1 cup	1 cup	
Tomato	½ cup	¾ cup	1 cup	1 cup	
Onion	½ cup	¾ cup	1 cup	1 cup	
Coriander Leaves For Garnish					
To Marinate:					
Red Chilli Powder	1tsp	1½ tsp	2 tsp	2 tsp	
Garam Masala	1tsp	1½ tsp	2 tsp	2 tsp	
Cumin Powder	1tsp	1½ tsp	2 tsp	2 tsp	
Chat Masala	½ tsp	¾ tsp	1 tsp	1 tsp	
Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp	
Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp	
Curd	½ tbsp	¾ tbsp	1 tbsp	1½ tbsp	
Salt To Taste					
Method of preparation:					
Apply all marinate ingredients to the Paneer, mushroom, capsicum, tomato and onion. Allow the Paneer and vegetables to marinate for 1hour. Arrange the Paneer and marinated vegetables on the baking tray, select Pizza mode and press start. After beep, remove and add coriander leaves.					

CHICKEN TANDOORI	CHICKEN TANDOORI	4	3	2	1
	Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
	Chicken (cut into pieces)	250gms	400gms	500gms	600 gms
	Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp
	Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp
	Green Chillies Paste	1tsp	1½ tsp	2 tsp	2 tsp
	Pumpkin Paste	1 cup	1½ cup	2 cup	2½ cup
	Lime Juice	1tsp	1½ tsp	2 tsp	2 tsp
	Curd	1 cup	1½ cup	2 cup	2½ cup
	Red Chilli Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Orange Color	¼ tsp	½ tsp	½ tsp	¾ tsp
	Kashmiri Chilli Powder	½ tsp	¾ tsp	1 tsp	1 tsp
	Butter As Required				
	Salt To Taste				
	Method of preparation: Marinate the chicken with all ingredients, mix well and set aside for 2 hours. Arrange the chicken in a lightly greased baking tray, select Pizza mode and press start.				
CHICKEN LOLLYPOPS	CHICKEN LOLLYPOPS	4	3	2	1
	Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
	Chicken Wings	250gms	400gms	500gms	600 gms
	Maida	1tbsp	1½ tbsp	2 tbsp	2½ tsp
	Eggs	1	2	3	3
	Soya Sauce	1tbsp	1½ tbsp	2 tbsp	2½ tsp
	Green Chilli Paste	1tsp	1½ tsp	2 tsp	2 tsp
	Ginger, Garlic Paste	1tsp	1½ tsp	2 tsp	2 tsp
	Garam Masala	1tsp	1½ tsp	2 tsp	2 tsp
	Pepper Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Chilli Sauce	1tsp	1½ tsp	2 tsp	2 tsp
	Red Color	½ tsp	¾ tsp	1 tsp	1 tsp
	Oil As Required				
	Salt To Taste				
	Method of preparation: Marinate the chicken with the all ingredients for 1 hour. Arrange the marinate chicken in a lightly greased baking tray, select Pizza mode and press start. Turn once in-between.				
CHICKEN 65	CHICKEN 65	4	3	2	1
	Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
	Chicken Breast - Boneless	250gms	400gms	500gms	600gms
	Red Chilli Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Pepper Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Egg Whites	1	2	3	3
	Corn Flour	1tbsp	1½ tbsp	2 tbsp	2½ tsp
	Butter Milk	½ cup	¾ cup	1 cup	1 cup
	Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp
	Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp
	Orange Food Color	½ tsp	¾ tsp	1 tsp	1 tsp
	Lemon Juice	1tsp	1½ tsp	2 tsp	2 tsp
	Oil As Required				
	Salt To Taste				
	Method of preparation: Marinate the chicken breast with the all ingredients for 1 hour .Arrange the marinated chicken in a lightly greased baking tray, select Pizza mode and press start. Turn once in-between.				

RESHMI KEBAB	RESHMI KEBAB	4	3	2	1
Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>	
Boneless Chicken	250gms	400gms	500gms	600gms	
Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp	
Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp	
Onions Paste	1 cup	1½ cup	2 cup	2½ cup	
Coriander Leaves Paste	1tbsp	1½ tbsp	2 tbsp	2 tbsp	
Yoghurt	1 cup	1½ cup	2 cup	2 cup	
Almonds Grated	1tbsp	1½ tbsp	2 tbsp	2 tbsp	
Juice Of Lemon	1tsp	1½ tsp	2 tsp	2 tsp	
Salt To Taste					
Oil As Required					
Method of preparation:					
Marinate the chicken with the all ingredients for 2 hours. Arrange the marinated chicken in a lightly greased baking tray and place the baking dish, select Pizza mode and press start. Turn once in-between.					

CHICKEN ROAST	CHICKEN ROAST	4	3	2	1
Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>	
Chicken	250gms	400gms	500gms	600 gms	
Ground Black Pepper	½ tsp	¾ tsp	1 tsp	1 tsp	
Lemon Juice	1tsp	1½ tsp	2 tsp	2 tsp	
Garlic	½ tsp	¾ tsp	1 tsp	1 tsp	
Red Chili Powder	1tsp	1½ tsp	2 tsp	2 tsp	
Coriander Powder	1tsp	1½ tsp	2 tsp	2 tsp	
Thyme Paste	1tbsp	1½ tbsp	2 tbsp	2 tbsp	
Oil As Required					
Salt To Taste					
Method of preparation:					
In a mixing bowl add all ingredients, mix well and set aside 1 hour for marinate. Place the marinate chicken on the lightly greased baking tray, select Pizza mode and press start. Remove and serve hot.					

