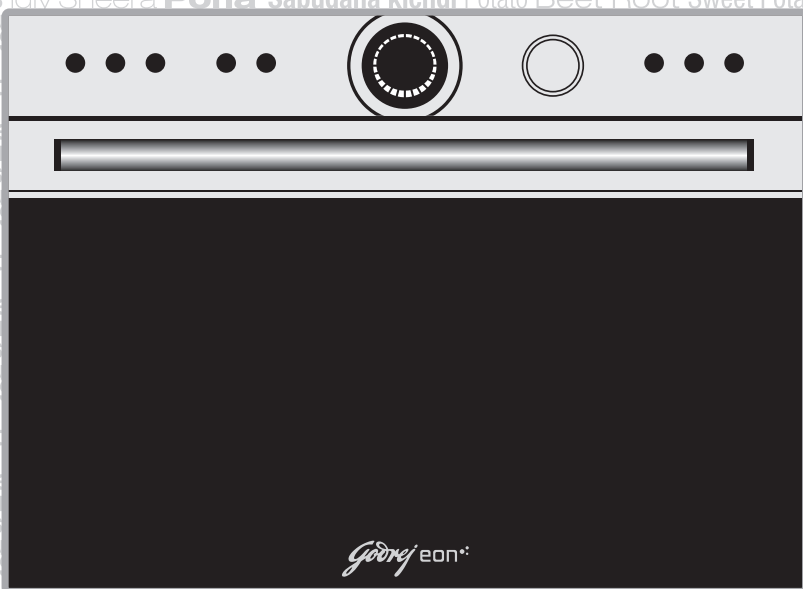


Godrej eon®

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



User Manual
GME 34CA1 MKZ
34 ltr. Microwave Convection

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:	230~240V/50Hz, 1400W(Microwave)
	1250W(Grill)
	2050W(Convection)
Rated Microwave Output:	900W
Operation Frequency:	2450MHz
Outside Dimensions:	376mm(H)×498mm(W)×572mm(D)
Oven Capacity:	34Litres
Cooking Uniformity:	Turntable System
Net Weight:	Approx.25.4kg

TABLE OF CONTENT

IMPORTANT SAFETY INSTRUCTIONS	3
UTENSIL GUIDE	5
INSTALLATION INFORMATION	6
GROUNDING INSTRUCTIONS	6
ELECTRICAL REQUIREMENTS	7
RADIO INTERFERENCE	7
EXTENSION CORD INFORMATION	7
PART NAMES	7
CONTROL PANEL	8
OPERATION INSTRUCTIONS	9
INSTACOOK MENUS	12
CLEANING AND CARE	105
TROUBLESHOOTING	106
FAQs	107
WARRANTY	108

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 microwavable 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

1. The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
5. 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.

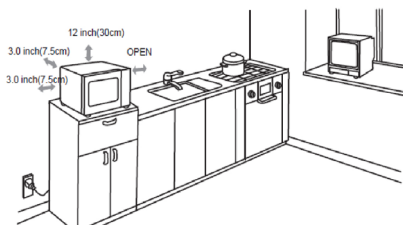
The list below is a general guide to help you select the correct utensils.

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

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

INSTALLATION INFORMATION

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



A minimum clearance of 7.5 cm is required between the oven and any adjacent walls. One side must be open.

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

- c) Blocking the intake and/or outlet openings can damage the oven
- d) 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)

WARNING: Do not install oven over a range cooktop 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.

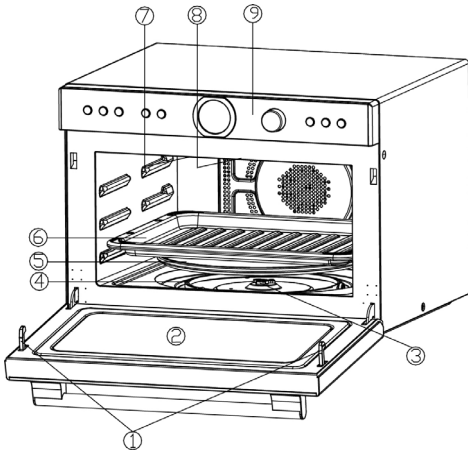
When there is interference, it may be reduced or eliminated by taking the following measures:

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.

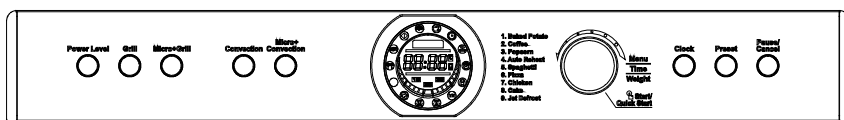
EXTENSION CORD INFORMATION

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 NAMES



1. Door Safety Lock System
2. Oven Window
3. Shaft
4. Roller Ring
5. Glass Tray
6. Baking Plate
7. Wave Guide
8. Grill Heater
9. Control Panel



CONTROL PANEL

MENU ACTION SCREEN

Cooking time, power, action indicators, and clock time are displayed.

POWER LEVEL

Touch this button a number of times to set microwave cooking power level.

GRILL

Press this button to set a grill-cooking program.

MICRO+GRILL

Press to select one of two combination cooking settings of microwave and grill.

CONVECTION

Press to program convection cooking.

MICRO+CONVECTION

Press to select one of four combination cooking settings.

CLOCK

Touch this button to set the oven clock.

PRESET

Press to set the preset function which allows you to put food into the oven and program it to start cooking at a later time.

PAUSE/CANCEL

Press to cancel setting or reset the oven before setting a cooking program. Press once to temporarily stop cooking, or twice to cancel cooking altogether. It is also used for setting child lock.

MENU/TIME/WEIGHT

Turn the dial to set the oven clock time, input cooking time or food weight. Turn the dial to select an InstaCook menu including jet defrost.

START/QUICK START

Touch to start a cooking program. Simply touch it a number of times to set cooking time and cook immediately at full power level.

OPERATING INSTRUCTIONS

Each time a button is touched, a beep will sound to acknowledge the touch.

SETTING CLOCK TIME

The clock works in 24-hour cycle.

FOR EXAMPLE: Suppose you want to set the oven clock time to 8:30.

1. Press CLOCK button once.
2. Turn MENU/TIME/WEIGHT to set 8 o'clock.
3. Press CLOCK button.
4. Turn MENU/TIME/WEIGHT to set 30 minutes.
5. Press CLOCK to confirm the setting.

Note: You can check the clock time during cooking by pressing CLOCK.

MICROWAVE COOKING

For microwave cooking, just press the POWER LEVEL button a number of times to select a cooking power level, and then use the MENU/TIME/WEIGHT dial to set a desired cooking time. The longest cooking time is 95 minutes.

Select power level by pressing POWER LEVEL.

Press POWER LEVEL	Power	Description
once	100%(P100)	High
twice	90%(P-90)	
3 times	80%(P-80)	
4 times	70%(P-70)	Medium High
5 times	60%(P-60)	
6 times	50%(P-50)	Medium
7 times	40%(P-40)	
8 times	30%(P-30)	Med. Low/Defrost
9 times	20%(P-20)	
10 times	10%(P-10)	Low
11 times	0%(P-00)	

For example, suppose you want to cook for 10 minutes at 60% of microwave power.

1. Press PAUSE/CANCEL button to re-set the oven.
2. Press POWER LEVEL repeatedly to select cooking power.
3. Turn MENU/TIME/WEIGHT to 10:00.
4. Press START/QUICK START button.

Note: You can check the power level during cooking by pressing POWER LEVEL.

GRILL

The longest cooking time is 95 minutes. The grill cooking is particularly useful for meatballs, pizza, nankhatai, kebabs, bread toast, chicken roast, etc. It is also suitable for hot sandwiches and fish roast.

For example, suppose you want to grill for 12 minutes.

1. Press PAUSE/CANCEL button.
2. Press GRILL button.
3. Turn the MENU/TIME/WEIGHT to 12:00.
4. Press START/QUICK START button.

COMBINATION

This feature allows you to combine grill and microwave cooking on two different settings. The longest cooking time is 95 minutes.

COMBINATION 1

FOR EXAMPLE: Suppose you want to set combination 1 cooking for 25 minutes.

1. Press PAUSE/CANCEL button.
2. Press MICRO+GRILL button once.
3. Turn MENU/TIME/WEIGHT to 25:00.
4. Press START/QUICK START button.

COMBINATION2

FOR EXAMPLE: Suppose you want to set combination 2 cooking for 12 minutes.

1. Press PAUSE/CANCEL button.
2. Press MICRO+GRILL button twice.
3. Turn MENU/TIME/WEIGHT to 12:00.
4. Press START/QUICK START button.

CONVECTION

The longest cooking time is 9 hours and 30 minutes (9H:30). During convection cooking, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly. This oven can be programmed for ten different cooking temperatures (110~200°C).

To Cook with Convection

Press CONVECTION button to set convection temperature.

Suppose you want to cook at 160o for 40 minutes.

1. Press CONVECTION button a number of times to select temperature.
2. Rotate the MENU/TIME/WEIGHT dial

until the correct cooking time is displayed.

3. Press START/QUICK START button.

Note: You can check the convection temperature while cooking is in progress by pressing the CONVECTION button.

To Preheat and Cook with Convection

Your oven can be programmed to combine preheating and convection cooking operations.

Suppose you want to preheat to 150° and then cook 30 minutes.

1. Press CONVECTION button a number of times to select temperature.
2. Press START/QUICK START button. When the oven reaches the programmed temperature, beep will sound.
3. Open the door and place container of food at the center of the turntable.
4. Rotate the MENU/TIME/WEIGHT dial until the correct cooking time is displayed.
5. Press START/QUICK START button.

Note: After the preheat time elapsed, the system will beep every 5 seconds. If there is no any operation within 30 minutes, the system will display End.

MICRO + CONVECTION

The longest cooking time is 9 hours and 30 minutes (9H:30).

This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically.

Press MICRO+CONVECTION button to select convection temperature:

Oven temperature(°)
110
140
170
200

Suppose you want to bake food for 26 minutes with 170°.

1. Press MICRO+CONVECTION button a number of times to select temperature.

2. Rotate the MENU/TIME/WEIGHT dial until the correct cooking time is displayed.

3. Press START/QUICK START to start.

Note: You can check the combination cooking power while cooking is in progress by pressing the MICRO+CONVECTION button.

PRESET

You can put food in the oven, and program the oven to start up at a later time.

Suppose you want to set the oven to start-up at 2:30.

1. Input a cooking program.
2. Press PRESET once.
3. Rotate the MENU/TIME/WEIGHT dial to enter the hour digit.
4. Press PRESET.
5. Rotate the MENU/TIME/WEIGHT dial to enter the minute digit.
6. Press START/QUICK START.

JET DEFROST

The longest defrosting time is 95 minutes. Suppose you want to defrost frozen food for 5 minutes.

1. Rotate the MENU/TIME/WEIGHT dial anti-clockwise to select Insta "9".
2. Press START/QUICK START once.
3. Rotate the MENU/TIME/WEIGHT dial to enter the defrosting time.
4. Press START/QUICK START.

Note: After defrosting 2/3 time the system will pause and sound to remind you to turn over the food, after that, press START/QUICK START to resume.

MULTI-STAGE COOKING

Your oven can be programmed for up to 3 automatic cooking sequences.

Suppose you want to set the following cooking program.

Microwave cooking

↓

Grill cooking

↓

Convection cooking (without preheat function)

Steps:

1. Enter the first stage of a microwave cooking program.
2. Enter the second stage of a grill cooking program.

3. Enter the third stage of a convection cooking program.
 4. Press START/QUICK START button.
- Note:** Quick Start, Jet Defrost, InstaCook cannot be set into multi-stage cooking program.

CHILD LOCK

The child lock prevents unsupervised operation by children.

To set the child lock: In standby mode, press PAUSE/CANCEL button for 3 seconds, then a beep will sound and the indicator light will come on. In the lock state, all buttons are disabled.

To cancel the child lock: Press PAUSE/CANCEL button for 3 seconds, then a beep will sound and the indicator light will come off.

QUICK START

Use this feature to program the oven to microwave food at 100% power conveniently.

In standby mode, press START/QUICK START button in quick succession to set the cooking time (each press for 30 seconds, and up to 10 minutes). The oven will start working automatically.

AUTO PROTECTION

During cooking, when the temperature of the cavity reaches over 300o, the display will show E01 and the oven automatically enters into protection mode with beeps until pressing the PAUSE/CANCEL button and the system resumes to normal. In case of short circuit, the display shows E03 and the oven automatically enters into protection mode with beeps until pressing the PAUSE/CANCEL button, the oven will be back to normal.

AUTO DEODORIZER

The controlling system of the microwave oven has the feature of cooling. As for any cooking mode with cooking time above 2 minutes, after finishing cooking, the oven fan will continue to work for several minutes automatically to cool the oven for prolonging the life of the oven.

INSTACOOK

For the InstaCook cooking modes, 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.

1. In standby mode, rotate the digital knob MENU/TIME/WEIGHT anti-clockwise to select InstaCook code from 1~9, to specify the food to be cooked.
2. Press START/QUICK START once.
3. Rotate MENU/TIME/WEIGHT to enter weight, check the screen for number of servings or preset weights, which should match weight of food you have placed in the oven.
4. Press START/QUICK START button to start.

STEAM CLEAN

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

1. Place the plastic bowl in 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/press the MENU function and select the relevant Insta menu. 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=230gms, 2=460gms, 3=690gms. The menu will be displayed as A 1,A 2, A3, etc.

Recipe Name	Ingredients & Method of preparation	Weight
-------------	-------------------------------------	--------

UPMA	Insta 1	UPMA	230gm	460gm	690gm
		Ingredients;			
		Roasted Semolina (Suji)	2 cup	3 cup	4 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	½ 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 3 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 Insta 1, enter weight and press start. Garnish with coconut & shev, serve hot.					

FRUIT CUSTARD	Insta 1	FRUIT CUSTARD	230gm	460gm	690gm
		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;					
<p>Take a microwave oven safe large glass bowl; add milk, sugar, custard powder and mix well. Place the bowl in the microwave oven, select insta 1, 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.</p>					

NOODLES	Insta 1	NOODLES	230gm	460gm	690gm
		Ingredients:			
		Noodles - Boiled	100gms	150gms	200gms
		Mixed Vegetables(Carrots,Beans, Cauliflower,Baby Corn)	100gms	200gms	350gms
		Mushrooms - Sliced	50 gms	100gms	150gms
		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:					
<p>Prepare tadka as mentioned in Insta 3 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.</p>					

ALOO GOBI MASALA	Insta 1	ALOO GOBI MASALA	230gms	460gms	690gms
		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 Chillli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Mustard	¼ tsp	½ tsp	1 tsp
		Chopped Green Chillies	1 tsp	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 3 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 1, enter weight and press start. Garnish with coriander leaves and serve hot.					

FISH CURRY	Insta 1	FISH CURRY	230gm	460gm	690gm
		Ingredients:			
		Fish - Washed & Sliced	230gms	460gms	690gms
		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 3 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 1, enter weight and press start. Remove and serve hot.					

PANEER BHURJI	Insta 1	PANEER BHURJI	230gm	460gm	690gm
		Ingredients:			
		Paneer Grated	230gms	460gms	690gms
		Tomatoes	2	3	4
		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
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Ginger-Garlic Paste	1 tsp	1½ tsp	1½ tsp
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than grated paneer and salt. Remove after beep, and add grated paneer, salt, mix well and select insta 1, enter weight, press start. Serve hot.			

BAINGAN MASALA	Insta 1	BAINGAN MASALA	230gm	460gm	690gm
		Ingredients:			
		Brinjals (Baingan), Cut Into Half	230gms	460gms	690gms
		Tomatoes, Chopped	2	3	4
		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 Insta 3 with all the ingredients other than tomato, methi leaves, salt and pepper. Remove after beep, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, garnish with coriander and serve.			

KARELA FRY	Insta 1	KARELA FRY	230gm	460gm	690gm
		Ingredients:			
		Karela (Cut Into Thin Round)	230gms	460gms	690gms
		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 Insta 3 with all the ingredients other than garam masala. After beep, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start.			

CARROT CURRY	Insta 1	CARROT CURRY	230gm	460gm	690gm
		Ingredients:			
		Carrots Chopped	230gms	460gms	690gms
		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 3 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 Insta 1, enter weight and press start. Remove, garnish with coriander and serve.			

CARROT SOUP	Insta 1	CARROT SOUP	230gm	460gm	690gm
		Ingredients:			
		Carrot - Chopped	150gms	300gms	500gms
		Sweet Potato - Chopped	80gms	160gms	190gms
		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 3 with all the ingredients other than carrots, sweet potato, vegetable broth and coconut milk, After beep, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, allow to cool and blend in a juicer. Drain, reheat and serve.					

TOMATO CHUTNEY	Insta 1	TOMATO CHUTNEY	230gm	460gm	690gm
		Ingredients:			
		Tomatoes - Chopped	100gms	200gms	400gms
		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 Asafoetida Powder			
Method of preparation;					
Take a microwave oven safe bowl; add oil, onion, garlic, salt, tomatoes, red chilli powder, tamarind juice and mix well. Place the bowl in the microwave oven, select Insta 1, 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 3, enter weight and press start. Remove, add to the tomato mixture, mix well and serve.					

PRAWNS MASALA	Insta 1	PRAWNS MASALA	230gm	460gm	690gm
		Ingredients:			
		Prawn – Shelled	230gms	460gms	690gms
		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 Insta 3 with all the ingredients other than the prawns. Remove, add the prawns and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve hot.					

MUSHROOM SOUP	Insta 1	MUSHROOM SOUP	230gm	460gm	690gm
		Ingredients:			
		Button Mushrooms	230gms	460gms	690gms
		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
		Black Peppers	few	few	few
		Salt To Taste			
	Method of preparation;				
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3, 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 Insta 1, enter weight and press start. Remove and serve.					

PUDINA CHUTNEY	Insta 1	PUDINA CHUTNEY	230gm	460gm	690gm	
		Ingredients:				
		Pudina Leaves	230gms	460gms	690gms	
		Raw Mango Peeled, Chopped	1 cup	1½ cup	2 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	
		Asafoetida	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 Insta 3, 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 Insta 1, enter weight and press start. Remove and serve.					

BUTTER CHICKEN	Insta 1	BUTTER CHICKEN	230gm	460gm	690gm
		Ingredients:			
		Boneless Chicken	230gms	460gms	690gms
		Yogurt	1½ tbsp	2 tbsp	3 tbsp
		Lime Juice	¾ tsp	1 tsp	1½ tsp
		Red Chilli Powder	1½ tsp	2 tsp	3 tsp
		Roasted Cloves	3	4	6
		Roasted Pepper Corns	3	4	6
		Roasted Cinnamon	¾ inch	1 inch	1 inch
		Cardamom	3	4	6
		Roasted Almonds	4	5	6
		Bay Leaves	2	2	3
		Oil	½ tbsp	¾ tbsp	1 tbsp
		Chopped Onions	2	2	3
		Garlic Paste	¾ tsp	1 tsp	1 tsp
		Ginger Paste	¾ tsp	1 tsp	1 tsp
		Coriander Powder	¾ tsp	1 tsp	1 tsp
		Cumin Powder	¾ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Tomato Puree	1½ tbsp	2 tbsp	3 tbsp
		Chicken Stock	2 cup	2 cup	2 cup
		Kasuri Methi	1½ tsp	2 tsp	2 tsp
		butter	½ tbsp	¾ tbsp	1 tbsp
		salt to taste			
		coriander leaves for garnish			
Method of preparation;					
<p>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, bayleaves, coriander, cumin, turmeric powder & set aside for 1 hour. Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 Insta 1, enter weight and press start. Remove and garnish with coriander leaves and serve.</p>					

BHENDI FRY	Insta 1	BHENDI FRY	230gm	460gm	690gm
		Ingredients:			
		Lady Finger (Okra / Bhindi)	230gms	460gms	690gms
		Gram Flour	½ cup	1 cup	1½ cup
		Sliced Onion	½ cup	1 cup	1½ cup
		Sliced Green Chilli	2	3	4
		Coriander Powder	½ tsp	1 tsp	1½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Cumin Seeds	½ tsp	1 tsp	1½ 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 glass bowl as explained in Insta 3 with all the ingredients other than lady finger. Remove, add lady fingers and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve.					

MUTTON LIVER CURRY	Insta 1	MUTTON LIVER CURRY	230gm	460gm	690gm
		Ingredients:			
		Goat Liver	230gms	460gms	690gms
		Onion Finely Sliced	1	2	3
		Ginger & Garlic Paste	½ tsp	1 tsp	1½ tsp
		Tomato Puree	½ cup	½ cup	1 cup
		Turmeric	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cumin Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Ghee	½ tbsp	½ tbsp	1 tbsp
		Bay Leaves	2	3	4
		Cinnamon	1" stick	2" stick	3" stick
		Green Cardamom	3	4	6
		Cloves	3	4	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 3 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 1, enter weight and press start. Remove, garnish with coriander leaves and serve.					

METHI MALAI MATAR	Insta 1	METHI MALAI MATAR	230gm	460gm	690gm
		Ingredients:			
		Methi Leaves	50gms	100gms	150gms
		Green Peas	200gms	300gms	350gms
		Malai / Cream	50gms	100gms	150gms
		Onion Paste	50gms	100gms	150gms
		Green Chilli Paste	1 tsp	1½ tsp	2 tsp
		Garlic, Ginger Paste	½ tsp	½ tsp	1 tsp
		Khus Khus Paste	½ tbsp	½ tbsp	1 tbsp
		Cumins	½ tsp	½ tsp	1 tsp
		Cashew Nuts	4	5	6
		Milk	1 cup	1½ cup	2 cup
		Oil As Required			
		Salt To Taste			
Method of preparation:					
Prepare tadka as explained in Insta 3 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 1, enter weight and press start. Remove and serve.					

GREEN PEAS CURRY	Insta 1	GREEN PEAS CURRY	230gm	460gm	690gm
		Ingredients:			
		Green Peas	230gms	460gms	690gms
		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
		Chilli 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 3 with all the ingredients other than tomato, green peas and coconut milk. 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.					

GRATED RADISH CURRY	Insta 1	GRATED RADISH CURRY	230gm	460gm	690gm
		Ingredients:			
		Radish (Grated)	230gms	460gms	690gms
		Coconut (Grated)	1 cup	1½ cup	2 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Chilli Powder	1½ tsp	2 tsp	3 tsp
		Chopped Green Chillies	3	4	5
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	1 tsp	1 tsp
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
Method of preparation:					
Prepare tadka as explained in Insta 3 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 1, enter weight and press start. Remove, garnish with coriander leaves and serve.					