FISH CUTLETS	FISH CUTLETS	4	3	2	1
Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>	
Fish Boiled & Bones Removed	250gms	400gms	500gms	600 gms	
Egg	2	2	3	3	
Bread Slices Soaked In Water	4	5	6	7	
Bread Crumbs	2 tbsp	2½ tbsp	3 tbsp	3 tbsp	
Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp	
Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp	
Green Chillies	2	2	3	3	
Corn Flour	1tbsp	1½ tbsp	2 tbsp	2 tbsp	
Garam Masala	1tsp	1½ tsp	2 tsp	2 tsp	
Turmeric Powder	½ tsp	¾ tsp	1 tsp	1 tsp	
Coriander Leaves Paste	1tbsp	1½ tbsp	2 tbsp	2 tbsp	
Salt To Taste					
Oil As Required					
Method of preparation:					
Mash the fish and bread slices gently with the hands and add all ingredients together other than eggs, bread crumbs and mash them lightly. Add all remaining ingredients, mix well, shape as medium sized cutlets. Arrange cutlets in a lightly greased baking tray, select Pizza mode and press start. Turn once in-between.					

FISH ROAST	FISH ROAST	4	3	2	1
	Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
	Pomfret - Washed And Cleaned	250gms	400gms	500gms	600gms
	Garlic, Ginger Paste	1tsp	1½ tsp	2 tsp	2 tsp
	Lemon Juice	1tsp	1½ tsp	2 tsp	2 tsp
	Chilli Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Turmeric Powder	¼ tsp	½ tsp	½ tsp	¾ tsp
	Pepper Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Garam Masala	1tsp	1½ tsp	2 tsp	2 tsp
	Rice Flour	1tbsp	1½ tbsp	2 tbsp	2 tbsp
	Oil As Required				
	Salt To Taste				
	Method of preparation;				
	Mix all the ingredients other than fish to make a paste. Toss the fish into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in baking tray, select Pizza mode and press start. Remove and serve.				

TANDOORI FISH	TANDOORI FISH	4	3	2	1
	Ingredients;	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
	Fish	250gms	400gms	500gms	600 gms
	Garlic, Ginger Paste	1tsp	1½ tsp	2 tsp	2 tsp
	Red Chilli Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Green Chilli Paste	1tsp	1½ tsp	2 tsp	2 tsp
	Turmeric Powder	¼ tsp	½ tsp	½ tsp	¾ tsp
	Garam Masala	1tsp	1½ tsp	2 tsp	2 tsp
	Cumins Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Coriander Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Lemon Juice	1tsp	1½ tsp	2 tsp	2 tsp
	Curd	1 cup	1½ cup	2 cup	2 cup
	Oil As Required				
	Salt To Taste				
	Method of preparation;				
	Marinate the fish with all ingredients for 2 hrs. Arrange the marinated fish on lightly greased baking tray, select Pizza mode and press start. Turn once in-between.				

BANGDA FRY	BANGDA FRY	4	3	2	1
	Ingredients;	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
	Bangda	250gms	400gms	500gms	600gms
	Suji	1½ cup	2 cup	2½ cup	3 cup
	Garlic, Ginger Paste	1tsp	1½ tsp	2 tsp	2 tsp
	Red Chilli Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Tamarind Paste	¼ tbsp	½ tbsp	½ tbsp	¾ tbsp
	Turmeric Powder	¼ tsp	½ tsp	½ tsp	¾ tsp
	Garam Masala	1tsp	1½ tsp	2 tsp	2 tsp
	Cumins Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Coriander Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Oil As Required				
	Salt To Taste				
	Method of preparation;				
	Mix all the ingredients to make a paste. Toss the fish into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in the baking tray, select Pizza mode and press start.				

CRABS	CRABS	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	King Crab	250gms	400gms	500gms	600gms
	Onion Paste	1 cup	1½ cup	2 cup	2 cup
	Garlic Paste	1tsp	1½ tsp	2 tsp	2 tsp
	Red Chilli Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Ginger Paste	1tsp	1½ tsp	2 tsp	2 tsp
	Corn Starch	¼ tbsp	½ tbsp	½ tbsp	¾ tbsp
	Tomato Sauce	¼ tbsp	½ tbsp	½ tbsp	¾ tbsp
	Soy Sauce	¼ tbsp	½ tbsp	½ tbsp	¾ tbsp
	Fish Sauce				
	Oil As Required				
	Salt To Taste				
	Method of preparation;				
	Take a mixing bowl, add all ingredients to crabs and set aside for 1hour to marinate. Place the crabs in the baking tray, select Pizza mode and press start. Remove and serve hot.				