BROWNIE	Insta 1	BROWNIE	230gm	460gm	690gm
		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 flat glass bowl, Place in the microwave oven, select Insta 1, enter weight and press start. Remove, allow to cool and serve.					

GOBI MATAR	Insta 1	GOBI MATAR	230gm	460gm	690gm
		Ingredients:			
		Cauliflower Florets	50 gms	100 gms	150gms
		Green Peas	100gms	160 gms	200gms
		Lauki	50gms	100 gms	150gms
		Chopped Cabbage	30 gms	100 gms	190gms
		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 Insta3 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 Insta 1, enter weight and press start. Serve hot.					

CAULIFLOWER ONION FRY	Insta 1	CAULIFLOWER ONION FRY	230gm	460gm	690gm
		Ingredients:			
		Cauliflower Florets	230gms	460 gms	690gms
		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 Insta 3 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 Insta 1, enter weight and press start. Serve hot.					

CASHEW BURFI	Insta 1	CASHEW BURFI	230gm	460gm	690gm
		Ingredients:			
		Cashew Nuts Powder	3 cup	4 cup	5 cup
		Powdered Sugar	1½ cup	2 cup	2½ cup
		Ghee	¼ cup	½ cup	¾ cup
		Elaichi Powder	¼ tsp	¼ tsp	½ tsp
		Water As Required			
		Siver Warq Few Sheets (Optional)			
Method of preparation:					
Take a microwave oven safe glass bowl, add water and sugar to make sugar syrup, select Insta 3, set weight, press start. After beep, remove and add cashew powder, ghee, stir well and select Insta 1, 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 daimond shaped pieces.					

ALOO MATAR	Insta 1	ALOO MATAR	230gm	460gm	690gm
		Ingredients:			
		Potatoes	130gms	260gms	390gms
		Green Peas	100gms	200gms	300gms
		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
		Corainder 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			
		Corainder Leaves For Garnish			
Method of preparation:					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3, with all the ingredients other than tomato puree, salt, green peas, curd. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, garnish with coriander leaves and serve.					

COCONUT PAYASAM	Insta 1	COCONUT PAYASAM	230gm	460gm	690gm
		Ingredients:			
		Grated Coconut	2 cup	3 cup	4 cup
		Jaggery	1 cup	1½ cup	2 cup
		Milk	1 cup	1½ cup	2 cup
		Ghee	3 tsp	4 tsp	5 tsp
		Roasted Cashew Nuts	6	8	10
		Cardamom Powder	a pinch	a pinch	a pinch
Method of preparation:					
Grind coconut and squeeze milk from it 2 times. Take a microwave oven safe bowl, add ghee, coconut milk, jaggery, milk and cardamom powder, mix well. Place the bowl in microwave oven select Insta 1, set weight, press start. After beep, remove and add cashew. Serve hot.					

TOMATO BRINJAL CURRY	Insta 1	TOMATO BRINJAL CURRY	230gms	460 gms	690gms
		Ingredients:			
		Brinjals (Cut Lengthwise)	1 cup	1½ cup	1½ cup
		Onion Chopped	1 cup	1½ cup	1½ cup
		Tomato Chopped	1 cup	1½ cup	1½ cup
		Chilli 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 1 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 1, enter weight and press start. Serve hot					

ARBI/ TARO ROOT FRY	Insta 1	ARBI/ TARO ROOT FRY	230gm	460gm	690gm		
		Ingredients:					
		Taro Root (Boiled & Peeled)	230gms	460gms	690gms		
		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 Insta 3 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 Insta 1, enter weight and press start. Serve hot.					

TINDORA FRY	Insta 1	TINDORA FRY	230gm	460gm	690gm		
		Ingredients:					
		Tindora Chopped	230gms	460 gms	690gms		
		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 Insta 3 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.					

CAPSICUM WITH PEANUTS	Insta 1	CAPSICUM WITH PEANUTS	230gm	460gm	690gm
		Ingredients:			
		Capsicum	230gms	460 gms	690gms
		Raw Peanuts Powder	2 tbsp	3 tbsp	4 tbsp
		Urad Dal	1 Tbsp	2 tbsp	3 tbsp
		Whole Red Chilli	3	4	5
		Tamarind (Optional)	1" piece	2 " piece	3" piece
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	½ tsp	1 tsp	1½ tsp
		Urad Dal	1 tsp	1½ tsp	2 tsp
		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 3 with all the ingredients other than capsicum and tamarind. After beep, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Serve hot.			

SARSON KA SAAG	Insta 1	SARSON KA SAAG	230gm	460gm	690gm
		Ingredients:			
		Spinach Chopped	100gms	200 gms	300gms
		Mustard Greens Chopped	130gms	260 gms	390gms
		Green Chillies	2	3	4
		Ginger Paste	½ tsp	½ tsp	1 tsp
		Garlic Paste	½ tsp	½ tsp	1 tsp
		Onion Grated	½ cup	1 cup	1½ cup
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cumin Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala Powder	1½ tsp	2 tsp	3 tsp
		Lime Juice	1 tsp	1½ tsp	2 tsp
		Bengal Gram Flour	1 tbsp	1½ tbsp	2 tbsp
		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 Insta 3 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 Insta 1, enter weight and press start. Serve hot.			

MACHER JHOL	Insta 1	MACHER JHOL	230gm	460gm	690gm		
		Ingredients:					
		Fish Rohu	230gms	460 gms	690gms		
		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 Insta 3 with all the ingredients other than fish. After beep, remove, add the remaining ingredients, mix smoothly. Place the bowl in the microwave oven, select Insta 1, enter weight and press start					

SUKHDI	Insta 1	SUKHDI	230gm	460gm	690gm
		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 in Insta 3, enter weight, press start. After beep, remove and add jaggery, milk, mix well. Place the bowl in the microwave oven. Select Insta 1, enter weight and press start. Serve hot.					

MISA MACH PORA	Insta 1	MISA MACH PORA	230gm	460gm	690gm
		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:			
	<p>Rub salt and turmeric powder on the shelled shrimps. Marinate for 20 minutes. Prepare tadka as explained in Insta 3 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 Insta 1, enter weight and press start. Serve hot.</p>				

CHICKEN XACUTI	Insta 1	CHICKEN XACUTI	230gm	460gm	690gm
		Ingredients:			
		Chicken	230gms	460 gms	690gms
		Small Potatoes	few	few	few
		Small Onions	few	few	few
		Nutmeg Powder	¼ tsp	¼ tsp	½ 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	½ 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
		Corriander Seeds	1½ tsp	2 tsp	3 tsp
		Sesame Seeds	1½ tsp	2 tsp	3 tsp
		Onion	1	2	2
Method of preparation:					
<p>Make a fine paste of all masala ingredients. Prepare tadka as explained in Insta 3 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 Insta 1, enter weight and press start. Serve hot.</p>					

PLAIN PALAK CURRY	Insta 1	PLAIN PALAK CURRY	230gm	460gm	690gm
		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	¾ cup
		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 Insta 3 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 Insta 1, enter weight and press start. Remove, and serve hot.					

SWEET POTATO SOUP	Insta 1	SWEET POTATO SOUP	230gm	460gm	690gm
		Ingredients:			
		Boiled & Grated Sweet Potato	230gms	460 gms	690gms
		Black Pepper Powder	1 tsp	1 tsp	1 tsp
		White Pepper Powder	1 tsp	1 tsp	1 tsp
		Celery	few	few	few
		Fresh Cream	½ cup	1 cup	1½ cup
		Onions Grated	½ cup	1 cup	1½ cup
		Garlic Grated	½ tsp	½ tsp	1 tsp
		Butter As Required			
		Salt To Taste.			
		Water As Required			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than sweet potato, water 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.					

CHICKEN CHETTINAD	Insta 1	CHICKEN CHETTINAD	230gm	460gm	690gm
		Ingredients:			
		Chicken	230gms	460gms	690gms
		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 3, with all the ingredients other than chicken, tomato, coconut and coriander leaves. After beep, remove, add the remaining ingredients except coconut and coriander leaves, 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	230gm	460gm	690gm
		Ingredients:			
		Paneer	230gms	460 gms	690gms
		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 3 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	230gm	460gm	690gm
		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 3, enter weight & press start. After beep, remove, add grated coconut, condensed milk, powdered sugar & mix well. Select Insta 1, enter weight, 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	230gm	460gm	690gm
		Ingredients:			
		Banana Ground Into 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 3 with all the ingredients other than banana paste, cardamom, milk, sugar, cashew and almonds. 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.					

LAUKI SABZI	Insta 1	LAUKI SABZI	230gm	460gm	690gm
		Ingredients:			
		Lauki (Peel The Skin & Cut Into Pieces)	230gms	460gms	690gms
		Peas	1 tbsp	1½ tbsp	2 tbsp
		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	1 tbsp	1 tbsp	1½ tbsp
		Chopped Coriander For Garnish			
		Salt To Taste			
		Water			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 Insta 1, enter weight and press start. Remove, and serve hot.					

PRAWNS VINDALOO	Insta 1	PRAWNS VINDALOO	230gm	460gm	690gm
		Ingredients:			
		Shelled Prawns	230gms	460 gms	690gms
		Tomatoes, Chopped	1 cup	1½ cup	2 cup
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	few
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Vinegar	1 tbsp	1 tbsp	1½ tbsp
		Corn Flour	1 tbsp	1 tbsp	1½ tbsp
		Sugar	1 tsp	1½ tsp	2 tsp
		Salt To Taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 1, enter weight and press start. Remove, and serve hot.					

CABBAGE CURRY	Insta 1	CABBAGE CURRY	230gm	460gm	690gm
		Ingredients:			
		Cabbage	230gms	460 gms	690gms
		mixed vegetables	1 cup	1½ cup	2 cup
		cumin seeds	½ tsp	¾ tsp	1 tsp
		mustard seeds	½ tsp	¾ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		urad daal	1 tbsp	1 tbsp	1½ tbsp
		green chilly chopped	3	5	6
		oil as required			
		salt to taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than cabbage. After beep, remove, add the cabbage and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, and serve hot.					

SEVIYA KHEER	Insta 1	SEVIYA KHEER	230gm	460gm	690gm
		Ingredients:			
		Semiya (Vermicili) Roasted	2 cup	3 cup	4 cup
		Milk	4 cup	6 cup	8 cup
		Condensed Milk	1 cup	1½ cup	2 cup
		Sugar	1 cup	1½ cup	2 cup
		Raisins	½ tbsp	1 tbsp	1½ tbsp
		Cashew Nut Pieces (Roasted)	1 tbsp	1 tbsp	1½ tbsp
		Almonds (Roasted)	1tbsp	1tbsp	1½ tbsp
		Powdered Elaichi (Cardamom)	½ tsp	½ tsp	1 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 Insta 1, enter weight and press start. Remove, add elaichi powder and raisins mix well. Serve hot					

DRUMSTICK LEAVES CURRY	Insta 1	DRUMSTICK LEAVES CURRY	230gm	460gm	690gm
		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 3 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 1, enter weight and press start. Remove and serve hot.					