POMFRET FRY	POMFRET FRY	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Pomfret - Washed And Cleaned	250gms	400gms	500gms	600 gms
	Garlic	½ tsp	½ tsp	1 tsp	1 tsp
	Lemon Juice	1tsp	1½ tsp	2 tsp	2 tsp
	Chilli Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
	Pepper Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Garam Masala	1tsp	1½ tsp	2 tsp	2 tsp
	Rice Flour	½ tbsp	1tbsp	1½ tbsp	2 tbsp
	Oil As Required				
	Salt To Taste				
	Method of preparation				
	Mix all the ingredients other than Pomfret to make a paste. Toss the Pomfret into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in the baking tray, select Pizza mode and press start. Remove and serve.				

ROASTED PRAWNS	ROASTED PRAWNS	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Prawn – Shelled	250gms	400gms	500gms	600 gms
	Garam Masala	1tsp	1½ tsp	2 tsp	2 tsp
	Garlic Paste	½ tsp	½ tsp	1 tsp	1 tsp
	Ginger Paste	½ tsp	½ tsp	1 tsp	1 tsp
	Chilli Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
	Coriander Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Cumins Powder	1tsp	1½ tsp	2 tsp	2 tsp
	Oil				
	Salt To Taste				
	Method of preparation;				
	Take a mixing bowl, add all ingredients to prawns and set aside for 1hour to marinate. Place the prawns in the baking tray, select Pizza mode and press start. Remove and serve hot.				

LOBSTER	LOBSTER	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Lobster (Cut Into Lengthwise)	250gms	400gms	500gms	600gms
	Pepper Powder	1 tsp	1½ tsp	2 tsp	2 tsp
	Soya Sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
	Garam Masala	1 tsp	1½ tsp	2 tsp	2 tsp
	Salt To Taste				
	Oil As Required				
	Method of preparation;				
	Take a mixing bowl, add all ingredients to lobster and set aside for 1hour to marinate. Place the lobsters on the baking tray, select Pizza mode and press start. Remove and serve hot.				

CHICKEN SAUSAGES	CHICKEN SAUSAGES	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min
	Chicken Sausage Sliced	250gm	400gm	500 gms
	Garlic Paste	½ tsp	½ tsp	1 tsp
	Onion Paste	½ tbsp	1 tbsp	1½ tbsp
	Pepper Powder	1 tsp	1½ tsp	2 tsp
	Garam Masala	1 tsp	1½ tsp	2 tsp
	Soya Sauce	1 tbsp	1½tbsp	2 tbsp
	Oil			
	Method of preparation;			
	Take a mixing bowl, add all ingredients to chicken sausages and set aside for ½ hours to marinate. Place the chicken sausages on the baking tray, select Pizza mode and press start. Remove and serve hot.			

MUTTON ROAST	MUTTON ROAST	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Mutton, Cut Into Pieces	250gm	400gm	500gm	600 gms
	Curd,	1 cup	1½ cup	2 cup	2 cup
	Ginger, Garlic Paste,	1 tsp	1½ tsp	2 tsp	2 tsp
	Coriander Powder,	1 tsp	1½ tsp	2 tsp	2 tsp
	Black Pepper Powder,	1 tsp	1½ tsp	2 tsp	2 tsp
	Red Chillie Powder,	1 tsp	1½ tsp	2 tsp	2 tsp
	Garam Masala	1 tsp	1½ tsp	2 tsp	2 tsp
	Chee As Required				
	Salt To Taste.				
	Method of preparation:				
	In a mixing bowl add all the ingredients, mix it all together. Let it marinate for 2 hours. Take the marinate mutton into a lightly greased baking tray, select Pizza mode and press start. Turn once in-between.				

BAKED CHICKEN	BAKED CHICKEN	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Chicken	250gms	400gms	500gms	600 gms
	Tomato Sauce	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
	Bread-Crums	1 cup	1½ cup	2 cup	2½ cup
	Butter As Required				
	Salt To Taste				
	Method of preparation;				
	In a mixing bowl add all ingredients other than chicken, mix well and toss the chicken both sides in bread crumbs and arrange chicken pieces in the lightly greased baking tray, select Pizza mode and press start.				

VEGETABLE KEBAB	VEGETABLE KEBAB	4	3	2	1
Ingredients:		10:00 min	15:00 min	20:00 min	25:00 min
Paneer Grated		½ cup	¾ cup	1 cup	1½ cup
Potato Boiled & Mashed		½ cup	¾ cup	1 cup	1½ cup
Cauliflower Grated		½ cup	¾ cup	1 cup	1½ cup
Cabbage Grated		½ cup	¾ cup	1 cup	1½ cup
Maida		1 tbsp	1½tbsp	2 tbsp	2½ tbsp
Green Chilly Paste		1 tsp	1½ tsp	2 tsp	2 tsp
Coriander Powder		1 tsp	1½ tsp	2 tsp	2 tsp
Hing		A Pinch	A Pinch	A Pinch	A Pinch
Chilly Powder		1 tsp	1½ tsp	2 tsp	2 tsp
Butter As Required					
Salt As Required					
Method of preparation;					
In a mixing bowl add all ingredients, mash well and make a small ball of it. Arrange the balls in the lightly greased baking tray, select Pizza mode and press start.					