SHEERA	Insta 1	SHEERA	230gm	460gm	690gm
		Ingredients:			
		Suji - Roasted	1 cup	1½ cup	2 cup
		Milk	1 cup	1½ cup	2 cup
		Sugar	1 cup	1½ cup	2 cup
		Ghee	1 tbsp	1½ tbsp	2 tbsp
		Cardamom Powder	a pinch	a pinch	a pinch
		Cashews	4	5	6
		Almonds	4	5	6
		Raisins	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 Insta 1, 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 CURRY	Insta 1	TOMATO CURRY	230gm	460gm	690gm
		Ingredients:			
		Tomatoes, Finely Chopped	230gms	460 gms	690gms
		Red Chilli Powder	1 cup	1½ cup	2 cup
		Onions, Finely Chopped	1 cup	1½ cup	2 cup
		Garlic, Slightly Crushed	2	3	4
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Curry Leaves	few	few	few
		Jaggery	a pinch	a pinch	a pinch
		Coriander Powder	½ tsp	½ tsp	1 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 3 with all the ingredients other than tomatoes, jaggery and coriander leaves. After beep, remove, add all the ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.					

TAMARIND RICE	Insta 1	TAMARIND RICE	230gm	460gm	690gm
		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 Chilli	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 tbsps	1 tbsps	1½ tbsps
		Peanuts	few	few	Few
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 1, enter weight and press start. Remove, and serve hot.					

BABY CORN MASALA	Insta 1	BABY CORN MASALA	230gm	460gm	690gm
		Ingredients:			
		Baby Corn	230gms	460 gms	690gms
		Tomatoes Chopped	1 cup	1½ cup	2 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Roasted Groundnut Powder	¼ cup	½ cup	¾ cup
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Fenugreek Seeds	1 tsp	1½ tsp	2 tsp
		Saunf	1 tsp	1½ 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 3 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 1, enter weight and press start. Remove, garnish with coriander leaves and serve hot.					

BEETROOT RASAM	Insta 1	BEETROOT RASAM	230gm	460gm	690gm
		Ingredients:			
		Beetroot Chopped	230gms	460 gms	690gms
		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 Springs	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 3 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.					

POTATO CURRY	Insta 1	POTATO CURRY	230gm	460gm	690gm
		Ingredients:			
		Potato Cut Into Cubes	2 cup	3 cup	4 cup
		Tomato Puree	1 cup	1½ cup	2 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Green Chilli Chopped	2	3	4
		Red Chilli Powder	1 tsp	1½ tsp	2 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
		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 3 with all the ingredients other than potato and tomato puree. 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.					

CAULIFLOWER KURMA	Insta 1	CAULIFLOWER KURMA	230gm	460gm	690gm
		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 Chilli 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				
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than cauliflower, tomato, yogurt 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 1, enter weight and press start. Remove, garnish with coriander leaves and serve hot.</p>					

STUFFED TOMATOES	Insta 1	STUFFED TOMATOES	230gm	460gm	690gm
		Ingredients:			
		Tomatoes	130gms	260 gms	390gms
		Paneer Grated	100gms	200 gms	300gms
		Onion Finely Chopped	1 cup	1½ cup	2 cup
		Green Chilli (Finely Chopped)	2	2	3
		Red Chilli Powder To Taste.	1 tsp	1½ tsp	2 tsp
		Garam Masala To Taste	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Grated Cheese	¼ cup	½ cup	¾ cup
		Coriander Leaves For Garnish			
		Oil As Required			
		Salt To Taste			
		Method of preparation			
		Cut the top of tomato like a cap. Gently scoop out the centers. Keep aside. Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than tomato, grated cheese and coriander leaves. After beep, remove, fill all the ingredients into tomatoes other than coriander leaves and mix well. Place the tomatoes in the microwave oven, select Insta 1, enter weight and press start. Remove, garnish with coriander leaves and serve hot.			

METHI CHUTNEY	Insta 1	METHI CHUTNEY	230gm	460gm	690gm	
		Ingredients:				
		Methi Leaves	3 cups	4 cup	5 cup	
		Sesame Seeds	¼ cup	½ cup	¾ cup	
		Urad Dal	2 tsp	3 tsp	4 tsp	
		Dried Red Chillies	6	8	10	
		Tamarind Juice	¼ cup	½ cup	¾ cup	
		Salt To Taste				
		Peanut Oil As Required				
		Method of preparation				
		Take a microwave oven safe bowl, add all the ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove, set to cool and blend the mixture into a smooth paste.				

EGGPLANT TOMATO CURRY	Insta 1	EGGPLANT TOMATO CURRY	230gm	460gm	690gm
		Ingredients:			
		Masoor Dal	1 cup	1½ cup	2 cup
		Baby Eggplants Chopped	1 cup	1½ cup	2 cup
		Tomato Chopped	1 cup	1½ cup	2 cup
		Green Chilli Chopped	2	3	4
		Broken Dried Red Chilli	2	3	4
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Tamarind Juice	½ cup	¾ cup	1 cup
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Garlic Paste	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 3 with all the ingredients other than eggplants, tomato 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.					

EGG KURMA	Insta 1	EGG KURMA	230gm	460gm	690gm
		Ingredients:			
		Beaten Eggs	3	4	5
		Grated Coconut	½ cup	¾ cup	1 cup
		Onion, Chopped	½ cup	¾ cup	1 cup
		Milk	2 tbsp	2 tbsp	3 tbsp
		Cashew Nuts	2 tbsp	2 tbsp	3 tbsp
		Green Chillies, Chopped	2	3	4
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cloves	2	3	4
		Cinnamon	2	3	4
		Cardamoms	1 stick	2 stick	3 stick
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Ghee As Required			
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than egg and milk. 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.					

CHICKEN CURRY	Insta 1	CHICKEN CURRY	230gm	460gm	690gm
		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
		Corn Starch	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					
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 leaves and mix well. Place the tomatoes in the microwave oven, select Insta 1, enter weight and press start. Remove, garnish with coriander leaves and serve hot.</p>					

DOI MACHCH	Insta 1	DOI MACHCH	230gm	460gm	690gm
		Ingredients:			
		Fish (Rohu)-Sliced & Rubbed With Turmeric & Salt	230gms	460 gms	690gms
		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					
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with fish. After beep, remove, add all the ingredients mix smoothly. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Serve hot.</p>					

POMFRET FRY	Insta 1	POMFRET FRY	230gm	460gm	690gm
		Ingredients:			
		Pomfret - Washed And Cleaned	230gms	460 gms	690gms
		Garlic	½ tsp	½ tsp	1 tsp
		Lemon Juice	1tsp	1½ tsp	2 tsp
		Chilli Powder	1tsp	1½ tsp	2 tsp
		Turmeric Powdeer	¼ tsp	¼ tsp	½ tsp
		Pepper Powder	1tsp	1½ tsp	2 tsp
		Garam Masala	1tsp	1½ tsp	2 tsp
		Rice Flour	½ tbsp	1tbsp	1 tbsp
		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 1, enter weight and press start. Remove and serve.			

PRAWNS CURRY	Insta 1	PRAWNS CURRY	230gm	460gm	690gm
		Ingredients:			
		Prawn - Shelled	230gms	460 gms	690gms
		Onions Cut Into Small Pieces	1	2	3
		Garlic Paste	½ tsp	½ tsp	1 tsp
		Ginger Paste	½ tsp	½ tsp	1 tsp
		Chilli Powder	1tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ 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 Insta 3 with all the ingredients other than the prawns. Remove, add the prawns and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve.			

DUM ALOO	Insta 1	DUM ALOO	230gm	460gm	690gm
		Ingredients:			
		Aloo (Potatoes)	230gms	460 gms	690gms
		Tomato Puree	1 cup	1½ cup	2 cup
		Curd	½ cup	1 cup	1½ cup
		Ghee As Required			
		Spices			
		Cloves	2	3	4
		Bay Leaves	1	2	3
		Black Peppercorns	4	5	6
		Green Cardamoms	2	3	4
		Brown Cardamom	2	3	4
		Cinnamon Stick	1	2	3
		Paste			
		Onion (Chopped)	1	2	3
		Flakes Garlic	3	4	6
		Ginger	¼" inch	½" inch	½" inch
		Black Peppercorns	4	5	6
		Poppy Seeds	½ tsp	½ tsp	1 tsp
		Coriander Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	½ tsp	½ tsp	1 tsp
		Dry Red Chilli	2	3	4
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Ground Mace	a pinch	a pinch	a pinch
		Ground Nutmeg	a pinch	a pinch	a pinch
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than palak and paneer. After beep, remove, add all the ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Serve hot.					

PALAK PANEER	Insta 1	PALAK PANEER	230gm	460gm	690gm
		Ingredients:			
		Palak Paste	1½ cup	2 cup	3 cup
		Paneer Cut Into Cubes	1½ cup	2 cup	3 cup
		Onion Paste	1cup	2 cup	2 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	2	3
		Cumin Seeds	1 tsp	1 tsp	1½ tsp
		Garam Masala Powder	1 tsp	2 tsp	2½ tsp
		Butter As Required			
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than tomato puree and curd. After beep, remove, add all the ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Serve hot.			

MACHE BESARA	Insta 1	MACHE BESARA	230gm	460gm	690gm
		Ingredients:			
		Fish (Rohu Or Any Fresh Water Fish)	200gms	300 gms	400gms
		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
		Fenu Greek Seeds	1 tsp	1½ tsp	2 tsp
		Kala 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 3 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.			

TEA	Insta 2	TEA	200gm	400gm	600gm
		Ingredients;			
		Tea	1½ tsp	2 tsp	3 tsp
		Milk	2 cups	3 cups	4 cups
		Sugar To Taste			
		Water As Required			
		Method of preparation:			
Take a microwave oven safe large bowl, add water, milk, sugar, tea, mix well and place the bowl in microwave oven, select Insta 2, enter weight, press start.					

PEDA	Insta 2	PEDA	200gm	400gm	600gm
		Ingredients;			
		Soft Khoya	200 gr	400 gr	600 gr
		Sugar Powdered	1 cup	1½ cup	2 cups
		Cardamom Powder	¼ tsp	¼ tsp	½ tsp
		Cardamom Seeds (Crushed)	¼ tsp	¼ tsp	½ tsp
		Pistachios	few	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 2, 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.					

SESAME SEEDS ROAST	Insta 2	SESAME SEEDS ROAST	200gm	400gm	600gm
		Ingredients;			
		Sesame seeds	200 gm	400 gm	600 gm
		Method of preparation:			
Take a microwave oven safe glass bowl, add sesame seeds, mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. For better result, stir twice in between.					

COCONUT ROAST	Insta 2	COCONUT ROAST	200gm	400gm	600gm
		Ingredients;			
		Grated Coconut	2 cups	3 cups	4 cups
		Method of preparation:			
Take a microwave oven safe glass bowl, add grated coconut, place the bowl in the microwave oven. Select Insta 2, enter weight, press start. Stir once in between.					

ALMONDS ROAST	Insta 2	ALMONDS ROAST	200gm	400gm	600gm
		Ingredients;			
		almonds	2 cups	3 cups	4 cups
Method of preparation:					
Take a microwave oven safe glass bowl, add almonds, place the bowl in the microwave oven. Select Insta 2, enter weight, press start. stir once in between.					

VEGETABLE STOCK	Insta 2	VEGETABLE STOCK	200gm	400gm	600gm
		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, mix well. Place the bowl in the microwave oven, select Insta 2, enter weight, press start.					