STUFFED CAPSICUM	STUFFED CAPSICUM	4	3	2	1
Ingredients:		10:00 min	15:00 min	20:00 min	25:00 min
Capsicum		250gms	400gms	500gms	600 gms
Carrots - Finely Chopped		1½ cup	2 cup	2½ cup	3 cup
Cabbage - Finely Chopped		1½ cup	2 cup	2½ cup	3 cup
Cumins Seeds		1 tsp	1½ tsp	2 tsp	2 tsp
Mustard Seeds		½ tsp	½ tsp	1 tsp	1 tsp
Coriander Powder		1 tsp	1½ tsp	2 tsp	2 tsp
Turmeric Powder		¼ tsp	¼ tsp	½ tsp	½ tsp
Red Chilli Powder		1 tsp	1½ tsp	2 tsp	2 tsp
Oil As Required					
Carrot For Garnishing					
Chopped Cabbage For Garnishing					
Salt To Taste					
Method of preparation;					
Slice off the top of the capsicums. Scoop out the inside to make them hollow and set aside. Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the remaining ingredients other than garnish ingredients. Remove and stuff the capsicum with this mixture. Place the stuffed capsicums on the baking tray, select Pizza mode and press start. Remove, garnish and serve.					

BAKED MUSHROOM	BAKED MUSHROOM	4	3	2	1
Ingredients:		10:00 min	15:00 min	20:00 min	25:00 min
Mushrooms		250gms	400gms	500gms	600 gms
Pepper Powder		1 tsp	1½ tsp	2 tsp	2 tsp
Bread crumbs		1 cup	1½ cup	2 cup	2½ cup
Cheese grated		1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Coriander leaves paste		1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Lemon Juice		1 tsp	1½ tsp	2 tsp	2 tsp
Garlic paste		½ tsp	¾ tsp	1 tsp	1½ tsp
Oil as required					
Salt to taste					
Method of preparation:					
Mix all ingredients to the mushrooms and marinate for 20 minutes. Arrange the marinated mushrooms in a lightly greased baking tray, select Pizza mode and press start. Turn once in-between.					

CHEESE CORN BALLS	CHEESE CORN BALLS	4	3	2	1
Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>	
Boiled Sweet Corn Kernels,	1½ cup	2 cup	2½ cup	3 cup	
Potatoes, Boiled And Mashed	½ cup	½ cup	1 cup	1 cup	
Capsicum,	½ cup	½ cup	1 cup	1½ cup	
Bread crumbs	1 cup	1½ cup	2 cup	2½ cup	
Cheese Grated	½ cup	½ cup	1 cup	1 cup	
Maida	1 tbsp	1 tbsp	1½tbsp	2 tbsp	
Corn Flour,	1 tbsp	1 tbsp	1½tbsp	2 tbsp	
Cumins Powder	1 tsp	1½ tsp	2 tsp	2 tsp	
Oil As Required					
Salt To Taste,					
Method of preparation:					
Blend all ingredients together. Make corn balls. Arrange corn balls in the lightly greased baking tray, select Pizza mode and press start. Turn once in-between.					

ALOO TIKKI	ALOO TIKKI	4	3	2	1
Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>	
Boiled Aloo	250gms	400gms	500gms	600 gms	
Green Peas Cooked	1 cup	1½ cup	2 cup	2½ cup	
Black Pepper Powder	½ tsp	¾ tsp	1 tsp	1½ tsp	
Ginger Paste	½ tsp	¾ tsp	1 tsp	1½ tsp	
Garam Masala	1 tsp	1½ tsp	2 tsp	2½ tsp	
Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2½ tsp	
Cumins Powder	1 tsp	1½ tsp	2 tsp	2½ tsp	
Oil As Required					
Salt Or To Taste					
Method of preparation:					
Mash potatoes and green peas together. Add all remaining ingredient mix well and shape as a medium sized tikki. Arrange tikki in a lightly greased baking tray, select Pizza mode and press start. Turn once in-between.					

STUFFED TOMATOES	STUFFED TOMATOES	4	3	2	1
Ingredients:	<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>	
Tomatoes	250gms	400gms	500gms	600 gms	
Paneer Grated	1 cup	1½ cup	2 cup	2½ cup	
Grated Cheese	¼ cup	½ cup	¾ cup	1 cup	
Onion Finely Chopped	1 cup	1½ cup	2 cup	2½ cup	
Green Chilli (Finely Chopped)	2	2	3	3	
Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2½ tsp	
Gram Masala	1 tsp	1½ tsp	2 tsp	2½ tsp	
Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	
Coriander Leaves For Garnish					
Oil As Required					
Salt To Taste					
Method of preparation					
Slice off the top of the tomatoes. Scoop out the inside to make them hollow and set aside. Prepare tadka in a microwave oven safe glass bowl as explained in Insta 4 with all the remaining ingredients. Remove and stuff the tomatoes with this mixture. Place the stuffed tomatoes on the baking tray, select Pizza mode and press start. Remove, garnish and serve.					