GARAM MASALA	Insta 2	GARAM MASALA	200gm	400gm	600gm
		Ingredients;			
		Dried Ginger Powder	1 tsp	1½ tsp	2 tsp
		Cardamom Seeds	½ tbsp	¾ tbsp	1 tbsp
		Cumin Seeds	½ tbsp	¾ tbsp	1 tbsp
		Black Cumin (Shahjeera)	½ tbsp	¾ tbsp	1 tbsp
		Dried Coriander Seeds	½ tbsp	¾ tbsp	1 tbsp
		½" Cinnamon Sticks	3	5	6
		Black Peppercorns	½ tsp	½ tsp	1 tsp
		Cloves	½ tsp	½ tsp	1 tsp
		Star Anise	1	2	2
		Nutmeg	½	¾	1
		Mace Powder (Javantari)	½ tsp	½ tsp	½ tsp
		Bay Leaf	2 long	3 long	4 long
		Method of preparation:			
		Take a microwave oven safe glass bowl, add all ingredients, mix well and place the bowl in the microwave oven, select Insta 2, enter weight, press start.			

KHUS KHUS ROAST	Insta 2	KHUS KHUS ROAST	200gm	400gm	600gm
		Ingredients;			
		Khus Khus	1 cup	1½ cup	2 cups
		Method of preparation:			
		Take a microwave oven safe glass bowl, add khus khus, place the bowl in the microwave oven. Select Insta 2, enter weight, press start. Stir once in between.			

CURRY LEAVES ROAST	Insta 2	CURRY LEAVES ROAST	200gm	400gm	600gm
		Ingredients;			
		Curry Leaves	1 cup	1½ cup	2 cups
		Method of preparation:			
		Take a microwave oven safe glass bowl, add curry leaves, place the bowl in the microwave oven. Select Insta 2, enter weight, press start. Stir once in between.			

CHANNA CHAT	Insta 2	CHANNA CHAT	200gm	400gm	600gm	
		Ingredients;				
		Channa	100gms	200 gms	300gms	
		Tomato Chopped To Small Pieces	50 gms	100 gms	150gms	
		Cucumber Cut To Small Pieces	50 gms	100 gms	150gms	
		Chat Masala	1 tsp	1½ tsp	2 tsp	
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	
		Cumins Powder	1 tsp	1½ tsp	2 tsp	
		Lime Juice	½ tsp	½ tsp	1 tsp	
		Chopped Coriander	few	few	few	
		Salt To Taste				
	Method of preparation:					
	Take a microwave oven safe bowl, add channa and tomato, place the bowl in the microwave oven. Select Insta 2, enter weight, press start. After beep, add all remaining ingredients, mix well and serve.					

DHANIA ROAST	Insta 2	DHANIA ROAST	200gm	400gm	600gm	
		Ingredients;				
		Dhania	1 cup	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 2, enter weight, press start. Stir once in between.					

JEERA ROAST	Insta 2	JEERA ROAST	200gm	400gm	600gm	
		Ingredients;	1 cup	1½ cup	2 cups	
		Jeera				
	Method of preparation:					
	Take a microwave oven safe glass bowl, add jeera, place the bowl in the microwave oven. Select Insta 2, enter weight, press start. Stir once in between.					

TADKA/ VAGHAR/ TALIMPU	Insta 3	TADKA/ VAGHAR/ TALIMPU			
		Ingredients:	99gm		
		Oil / Ghee As Required			
		Green Chillies	2		
		Chopped Onions	2		
		Jeera	¼ tsp		
		Garlic	¼ tsp		
		Ginger	¼ tsp		
		Hing	a pinch		
		Mustard Seeds	¼ tsp		
		Turmeric Powder	¼ tsp		
		Red Chilli Powder	1 tsp		
		Curry Leaves	few		
		Cinnamon	2		
		Cardamom	3		
		Bay Leaves	few		
		Coriander	few		
		Cloves	3		
		Pepper Corns	few		
		Method of preparation			
		Take a microwave oven safe bowl, add any ingredients according to the recipe, mix well. Select Insta3, enter weight and press start.			

HOT CHOCOLATE	Insta 3	HOT CHOCOLATE			
		Ingredients:	99gm		
		Condensed Milk	2 cup		
		Sugar	1 cup		
		Unsweetened Cocoa	1 tsp		
		Ground Cinnamon	a pinch		
		Salt To Taste			
		Water			
		Method of preparation			
		In a Microwave oven safe bowl, combine the condensed milk, sugar, cocoa, cinnamon and salt and water; stir until milk powder is dissolved. Keep bowl on the turn table and select Insta3, enter weight, press start.			

CHICKEN STOCK	Insta 3	CHICKEN STOCK			
		Ingredients:	99gm		
		Fresh Chicken (Or Leftover Chicken Parts)	99gm		
		Carrot (Peeled And Roughly Chopped)	1 cup		
		Onion (Peeled And Quartered)	1		
		Water	½ tbsp		
		Bay Leaf	½ tbsp		
		Celery (Roughly Chopped)	½ tsp		
		Fresh Parsley	4		
		Fresh Thyme	50 gm		
		Peppercorns	50 gm		
		Salt To Taste			
		Method of preparation			
		Take a microwave oven safe bowl and put the chicken, vegetables, salt, peppercorns, water, bay leaf, parsley, thyme. Stir and place the bowl on the turntable. Select Insta 3, enter weight and press start.			

MILK BOILING	Insta 3	MILK BOILING		
		Ingredients:	99gm	
		Milk	3 cups	
		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.		

MASALA PEANUTS	Insta 3	MASALA PEANUTS	
		Ingredients:	99gm
		Shelled Peanuts	99gms
		Red Chilli Powder	1 tsp
		Soda Bi Carb	1 pinch
		Oil	¼ tbsp
		Plain Flour	1 tbsp
		Rice Flour	¼ cup
		Chat Masala	½ tsp
		Salt To Taste	
		Method of preparation:	
Take oil in a microwave oven safe glass bowl, add peanuts, red chilli powder, plain flour, rice flour, soda bi carb, chat masala, salt & mix well. Make sure that the peanuts are evenly coated. Place the bowl in the microwave oven, select Insta 3, enter weight & press start. For better result, stir twice in between.			

BOMBAY CHIWDA	Insta 3	BOMBAY CHIWDA	
		Ingredients:	99gms
		Flat Poha	2 cup
		Peanuts	½ cup
		Cashew	¼ cup
		Almonds	¼ cup
		Pista	½ tsp
		Pumpkin Seeds	¼ tsp
		Raisins	½ tsp
		Khajoor	½ tsp
		Saunf	¼ tsp
		Green Chillies Sliced	2
		Curry Leaves	Few
		Moong Dal	1 tsp
		Ghee	1 tbsp
		Sugar	½ tsp
		Deep Fried Sev Noodles For Garnish	½ cup
		Coriander Leaves For Garnish	1 tbsp
		Salt To Taste	
Method of preparation:			
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 3, enter weight and press start. Remove, garnish with sev and coriander leaves, serve hot.</p>			

BOMBIL FRY	Insta 3	BOMBIL FRY	
		Ingredients:	99gms
		Bombay Duck Fish	100gm
		Ginger, Garlic Paste	1 tsp
		Red Chilli Powder	1 tsp
		Garam Masala Powder	¼ tbsp
		Rice Flour	1 tbsp
		Salt To Taste	
		Oil As Required	
		Coriander Leaves For Garnish	
	Method of preparation:		
<p>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, select Insta 3, enter weight and press start. Remove, garnish with coriander leaves, serve hot.</p>			

GUJARATI KADHI	Insta 3	GUJARATI KADHI			
		Ingredients:	99gms		
		Besan	4 tsp		
		Curd	2 cup		
		Green Chillies, Chopped	2		
		Turmeric Powder	¼ tsp		
		Ginger, Chopped	½ inch		
		Cumin Seeds	1 tsp		
		Curry Leaves	few		
		Hing	a pinch		
		Cinnamon Powder	a pinch		
		Coriander Leaves For Garnish			
		Salt To Taste			
		Oil As Required			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than besan, curd, hing and coriander. After beep, remove, add the all ingredients other than coriander, mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, garnish with coriander leaves, serve hot.			

PULIHORA	Insta 3	PULIHORA	99gms
		Ingredients:	
		Cooked Rice	2 cup
		Tamarind Juice	1 cup
		Channa Dal	2 tsp
		Dried Red Chilli	3
		Turmeric Powder	¼ tsp
		Curry Leaves	few
		Jaggery Powder	1 tsp
		Fenugreek	½ tsp
		Hing	a pinch
		Mustard	½ tsp
		Sesame Oil	1 tbsps
		Peanuts	2 tsp
		Salt To Taste	
		Method of preparation	
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than tamarind juice and cooked rice. 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.			

MATAR PANEER	Insta 3	MATAR PANEER	
		Ingredients:	99gms
		Matar	100 gm
		Paneer	50 gms
		Tomatoes (Peeled And Sliced)	50 gms
		Garlic Paste	½ tsp
		Ginger Paste	½ tsp
		Green Chillies (Chopped)	2
		Onion Chopped	1
		Curd	1 cup
		Turmeric Powder	¼ tsp
		Coriander Seeds	1 tsp
		Bay Leaves	2
		Garam Masala Powder	1 tsp
		Ghee As Required	
		Chopped Coriander Leaves For Garnish	
		Salt To Taste	
	Method of preparation		
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than curd, salt and coriander leaves. Remove after beep, 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 coriander leaves and serve hot.</p>			

IDLY	Insta 3	IDLY	
		Ingredients:	99gm
		Idly Batter	99 gm
	Method of preparation		
<p>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.</p>			

DHOKLA	Insta 3	DHOKLA	
		Ingredients:	99gm
		Besan (Gram Flour)	1 cup
		Corn Flour	1 tsp
		Sugar	½ tsp
		Turmeric Powder	¼ tsp
		Citric Acid	½ tsp
		Soda-Bi-Carb	¼ tsp
		Lemon Juice	1 tsp
		Mustard Seeds	½ tbsps
		Green Chillies - Finely Chopped	1 tsp
		Amchoor Powder	¼ 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, 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 tampering use curry leaves, mustard seeds, oil, and green chillies. Garnish with coriander leaves and grated coconut. Serve with chutney.			

SPICY BANANA FRY	Insta 3	SPICY BANANA FRY	
		Ingredients:	99gms
		Raw Bananas (Cubed)	2 nos
		Turmeric Powder	¼ tsp
		Red Chilli Powder	1tsp
		Shahjeera	1tsp
		Coriander Powder	1tsp
		Curry Leaves	few
		Salt To Taste	
		Oil As Required	
		Method of preparation	
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than coriander powder and salt. After beep, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Serve hot.			

POHA	Insta 3	POHA	
		Ingredients:	99gms
		Poha	1 cup
		Green Peas	1 tbsp
		Carrot (Chopped)	1 tbsp
		Channa Dal	1 tsp
		Urad Dal	1 tsp
		Onions (Chopped)	1
		Green Chilli (Small Chopped)	2
		Turmeric Powder	¼ tsp
		Cumin Seeds	½ tsp
		Sugar	1 tsp
		Lime Juice	½ tsp
		Salt To Taste	
		Oil As Required	
		Grated Coconut For Garnish	
Fresh Coriander For Garnish			
Method of preparation;			
Prepare tadka as explained in Insta 3 in a microwave oven safe bowl with all the ingredients other than pohe, 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 3, enter weight and press start. Remove, garnish with coriander and grated coconut. Serve hot.			