KHEEMA CUTLETS	KHEEMA CUTLETS	4	3	2	1
		10:00 min	15:00 min	20:00 min	25:00 min
Ingredients:					
Mutton Kheema Cooked	2 cup	2½ cup	3 cup	3½ cup	
Potatoes Boiled	2 cup	2½ cup	3 cup	3½ cup	
Besan Flour	1 cup	1½ cup	2 cup	2½ cup	
Onion, Chopped Thinly	½ cup	1 cup	1½ cup	2 cup	
Cloves	2	3	4	5	
Cinnamon Sticks	2	3	3	4	
Cardamoms	3	4	5	6	
Garlic Flakes	3	4	5	6	
Ginger, Grated	½ tsp	1 tsp	1½ tsp	1¾ tsp	
Poppy Seeds	½ tsp	1 tsp	1½ tsp	1¾ tsp	
Eggs	1	2	2	3	
Turmeric Powder	¼ tsp	½ tsp	½ tsp	¾ tsp	
Red Chili Powder	1 tsp	1½ tsp	2 tsp	2½ tsp	
Curry Leaves Chopped	few	few	few	few	
Coriander Leaves Chopped	few	few	few	few	
Oil As Required					
Salt As Required					
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than eggs and corn flour. After beep, remove, and add the remaining ingredients, mix and grind well to make kheema cutlets. Arrange cutlets in a lightly greased baking tray, select Pizza mode and press start. Turn once in-between.					

GRILL SANDWICH	GRILL SANDWICH	4	3	2	1
		10:00 min	15:00 min	20:00 min	25:00 min
Ingredients:					
Bread Slices	6	8	10	12	
Sliced Tomatoes	1 cup	1½ cup	2 cup	2½ cup	
Sliced Onion	½ cup	1 cup	1½ cup	2 cup	
Boiled Mashed Potato	½ cup	1 cup	1½ cup	2 cup	
Sliced Capsicum	1 cup	1½ cup	2 cup	2½ cup	
Grated Cheese	2 tsp	2½ tsp	3 tsp	4 tsp	
Cumins Powder	1tsp	1½ tsp	2 tsp	2½ tsp	
Pepper Powder	1tsp	1½ tsp	2 tsp	2½ tsp	
Pudina Chutney	2 tbsps	2½tbsps	3 tbsps	4 tbsps	
Salt To Taste					
Method of preparation:					
Apply the chutney to the bread slices and arrange and add all ingredients to make sandwich. Place the sandwiches on the baking tray, select Pizza mode and press start.					

PODO PITHA	PODO PITHA	4	3	2	1
		10:00 min	15:00 min	20:00 min	25:00 min
Ingredients:					
Rice soaked	1 cup	1½ cup	2 cup	2½ cup	
Urad Dal soaked	1 cup	1½ cup	2 cup	2½ cup	
Grated coconut	1 cup	1½ cup	2 cup	2½ cup	
Sugar	1 cup	1½ cup	2 cup	2½ cup	
Ginger paste	1 tsp	1½ tsp	2 tsp	2½ tsp	
Black pepper powder	1 tsp	1½ tsp	2 tsp	2½ tsp	
Ghee as required					
Salt to taste					
Method of preparation:					
Wash the dal and rice cleanly and grind it. The paste should be fine and thick. Add salt and mix well. Keep aside for 2 hours. Add all remaining ingredients to the rice and dal paste. Mix well and pour in a lightly greased baking tray, select Pizza mode and press start.					

CAKE	CAKE	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Maida	1 cup	1½ cup	2 cup	2½ cup
	Ground Sugar	¾ cup	1 cup	1½ cup	2 cup
	Ghee	½ cup	¾ cup	1 cup	1½ cup
	Eggs	2	2	3	3
	Baking Powder	1 tsp	1½ tsp	2 tsp	2 tsp
	Chocolate Powder	3 tsp	4 tsp	5 tsp	6 tsp
	Vanilla Essence	½ tsp	½ tsp	¾ tsp	¾ tsp
	Condensed Milk As Required				
	Method of preparation:				
	Prepare soft batter of all the ingredients, mix well. Pour the mixture in the lightly greased baking tray, select Pizza mode and press start.				

APPLE CAKE	APPLE CAKE	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Finely Grated Apples	1 cup	1½ cup	2 cup	2½ cup
	Sugar	¾ cup	1 cup	1½ cup	2 cup
	Egg (Beaten)	2	2	3	3
	Maida	¾ cup	1 cup	1½ cup	2 cup
	Cinnamon Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
	Baking Powder	½ tsp	¾ tsp	1tsp	1½ tsp
	Vanilla	½ tsp	½ tsp	¾ tsp	¾ tsp
	Raisins (Kismis)	few	few	few	few
	Cashew Nuts	few	few	few	few
	Method of preparation:				
	Place apples in large mixing bowl, add sugar, stir and let it stand for ½ hour. Add egg, maida, cinnamon powder, baking powder, blend well. Add cashew nuts, raisins to the batter. Pour the mixture into a lightly greased baking tray, select Pizza mode and press start.				

CARROT CAKE	CARROT CAKE	4	3	2	1
	Ingredients:	10:00 min	15:00 min	20:00 min	25:00 min
	Grated Carrots	1½ cup	2 cup	2½ cup	3 cup
	Maida	1 cup	1½ cup	2 cup	2½ cup
	Sugar	¾ cup	1 cup	1½ cup	2 cup
	Cinnamon Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
	Nut Meg	1	2	3	4
	Baking Powder	¾ tsp	1tsp	1½ tsp	2 tsp
	Baking Soda	½ tsp	½ tsp	¾ tsp	¾ tsp
	Eggs	2	2	3	3
	Vanilla	½ tsp	½ tsp	¾ tsp	¾ tsp
	Chopped Walnuts	1	1	2	2
	Ghee As Required				
	Method of preparation:				
	Take a mixing bowl, add all ingredients, mix well and set aside for 20 minutes. Pour the mixture into a lightly greased baking tray, select Pizza mode and press start.				