MUSHROOM MASALA	Insta 3	MUSHROOM MASALA	
		Ingredients:	99gm
		Mushrooms (Sliced)	100 gm
		Bread Crumbs	1 tbsp
		Sour Cream	¾ cup
		Flour	½ tbsp
		Red Chilli Powder	½ tsp
		Lemon Juice	½ tsp
		Butter	½ tbsp
		Salt To Taste	
		Cheese (Grated) For Garnish	
		Method of preparation	
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than bread crumbs, sour cream, flour and cheese. Remove, add the remaining ingredients other than the cheese and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, garnish with grated cheese and serve.			

COFFEE	Insta 3	COFFEE	99gms	
		Ingredients;	99gms	
		Coffee Powder	1½ Tsp	
		Milk	2 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 3, enter weight, press start.		

PULISSERI	Insta 3	PULISSERI	
		Ingredients:	99gms
		Grated Coconut	2 cup
		Onion, Finely Chopped	1
		Curds	3 cup
		Cumin Seeds (Jeera)	½ tsp
		Coriander Powder	½ tsp
		Fenugreek Seeds (Methi)	¼ tsp
		Garlic Paste	¼ tsp
		Turmeric Powder	¼ tsp
		Mustard Seeds	½ tsp
		Curry Leaves	Few
		Green Chilli, Broken	1
		Method of preparation	
Grind coconut to a fine paste with cumin seeds, coriander powder, fenugreek, garlic, onion and turmeric. Beat curds until smooth and mix in the coconut paste. Add water if required to make curry. Set aside. Prepare tadka in a microwave oven safe bowl in Insta 3 with oil, mustard seeds, green chillies, curry leaves. After beep, remove and add the curry and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, and serve hot.			

PITLA	Insta 3	PITLA	
		Ingredients:	99gms
		Besan	1½ cup
		Chopped Tomato	1
		Chopped Coriander Leaves	½ tbsp
		Chopped Onion	1
		Curry Leaves	few
		Hing	a pinch
		Mustard Seeds	¼ tsp
		Cumins Powder	1 tsp
		Coriander Powder	1 tsp
		Lemon Juice / Tamarind Juice	½ tbsp
		Red Chilli Powder	1tsp
		Turmeric Powder	¼ tsp
		Salt To Taste	
		Method of preparation	
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 Insta 3, enter weight and press start. Remove, garnish with coriander leaves and serve.			

FRITTATA	Insta 3	FRITTATA		
		Ingredients:	99gms	
		Eggs	3	
		Bell Pepper	½ cup	
		Yellow Bell Pepper	½ cup	
		Zucchini	½ cup	
		Fresh Basil	Few	
		Crushed Pepper	Few	
		Oil As Required		
		Salt To Taste		
		Method of preparation		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 3, enter weight and press start. Remove, garnish with coriander leaves and serve.		

PUMPKIN SOUP	Insta 3	PUMPKIN SOUP	
		Ingredients:	99 gm
		Pumpkin	99 gms
		Chopped Onion	1 cup
		Green Chillies	2
		Garlic, Finely Chopped	2
		Curry Powder	½ tsp
		Chilli Powder	1 tsp
		Black Pepper	½ tsp
		Sugar	1 tsp
		Curry Leaves	Few
		Chicken Broth	½ cup
		Evaporated Milk	½ cup
		Coconut Milk	½ cup
		Butter As Required	
		Salt To Taste	
		Method of preparation	
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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, select Insta 3, enter weight and press start.			

POP CORN	Insta 3	POP CORN			
		Ingredients:	99gms		
		Pop Corn	99 gms		
		Butter	2 tsp		
		Red Chilli Powder (Optional)	½ tsp		
		Turmeric Powder	½ tsp		
		Salt To Taste			
		Method of preparation			
		Take a microwave oven safe large bowl, add all ingredients, mix well and place the bowl in the microwave oven, Select Insta 3, set weight, press start. Remove and serve hot.			

BREAD CHIWD A	Insta 3	BREAD CHIWD A		
		Ingredients:	99gms	
		Bread Slices	Few	
		Mustard Seeds	¼ Tsp	
		Cumin Seeds	1 Tsp	
		Onion Finely Chopped	1	
		Turmeric Powder	¼ Tsp	
		Hing	A Pinch	
		Curry Leaves	Few	
		Raw Peanuts	½ 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 3 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.		

MUMPHALLY ROAST	Insta 3	MUMPHALLY ROAST	
		Ingredients:	
		Mumphalli (Raw Peanuts)	100 gm
		Method of preparation;	
Take a microwave oven safe glass bowl, add mumphally. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. For better result stir once in between.			

MIRCHI KA SALAN	Insta 3	MIRCHI KA SALAN	
		Ingredients:	99Gms
		Deep Fried Green Chillies	99 Gms
		Onion Paste	½ cup
		Ginger Garlic Paste	1 tsp
		Mustard Seeds	½ tsp
		Cloves	2
		Curry Leaves	Few
		Tamarind Pulp	½ cup
		Oil As Required	
		Coriander Leaves For Garnish	
		Salt As Required	
		Salan Paste	
		Grated Coconut	½ cup
		Roasted Peanuts	½ cup
		Coriander Seeds	1 tsp
		Sesame Seeds	1 tsp
		Cumin Seeds	½ tsp
		Peppercorns	½ tsp
		Red Chillies	Few
		Method Of Preparation;	
		Grind all salan paste ingredients to make fine paste. Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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.	

MURMURA	Insta 3	MURMURA	
		Ingredients:	99gms
		Murmura (Puffed Rice)	99 Gms
		Peanuts	Few
		Almonds	Few
		Cashew Nuts	Few
		Black Raisins	Few
		Coconut Flakes	Few
		Chopped Green Chillies	2
		Curry Leaves	Few
		Mustard Seeds	½ Tsp
		Turmeric Powder	¼ Tsp
		Sugar	½ Tsp
		Oil As Required	
		Salt To Taste	
Method of preparation;			
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than murmura, almonds, cashew and raisins. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start.			

MASHED POTATO SALAD	Insta 3	MASHED POTATO SALAD			
		Ingredients:	99gms		
		Mashed Potatoes	99 gms		
		Chopped Celery	few		
		Onion Paste	½ cup		
		Milk	½ cup		
		Dry Mustard	¼ tsp		
		Green Bell Pepper Rings	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 3, enter weight and press start. After beep, remove and mash the potatoes with milk and onion. Prepare tadka as explained in Insta 3 with mashed potato and all the ingredients. Remove, warm and serve.			

PAKODA CURRY	Insta 3	PAKODA CURRY WITH GRAVY	
		Ingredients:	99gms
		Pakodas	99 Gms
		Tomato Puree	1 Cup
		Green Chilli	2
		Ginger Paste	½ Tsp
		Curry Leaves	Few
		Mustard Seeds	½ Tsp
		Cumin Seeds	½ Tsp
		Hing	A Pinch
		Coriander Powder	½ Tsp
		Red Chilli Powder	½ Tsp
		Sugar	1 Tsp
		Turmeric	A Pinch
		Salt To Taste	
		Coriander Leaves For Garnish	
Method Of Preparation;			
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 3, enter weight and press start. Remove, garnish with grated coriander and serve.			

PEANUTS CHUTNEY	Insta 3	PEANUTS CHUTNEY	
		Ingredients:	99gms
		Peanuts	99 gms
		Red Chillies	2
		Onion	1 cup
		Garlic	½ tsp
		Tamarind Pulp	½ cup
		Cumin	½ tsp
		Curry Leave	few
		Mustard Seeds	½ tsp
		Urad Dal	1 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 3, 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 3 with peanuts paste and all the ingredients. Remove the chutney and serve.			

MUSHROOM CHILLIE FRY	Insta 3	MUSHROOM CHILLIE FRY	
		Ingredients:	99gms
		Mushrooms Cut Into Halves	99 gms
		Mustard Seeds	½ tsp
		Red Chillies	2
		Butter To Taste	
		Salt To Taste	
		Method of preparation;	
		Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 3, enter weight and press start.	

GREEN CHANNA CURRY	Insta 3	GREEN CHANNA CURRY	
		Ingredients:	99gms
		Green Channa	99 gms
		Tomato Chopped	1 cup
		Onion Chopped	½ cup
		Green Chilli Chopped	2
		Ginger, Garlic Paste	1 tsp
		Cumins Powder	½ tsp
		Hing	a pinch
		Turmeric Powder	a pinch
		Coriander Powder	½ tsp
		Garam Masala	1 tsp
		Oil As Required	
		Salt To Taste	
		Method of preparation;	
		Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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, select Insta 3, enter weight and press start.	

STIR FRIED OATS	Insta 3	STIR FRIED OATS		
		Ingredients:	99gms	
		Oats	99 gms	
		Raisins	few	
		Flour	½ tbsp	
		Cinnamon	1 stick	
		Sugar	1 tsp	
		Butter As Required		
		Salt To Taste		
		Method of preparation;		
		Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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		
		Ingredients:	99gms	
		Besan	1½ cup	
		Sugar (Grinded)	1cup	
		Ghee	¾ cup	
		Almonds (Roasted)	few	
		Pistachios	few	
		Cashew Nuts (Roasted)	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 ladoos.		

SEV- BHAJI	Insta 3	SEV- BHAJI	
		Ingredients:	99gms
		Sev	99 Gms
		Tomato Puree	1 Tbsp
		Chopped Onions	1
		Mustard Seeds	¼ Tsp
		Cumin Seeds	¼ Tsp
		Green Chilli	1
		Hing	A Pinch
		Curry Leaves	Few
		Turmeric Powder	¼ Tsp
		Red Chilli Powder	1tsp
		Ground Coriander	½ Tsp
		Ground Cumin	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 3 with all the ingredients other than sev, 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 3, enter weight and press start. Remove, garnish with grated coriander and serve.			

DALIYA KHICHDI	Insta 3	DALIYA KHICHDI	
		Ingredients:	99gms
		Dalia (Broken Wheat)	99 Gms
		Mix Vegetable Chopped	1 Cup
		Onion Chopped	1
		Green Chillies	2
		Garlic, Ginger Paste	1 Tsp
		Turmeric Powder	A Pinch
		Cumins Seeds	1 Tsp
		Coriander Powder	1 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 3 with all the ingredients other than dalia 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.			

DALIYA KHICHDI	Insta 3	DALIYA KHICHDI	
		Ingredients:	99gms
		Dalia (Broken Wheat)	99 Gms
		Mix Vegetable Chopped	1 Cup
		Onion Chopped	1
		Green Chillies	2
		Garlic, Ginger Paste	1 Tsp
		Turmeric Powder	A Pinch
		Cumins Seeds	1 Tsp
		Coriander Powder	1 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 3 with all the ingredients other than dalia 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.	

PANEER PEAS CURRY	Insta 3	PANEER PEAS CURRY	
		Ingredients:	99gms
		Paneer Cubed	99 Grm
		Green Peas	1 Cup
		Onions	1
		Tomato Puree	1 Cup
		Ginger, Garlic Paste	½ Tsp
		Coriander Powder	½ Tsp
		Cumin Powder	½ Tsp
		Garam Masala	½ Tsp
		Turmeric Powder	¼ Tsp
		Green Chillies Chopped	2
		Heavy Cream	¼ Cup
		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 3 with all the ingredients other than paneer, tomato puree, heavy cream 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.	

TOMATO SOUP	Insta 4	TOMATO SOUP	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Tomatoes – Large	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Mint Leaves	few	few	few	few	few	few	few
		Pepper To Taste							
		Salt To Taste							
Method of preparation:									
Take a microwave oven safe bowl; add salt, pepper, tomatoes, mix well and select Insta 3, enter weight & press start. Remove after beep, add mint leaves, mix well and select Insta 4, set weight, press start. When cool, blend the tomatoes in a mixer. Strain and serve hot.									

VEGETABLE CHAT	Insta 4	VEGETABLE CHAT	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Sev	40 gm	60 gm	80 gm	100gm	120gm	140gm	160gm
		Peanuts - Roasted & Crushed	40 gms	60 gms	80 gms	100 gm	120 gm	140 gm	160 gm
		Boiled Potato - Diced Into Small Cubes	40 gms	60 gms	80 gms	100 gm	120 gm	140 gm	160 gm
		Chick Peas (Kabuli Channa) - Boiled (Optional)	40 gms	60 gms	80 gms	100 gm	120 gm	140 gm	160 gm
		Corn Kernel - Boiled	40 gms	60 gms	80 gms	100 gm	120 gm	140 gm	160 gm
		Onion - Chopped Finely	½	½	½	½	1	1	1
		Green Chilli - Chopped Finely	1	1	2	2	2	3	3
		Tomato - Chopped Finely	½	½	½	½	1	1	1
		Fresh Coriander Leaves - Chopped	½ tbsp	½ tbsp	½ tbsp	½ tbsp	1 tbsp	1 tbsp	1 tbsp
		Chaat Masala Powder (Optional)	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp	1½ tsp
		Red Chilli Powder	½ tsp	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Lemon Juice	½ tsp	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Tamarind Chutney	½ tbsp	½ tbsp	½ tbsp	1 tbsp	1 tbsp	1 tbsp	1 tbsp
		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.									

OMLETTE	Insta 4	OMLETTE	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Eggs - Beaten	2	3	4	5	6	7	8
		Onion - Finely Chopped	1	1	2	2	3	3	3
		Green Chillies - Finely Chopped	1	2	2	3	3	4	4
		Red Chilli Powder	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Oil As Required							
		Coriander Leaves For Garnish							
		Salt To Taste							
		Method of preparation;							
		Prepare tadka in a microwave oven safe flat bowl as explained in Insta 3 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 4, enter weight and press start. Remove, garnish with coriander leaves and serve							

SABUDANA KHICHDI	Insta 4	SABUDANA KHICHDI	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Sabudana (Soaked)	100 gm	150 gm	200 gm	250 gm	300 gm	350 gm	400 gm
		Ground Nut Powder	100 gm	150 gm	200 gm	250 gm	300 gm	350 gm	400 gm
		Chopped Green Chillies	2	2	3	3	4	4	5
		Boiled & Peeled Potato	½ cup	1 cup	1 cup	1½ cup	1½ cup	2 cup	2 cup
		Oil	½ tbsp	½ tbsp	1tbsp	¾ tbsp	¾ tbsp	1tbsp	1tbsp
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch	a pinch	a pinch
		Cumin Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Sugar	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp	2½ tsp	3 tsp
		Lime Juice	½ tsp	¾ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Salt To Taste							
		Method of preparation:							
		Prepare tadka as explained in Insta 3 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 4, enter weight and press start. Remove and mix well and serve hot.							

TOMATO PUREE	Insta 4	TOMATO PUREE	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Tomatoes	200gm	300gm	400gm	500gm	600gm	700gm	800gm
Method of preparation:									
Take a microwave oven safe bowl, add tomatoes, and place the bowl in the microwave oven. Select Insta 4, set weight and press start. Set aside to cool, remove the top cover, smash and serve.									

TAMARIND PULP	Insta 4	TAMARIND PULP	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Tamarind	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Water As Required							
Method of preparation:									
Take a microwave oven safe bowl, add tamarind and water, keep aside for some time. Place the bowl on the turn table in the microwave oven, select Insta 4, enter weight & press start. Remove, and smash the tamarind smoothly to make pulp.									

CORN CHAT	Insta 4	CORN CHAT	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Sweet Corn Kernels	¼ cup	½ cup	¾cup	1 cup	1¼ cup	1½ cup	1¾cup
		Tomato Chopped To Small Pieces	¼ cup	½ cup	¾cup	1 cup	1¼ cup	1½ cup	1¾cup
		Cooked Potato Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup	1¼ cup	1½ cup	1¾cup
		Cucumber Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup	1¼ cup	1½ cup	1¾cup
		Chopped Coriander	½ tbsp	½ tbsp	½ tbsp	1 tbsp	1 tbsp	1 tbsp	1½tbsp
		Lime Juice	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp	1 tsp
		Chat Masala	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp	2½ tsp
		Cumins Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Red Chilli Powder	1 tsp	1 tsp	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Salt To Taste							
Method of preparation									
Take a microwave oven safe bowl, add sweet corn, tomatoes, chat masala, cumins powder, red chilli powder, salt, mix well and select Insta 4, enter weight and press start. Remove and serve hot.									

FENNEL (saunf) ROAST	Insta 4	FENNEL (saunf) ROAST	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Fennel Seeds	200gm	300gm	400gm	500gm	600gm	700gm	800gm
Method of preparation									
Take a microwave oven safe glass bowl, add fennel, place the bowl in microwave oven and select Insta 4, enter weight and press start.									

CASHEW ROAST	Insta 4	CASHEW ROAST	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Cashew Nuts	200gm	300gm	400gm	500gm	600gm	700gm	800gm
Method of preparation									
Take a microwave oven safe bowl, add cashew nuts, place the bowl in microwave oven and select Insta 4, enter weight and press start.									

RICE REHEAT	Insta 4	RICE REHEAT	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Cooked Rice	200gm	300gm	400gm	500gm	600gm	700gm	800gm
Method of preparation									
Take a microwave oven safe bowl, add cooked rice, place the bowl in microwave oven and select Insta 4, enter weight and press start.									

ROTI CHIWDA	Insta 4	ROTI CHIWDA	200gm	300gm	400gm	500gm	600gm	700gm	800gm
		Ingredients:							
		Left Over Roti (Break Into Small Pieces)	1 cup	1½ cup	2 cup	2½ cup	3 cup	3½ cup	4 cup
		Onions Finely Chopped	1	1	1½	1½	2	2	2½
		Green Chillies Finely Chopped	2	2	2	3	3	3	4
		Cumin Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp	½ tsp
		Curry Leaves	few	few	few	few	few	few	few
		Roasted Ground Nuts	few	few	few	few	few	few	few
		Lemon Juice	½ tsp	½ tsp	1 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 3 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 4, enter weight and press start. Remove, pour lime juice and garnish with coriander leaves.									

Spaghetti	Insta 5	Spaghetti			
		Ingredients;	100gms	200gms	300gms
		Spaghetti	1 cup	1½cup	1½cup
		Carrot – Chopped	¼ cup	½ cup	½ cup
		Butter	½ tbsp	½ tbsp	1 tbsp
		Capsicum - Chopped	¼ cup	½ cup	½ cup
		Mushrooms - Chopped	¼ cup	½ cup	½ cup
		Tomatoes - Chopped	¼ cup	½ cup	½ cup
		Oregano	a pinch	a pinch	a pinch
		Basil	a pinch	a pinch	a pinch
		Green Peas	¼ cup	½ cup	½ cup
		Green Onion - Chopped	½ tbsp	½ tbsp	1 tbsp
		Tomato Ketchup (Optional)	½ tbsp	½ tbsp	1 tbsp
		Grated Cheese For Garnish			
		Salt To Taste			
Method of preparation;					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 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 5, enter weight and press start. Remove, garnish and serve.					

CURD RICE	Insta 5	CURD RICE			
		Ingredients;	100gms	200gms	300gms
		Rice	2 cups	3 cups	4 cups
		Dahi / Yogurt	200gms	300gms	400gms
		Milk	1 cup	1½ cup	1½ cup
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumins Seeds	½ tsp	½ tsp	1 tsp
		Dry Red Chilly (Cut Into Small)	2	3	4
		Ghee	1 tbsp	1 tbsp	1½ tbsp
		Medium Size Cucumber Grated	½	¾	1
		Seedless Grapes (Chopped)	50 gms	75 gms	100gms
		Pomegranate (Dalim) Seeds	¼ cut	½ cut	¾ cut
		Water As Required			
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start. Remove, add grapes, dalim and serve hot.					

VEGETABLE BIRYANI	Insta 5	VEGETABLE BIRYANI			
		Ingredients:	100gms	200gms	300gms
		Rice	1½ cup	2 cup	3 cup
		Ghee	1tbsp	1tbsp	1½ tbsp
		Carrot Chopped	¼ cup	½ cup	¾ cup
		French Beans Chopped	¼ cup	½ cup	¾ cup
		Green Peas	¼ cup	½ cup	¾ cup
		Red Chilli Powder	½ tsp	¾ tsp	1 tsp
		Garam Masala	¾ tsp	1 tsp	1½ tsp
		Garlic Paste	¼ tsp	¼ tsp	½ tsp
		Ginger Paste	¼ tsp	¼ tsp	½ tsp
		Green Chillies Chopped	¼ tbsp	¼ tbsp	½ tbsp
		Onion Chopped	1	1½	1½
		Tomato Chopped	1	1½	2
		Cinnamon	½ inch	¾ inch	1 inch
		Cloves	4	5	6
		Cardamom	4	5	6
		Coconut Milk	1cup	1½ cup	2 cup
		Cashew Nuts	few	few	few
		Mint Leaves	few	few	few
		Coriander Leaves	few	few	few
		Lemon Juice	½ tsp	¾ tsp	1 tsp
		Salt To Taste			
		Water As Required			
Method of preparation					
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start. Remove, and serve hot.</p>					

RICE KHICHDI	Insta 5	RICE KHICHDI			
		Ingredients:	100gms	200gms	300gms
		Rice	1½ Cup	2 Cup	3 Cup
		Toor Dal	½ Cup	¾ Cup	1 Cup
		Garlic Paste	½ Tsp	¾ Tsp	1 Tsp
		Ginger Paste	½ Tsp	¾ Tsp	1 Tsp
		Turmeric Powder	¼ Tsp	½ Tsp	¾ Tsp
		Oil	1 Tbsp	1 Tbsp	1½Tbsp
		Cardamom	½ Inch	¾ Inch	1 Inch
		Cinnamon	3	4	5
		Cloves	3	4	5
		Sliced Onion	1	2	2
		Chopped Tomatoes	2	3	3
		Slitted Green Chillies	2	3	4
		Mint Leaves	Few	Few	Few
		Curry Leaves	Few	Few	Few
		Salt To Taste			
		Water As Required			
		Coriander Leaves For Garnish			
Method Of Preparation					
<p>Prepare tadka in a microwave oven safe bowl as explained in insta 3 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 5, enter weight and press start. Remove, and serve hot.</p>					

DALCHA	Insta 5	DALCHA			
		Ingredients:	100gms	200gms	300gms
		Soaked Channa Dal	100gm	200gm	300gm
		Lauki (Cut Into Pieces)	1½ cup	2 cup	3 cup
		Oil	1 tbsps	1 tbsps	1½ tbsps
		Onion Paste	1 cup	1 cup	1½ cup
		Curry Leaves	few	few	few
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Tamarind Juice	½ cup	¾ cup	1 cup
		Salt To Taste			
		Water As Required			
		Method of preparation			
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3, 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 5, enter weight and press start. Remove, garnish with coriander and serve hot.</p>					

JEERA RICE	Insta 5	JEERA RICE					
		Ingredients:	100gms	200gms	300gms		
		Rice	1½ cup	2 cup	3 cup		
		Jeera (Cumin Seeds)	2 tsp	2 tsp	3 tsp		
		Cashew Nuts	2 tbsps	2 tbsps	3 tbsps		
		Peppercorns	4	5	6		
		Bay Leafs	2	3	4		
		Cloves	3	4	4		
		Cinnamon Sticks	2	3	4		
		Onions, Sliced	1	2	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 3 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 5, enter weight and press start. Remove, and serve hot.</p>					

EGGPLANT DAL	Insta 5	EGGPLANT DAL			
		Ingredients:	100gms	200gms	300gms
		Toovar Dal	1½ cup	2 cup	3 cup
		Eggplants Chopped	2 cup	3 cup	4 cup
		Dried Coconut	1tbsp	1tbsp	1½ tbsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Green Chillies	3	4	5
		Cumins Seeds	½ tsp	¾ tsp	1 tsp
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp
		Musturd Seeds	½ tsp	¾ tsp	1 tsp
		Oil As Required			
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start. Remove, and serve hot.					