PANEER CAKE	PANEER CAKE	4	3	2	1
Ingredients:		<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
Paneer Mashed		1½ cup	2 cup	2½ cup	3 cup
Maida		1 cup	1½ cup	2 cup	2½ cup
Sugar		¾ cup	1 cup	1½ cup	2 cup
Cardamom Powder		½ tsp	½ tsp	¾ tsp	¾ tsp
Cooking Soda		¾ tsp	1tsp	1½ tsp	2 tsp
Suji		2 tsp	2½ tsp	3 tsp	4 tsp
Butter As Required					
Milk As Required					
Method of preparation:					
Place the mashed Paneer in a large mixing bowl, add maida and sugar. Add the remaining ingredients and blend well. Pour the mixture into a lightly greased baking tray, select Pizza mode and press start.					

BROWNIE	BROWNIE	4	3	2	1
Ingredients:		<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
Flour – Sifted		1½ cup	2 cup	2½ cup	3 cup
Butter		1 cup	1½ cup	2 cup	2½ cup
Sugar		1 cup	1½ cup	2 cup	2½ cup
Cocoa Powder		¾ cup	1 cup	1½ cup	2 cup
Baking Powder		1 tsp	1tsp	1½ tsp	2 tsp
Walnuts		few	few	few	Few
Method of preparation:					
Mix the butter and sugar in a mixing bowl until the sugar is completely dissolved. Add cocoa powder, flour, nuts, baking powder and mix well until smooth. Pour into a lightly greased baking tray, select Pizza mode and press start. Remove, allow to cool and serve.					

BREAD PUDDING	BREAD PUDDING	4	3	2	1
Ingredients:		<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
Bread Crumbs		2 cup	2½ cup	3 cup	3½ cup
Sugar		1½ cup	2 cup	2½ cup	3 cup
Chocolate		1 cup	1½ cup	2 cup	2½ cup
Eggs (Yolks & White Separate)		2	2	3	3
Vanilla Essence		½ tsp	½ tsp	¾ tsp	¾ tsp
Milk As Required					
Butter As Required					
Method of preparation:					
Take a mixing bowl, add bread crumbs, milk, butter, sugar, chocolate, egg yolks, vanilla essence and egg white, mix all ingredients and pour into lightly greased baking tray, select Pizza mode and press start.					

APPLE PUDDING	APPLE PUDDING	4	3	2	1
Ingredients:		<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
Apples Sliced		2 cup	2½ cup	3 cup	3½ cup
Maida		1 cup	1½ cup	2 cup	2½ cup
Powdered Sugar		1½ cup	2 cup	2½ cup	3 cup
Eggs		2	2	3	3
Milk		1 cup	1½ cup	2 cup	2½ cup
Cashew Nuts		few	few	few	few
Raisins		few	few	few	few
Lemon Juice		1 tsp	1tsp	1½ tsp	2 tsp
Butter As Required					
Method of preparation:					
Take a mixing bowl, add apple slices, maida, eggs, butter, lemon juice and milk, mix well, add cashew, raisins and pour into lightly greased baking tray, select Pizza mode and press start.					

BISCUITS	BISCUITS	4	3	2	1
Ingredients;		<i>10:00 min</i>	<i>15:00 min</i>	<i>20:00 min</i>	<i>25:00 min</i>
Maida		2 cups	2½ cup	3 cup	3½ cup
Powdered Sugar		1 cup	1½ cup	2 cup	2½ cup
Butter Softened		1 cup	1½ cup	2 cup	2½ cup
Eggs, Beaten		1	1	2	2
Cocoa Powder		1 tsp	1tsp	1½ tsp	2 tsp
Vanilla Essence		¼ tsp	½ tsp	½ tsp	¾ tsp
Method of preparation:					
Cream the butter; beat in the sugar, eggs and essence, Add flour and cocoa powder to make dough. Turn out and knead, roll the dough thinly, then put it into fridge for a while. Cut out into circles with the smaller cutter. Spread them on the lightly greased baking tray, select Pizza mode and press start.					

CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. When it becomes necessary to replace the oven light, please consult the nearest service center to have it replaced.
11. The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
12. Please do not dispose this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.

TROUBLE SHOOTING

Before calling for service check the following list to be sure that a service call is necessary. Reviewing additional information on items in the following table may prevent an unneeded service call

PROBLEM	POSSIBLE CAUSES
If nothing on the oven operates	<ul style="list-style-type: none"> - Check for a blown circuit fuse or a tripped main circuit breaker. - Check if oven is properly connected to the electric circuit in house. - Check if controls are set properly
If oven does not cook	<ul style="list-style-type: none"> - Check that the control panel was programmed correctly - Check that the door is firmly closed - Check that Start/Enter pad was touched
If oven takes longer than normal to cook or cooks too rapidly	<ul style="list-style-type: none"> - Be sure the power level is programmed properly
If the time of the day clock does not always keep the correct time	<ul style="list-style-type: none"> - Check that the power cord is fully inserted into the power outlet - Be sure the oven is the only appliance in the electrical circuit
If food cooks unevenly	<ul style="list-style-type: none"> - Be sure that the food is evenly placed - Be sure that the food is completely defrosted before cooking - Check placement of aluminum foil strips used to prevent over cooking
If food is under cooked	<ul style="list-style-type: none"> - Check recipe to be sure all directions (amount, time and power levels) were correctly followed - Be sure the oven is the only appliance in the electrical circuit - Be sure that the food is completely defrosted before cooking
If food is over cooked	<ul style="list-style-type: none"> - Check recipe to be sure all directions (amount, time power levels & size of dish) were correctly followed
If arcing (sparks) occur	<ul style="list-style-type: none"> - Be sure microwavable dishes were used. - Be sure wire-twist ties were not used - Be sure that the over was not operated when empty - Be sure that metal racks is not used in the microwave mode

FREQUENTLY ASKED QUESTIONS

QUESTION	ANSWER
Can I use a rack in my microwave oven so that I may reheat or cook in two rack positions at a time	It is recommended that while using the microwave mode to cook or reheat, place food on the turn table only. The metal rack provided along with the microwave oven (* Select models) is not to be used in the microwave mode. Only use the rack that is supplied with your microwave oven in the grill, combination or convection mode. Use of any other rack can result in poor cooking performance and/or arcing and may damage your oven.
Can I use either metal or aluminum pans in my microwave oven?	Usable metal includes aluminum foil for shielding (use small, flat pieces). Never allow metal to touch the walls or door
Sometimes the door of my microwave oven appears wavy. Is this normal?	This appearance is normal and does not affect the operation of your oven.
What are the humming noises I hear when my microwave oven is operating?	This is the sound of the transformer when the magnetron tube cycles on and off.
Why does the dish become hot when I microwave food in it?	As the food becomes hot, it will conduct the heat to the dish. Use hot pads to remove food after cooking. The dish may not be microwave safe.
What does standing time mean?	Standing time means that food should be left in the oven for a short period of time after the cooking is over which allows the cooking to finish
Can I pop popcorn in my microwave oven? How do I get the best results?	Yes. Pop packaged microwave popcorn following manufactures guideline or use the pre programmed popcorn pad. Do not use regular paper bags Use the listening test by stopping the oven as soon as the popping slows to a pop every 1 to 2 secs. Do not try to repop unpopped kernels.
Why does steam come out of the air exhaust vent?	Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the top vent.

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MICROWAVE OVEN WARRANTY

The Godrej Microwave Oven comes with a THREE years warranty on the magnetron and a ONE year warranty (except for plastic parts, glass components and decorative strips, knobs etc.) against defective material or workmanship on all components of the microwave oven. Godrej & Boyce Mfg. Co. Ltd. Appliance Division undertakes repairs, free of charge during the warranty period.

INSTRUCTIONS FOR THE CUSTOMER

1. Kindly ensure that the dealer fills the warranty details correctly and completely.
2. You should retain the warranty page for record and produce the same in the event of any warranty repairs.
3. In the event of a defect developing in the product, contact the nearest authorized Godrej & Boyce Service Centre for obtaining warranty service and inform the defect, model details and Serial No.

TERMS AND CONDITIONS

1. Repairs and replacement of parts will be carried out through the authorized customer service centre.
2. For units installed beyond the municipal limits of the jurisdiction of the authorized customer care centre all expenses incurred in collecting the units or parts thereof from the company's customer care centre, as well as expenses incurred with depositing of service personnel / technician's towards conveyance and other incidents will be borne by the customer.
3. The concerned customer care centre will advise the customer whether to effect the repair at site or at the customer care centre.
4. While the company will make every effort to carry out the repairs at the earliest, it however is made expressly clear that the company is under no obligation to do so in a specified period of time.
5. The company or its authorised customer care centre / service dealer reserves the right to retain any parts, components replaced at its discretion.
6. Warranty does not cover accessories to the equipment.
7. The warranty is confined to the first purchaser of MWO only and non-transferable.
8. Call registered with the centralized helpline / authorized service centre, where in only cleaning of the unit/ parts in the unit due to dust accumulation on portions of the units are not to be considered as defects.
9. **In case of any damages to the product, customer abuse, repairs by unauthorized personnel & misuse detected by the authorized service centre personnel, the warranty conditions are not applicable.**
10. If any colour internal or external components are replaced, effort will be made to ensure that the shades match with the original or other components. However, the replaced shades, pattern, tints may vary from the customer's unit due to usage of the unit. Any matching components changed at customer's request will be charged, except the component which is actually needed.
11. **The unit shall be operated with variation +/-5% of the rated voltage. Fluctuation beyond specified tolerance will not be covered under warranty. Customer shall not operate the product below 210V under any circumstances.**
12. Parts not covered - Main door, Glass, Bulb, Rubber, Plastic Components.
13. This warranty does not cover any type of painting, plating including rusting etc. or defects thereof.
14. **The Appliance or any part thereof is subjected to neglect, abuse or misuse, tampering, alteration, accident, fire, floods or other acts of God, or damage by rodents or insects, the COMPANY is not responsible for any damage caused to the appliance & Shall not be liable for any consequential loss or compensation. nor refund of purchase price or replacement of the appliance.**

Godrej & Boyce Mfg. Co. Ltd.- Appliance Division

WARRANTY DETAILS

MODEL NO.
UNIT SR. NO.

DATE OF PURCHASE

CUSTOMER'S NAME & ADDRESS

TEL. _____

DEALER'S NAME & ADDRESS

TEL. _____

Customer's Signature:

Dealer's Signature:

This card is valid only if it is filled in and stamped by our authorised dealer on the date of purchase.

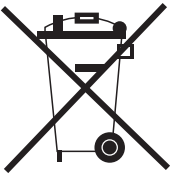
Warranty is Void If:

1. The warranty card is not completed properly at the time of purchase.
2. The completed warranty card is not presented to the authorized personnel at the time of service of the product.
3. The microwave is not operated according to instructions given in the 'User Guide'.
4. Defects are caused by improper or reckless use, which shall be determined by the company personnel.
5. Any repair work carried out by persons other than authorised company personnel.
6. Defects caused beyond control like abnormal voltage, acts of God, or while in transit to service center or purchaser's residence.
7. The warranty is not valid in case the serial number is deleted, defaced or altered.
8. Damage to the microwave or any parts due to transportation or shifting is not covered by the warranty.
9. The warranty automatically expires after 12 month of original date of purchase, even if the microwave may not be in use for any time for whatever reasons during the warranty period.

GODREJ & BOYCE MFG. CO. LTD., Appliances Division

Branch	Address
Ahmedabad	4th Floor, APM Shopping Mall Near IOCL Petrol Pump, Shyamal-Karnavati, 100 ft. Road, Satellite, Ahmedabad - 380015
Bangalore	3rd Floor, The Karnataka Film Chamber of Commerce Bldg. 28, 1st Main, Crescent Road, High Grounds Nr. Shivanand Circle, Bangalore - 560001
Bhopal	217, Zone I, M.P. Nagar, Beh. Jyoti Talkies, Bhopal - 462011
Bhubaneshwar	Highway Complex, NH-5, Rudrapur, Bhubaneshwar - 752101
Chandigarh/Mohali	Plot No. A-40, Phase VIII-A, Industrial Area, Mohali - 160059
Chennai	No. 1, Sidco Industrial Estate, Ambattur, Chennai - 600098
Coimbatore	No. 585 - 590 3rd Floor, Sathya Towers, DB Road, R S Puram, Coimbatore - 641002
Delhi	Godrej Bhavan, 2nd Floor, Shershah Suri Marg, Mathura Road, Okhla, New Delhi - 110065
Faridabad	Godrej Bhavan, 2nd Floor, Shershah Suri Marg, Mathura Road, Okhla, New Delhi - 110065
Ghaziabad	Plot No. 229/230, Sardar Pashu Ahaar, Bulandshahar Road, Village-chaprola, Ghaziabad
Guwahati	Basundhara Enclave, 1st & 2nd Floor Ulubari, Guwahati – 781007
Hyderabad	201 & 202, Lala-1 Land Mark, 5-4-94 to 97, 2nd Floor, Above Digital Shoppo, Ranigunj, M.G. Road, Secunderabad -500003
Jaipur	502-506, 5th Floor, Gaurav Towers, Malviya Nagar, Jaipur - 302017
Kochi	2nd floor, Angels Arcade, South Kalamasserry, Near CUSAT PO Kochi – 682022
Kolkata	Plot-30, Block-GN, Sector-V, Salt Lake city, Kolkata - 700091
Lucknow	C-3/3 & C-3/4, Sanjay Complex, Near All India Radio, Vidhan Sabha Marg, Lucknow-226001
Mumbai	Appliance Division, Plant 4, Pirojshahnagar, Vikhroli, Mumbai - 400079
Nagpur	Dr. Bhiwapurkar Chamber, 2nd Floor, Opp. Yashwant Stadium, Dhantoli, Nagpur - 440012
Patna	Grand Plaza 6th Floor, 6001-6004, Dakbunglow Crossing. Frazer Road. Patna-800001
Pune	Apollo Building Square, Plot No. 60, Survey No. 599, Sahaney Sujan Park, Lullanagar, Bibewadi Road, Pune - 411040
Raipur	9/1, Besides Bharat Petrol Pump, Opp, Hotel Picadelly, Mahoba Bazaar, G.E. Road, Raipur - 492001, Chhatisgarh
Ranchi	C/o. Surya Motors, Near Krishi Bazaar Samiti Pandra, Ranchi (Jharkand) - 835222
Toll-Free :1800-209-5511	
Website: www.godrejappliances.com & www.godrejsmartcare.com E-mail: smartcare@godrej.com	

Protection of Environment:



“Protection of environment” is one of the core values of Godrej and we seek your co-operation to make sure that this product is not disposed as unsorted municipal waste.

This symbol is known as the “Crossed-out Wheelie Bin Symbol”. It means that the product should not be disposed of with your general household waste.

It should be disposed of only through the company’s collection centers with special treatment so as to prevent any damage to the environment. **Please call: 1800 209 5511 or visit: www.godrejappliances.com/green-think for details about Godrej Appliances authorized collection centers.**

Godrej eon[®]