AMRITSARI DAL	Insta 5	AMRITSARI DAL			
		Ingredients:	100gms	200gms	300gms
		Urad Dal	1 cup	2 cup	3 cup
		Channa Dal	1 cup	2 cup	3 cup
		Tomatoes	2	3	3
		Onion Chopped	1	2	2
		Mint Leaves	few	few	few
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp
		Green Chillies Chopped	2	2	3
		Butter As Required			
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start. Remove, and serve hot.					

DAL MAKHANI	Insta 5	DAL MAKHANI			
		Ingredients:	100gms	200gms	300gms
		Urad Dal	1 cup	1½ cup	2 cup
		Tomato Finely Chopped	2	3	4
		Onion Finely Chopped	1	1	2
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp
		Chillies Finely Chopped	few	few	few
		Curd	1 cup	1½ cup	2 cup
		Cream (Malai)	½ cup	¾ cup	1 cup
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Dhania Powder	1 tsp	1½ tsp	2 tsp
		Butter As Required			
		Chopped Coriander Leaves For Garnish			
		Salt To Taste			
Method of preparation					
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.</p>					

RASAM	Insta 5	RASAM			
		Ingredients:	100gms	200gms	300gms
		Red Gram Dal	1½ cup	2 cup	3 cup
		Tomatoes	1	2	3
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Green Chillies Chopped	1	2	2
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Dried Red Chillies	2	3	3
		Hing	a pinch	a pinch	a pinch
		Curry Leaves	few	few	few
		Pepper Powder	½ tsp	¾ tsp	1 tsp
		Oil As Required	1 tbsp	1 tbsp	1½ tbsp
		Salt To Taste			
		Coriander Leaves For Garnish			
Method of preparation					
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.</p>					

SAMBHAR	Insta 5	SAMBHAR			
		Ingredients:	100gms	200gms	300gms
		Red Gram Dal	1 cup	1½ cup	2 cup
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Bitter Gourd (Sliced Into Long Pieces)	50 gms	100gms	150 gms
		Brinjal (Sliced Into Long Pieces)	2	3	4
		Drum Stick (Sliced Into Long Pieces)	½ stick	¾ stick	1 stick
		Ladies Finger (Sliced Into Long Pieces)	3	4	5
		Dried Red Chillies	4	4	5
		Curry Leaves	1 spring	1 spring	2 spring
		Tamarind	20 gms	30 gms	40 gms
		Hing	¼ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Oil	½ tbsp	¾ tbsp	1 tbsp
		White Gram Dal (Fried)	1 tsp	1½ tsp	2 tsp
		Coriander Seeds (Fried)	½ tsp	¾ tsp	1 tsp
		Mustard Seeds (Fried)	½ tsp	¾ tsp	1 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, 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 3 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 5, enter weight and press start. Remove, and serve hot.</p>					

PONGAL	Insta 5	PONGAL			
		Ingredients:	100gms	200gms	300gms
		Rice	1 cup	1½ cup	2 cup
		Moong Dal	¼ cup	½ cup	½ cup
		Cashew Nuts	few	few	few
		Black Peppers	few	few	few
		Grated Ginger	½ tsp	½ tsp	1 tsp
		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 3, 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 5, enter weight and press start. For better result, stir twice in between.</p>					

VEG - PULAO	Insta 5	VEG - PULAO			
		Ingredients:	100gms	200gms	300gms
		Rice (Soaked)	1 cup	2 cup	3 cup
		Potato Cut Into Cubes	½ cup	¾ cup	1 cup
		Carrot Cut Into Cubes	½ cup	¾ cup	1 cup
		Cauliflower Cut Into Florets	½ cup	¾ cup	1 cup
		Peas	½ cup	¾ cup	1 cup
		Cashew Nuts	½ tbsp	¾ tbsp	1 tbsp
		Raisins	1 tsp	1½ tsp	2 tsp
		Onions	1	1	1½
		Ghee	1 tbsp	1 tbsp	1½ tbsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Green Chilli Paste	½ tsp	¾ tsp	1 tsp
		Cinnamon Stick	1	2	3
		Cloves	3	4	5
		Mint Leaves	¼ tbsp	½ tbsp	¾ tbsp
		Cardamom	3	4	5
		Oil As Required			
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start.					

RICE KHEER	Insta 5	RICE KHEER			
		Ingredients:	100gms	200gms	300gms
		Rice	2 cup	3 cup	4 cup
		Milk	2 cup	3 cup	4 cup
		Cardamom Seeds	few	few	few
		Almonds	few	few	few
		Saffron Threads, Soaked	a pinch	a pinch	a pinch
		Pistachio Nuts	few	few	few
		Raisins (Optional)	few	few	few
		Sugar			
Method of preparation					
Take a microwave oven safe bowl, add all the ingredients other than saffron, mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start.					

BISI BELE RICE	Insta 5	BISI BELE RICE			
		Ingredients:	100gms	200gms	300gms
		Red Gram Dal	½ cup	¾ cup	1 cup
		Rice	1 cup	2 cup	3 cup
		Brinjals Chopped	2	3	4
		Tamarind Juice	½ cup	¾ cup	1 cup
		Hing	a pinch	a pinch	a pinch
		Oil As Required			
		Salt To Taste			
		Paste Ingredients			
		Onion	1	2	2
		Green Chillies	1 tsp	1½ tsp	2 tsp
		Cashew Nuts	½ cup	¾ cup	1 cup
		Grated Coconut	½ cup	¾ cup	1 cup
		Khus Khus	½ cup	¾ cup	1 cup
		Curry Leaves	few	few	few
		Coriander Leaves	½ cup	¾ cup	1 cup
		Powdered Ingredients			
		Dry Red Chillies	3	4	5
		Fenugreek Seeds	1 tsp	1½ tsp	2 tsp
		Coriander Seeds	½ tsp	¾ tsp	1 tsp
		Mustard	½ tsp	¾ tsp	1 tsp
		Cardamoms	3	4	5
		Cinnamon	1	2	3
		Cloves	3	4	5
		Saunf	1 tsp	1½ tsp	2 tsp
Method of preparation					
Prepare tadka in a microwave oven safe bowl in Insta 3 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 5, enter weight and press start. Remove and serve hot.					

YAM CHANNA PORIYAL	Insta 5	YAM CHANNA PORIYAL			
		Ingredients:	100gms	200gms	300gms
		Yam	50 gms	100gms	150 gms
		Channa	50 gms	100gms	150 gms
		Tomato	1	1	1½
		Urad Dal	1 tsp	1½ tsp	2 tsp
		Onion	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 3 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 5, enter weight and press start.					

KOOTTU CURRY	Insta 5	KOOTTU CURRY			
		Ingredients:	100gms	200gms	300gms
		Bengal Gram Dal (Channa Dal)	½ cup	¾ cup	1 cup
		White Gram Dal (Urad Dal)	1 tbsp	1 tbsp	1½ tbsp
		Pumpkin (Cut Into Small Pieces)	½ cup	¾ cup	1 cup
		Snake Gourd (Cut Into Small Pieces)	½ cup	¾ cup	1 cup
		French Beans (Cut Into Small Pieces)	½ cup	¾ cup	1 cup
		Yam (Cut Into Small Pieces)	½ cup	¾ cup	1 cup
		Cucumber (Cut Into Small Pieces)	½ cup	¾ cup	1 cup
		Inner Flesh Of Drum Stick Pieces	½ cup	¾ cup	1 cup
		Grated Coconut Paste	½ cup	¾ cup	1 cup
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Green Chillies Paste	½ tsp	¾ tsp	1 tsp
		Mustard Seeds	¼ tsp	½ tsp	¾ tsp
		Dried Red Chillies	3	4	5
		Curry Leaves	few	few	few
		Ghee Or Coconut Oil	1 tbsp	1½ tbsp	2 tbsp
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start.					

PARSI DAL	Insta 5	PARSI DAL			
		Ingredients:	100gms	200gms	300gms
		Soaked Red Gram (Tur Dal)	1½ cup	2 cup	3 cup
		Butter	1 tbsp	1 tbsp	1½ tbsp
		Garlic	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	½ tsp	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 3 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 5, enter weight and press start. Remove, and serve hot.					

ACHARI MUTTON	Insta 5	ACHARI MUTTON			
		Ingredients:	100gms	200gms	300gms
		Mutton	100gms	200gms	300 gms
		Tomatoes	1	1	2
		Onions	1	1	2
		Fenugreek Seeds	½ tsp	¾ tsp	1 tsp
		Fennel Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Dried Red Chilli	2	2	3
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Cloves	2	3	4
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Coriander Leaves For Garnish			
		Oil As Required			
		Salt To Taste			
Method of preparation					
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than mutton, tomato and coriander leaves. Remove, add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.</p>					

GAJAR HALWA	Insta 5	GAJAR HALWA			
		Ingredients:	100gms	200gms	300gms
		Carrots (Grated)	1½ cup	2 cup	2½ cup
		Kawa (Mawa Grated)	½ cup	¾ cup	¾ cup
		Sugar	1½ cup	1½ cup	2 cup
		Milk Condensed	½ cup	¾ cup	¾ cup
		Milk	½ cup	¾ cup	¾ cup
		Cardamoms	few	few	few
		Pistachio Flakes (Almonds)	few	few	few
		Ghee As Required			
		Raisins	few	few	few
Method of preparation:					
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than milk, condensed milk, cardamom, pistachio and raisins. 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.</p>					

LENTIL SOUP	Insta 5	LENTIL SOUP			
		Ingredients:	100gms	200gms	300gms
		Split Lentils	1½ cup	2 cup	2½ cup
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Green Chilli, Chopped	2	3	3
		Salt To Taste			
		Coriander Leaves For Garnish			
		Water As Required			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.					

KASHMIRI PULAO	Insta 5	KASHMIRI PULAO			
		Ingredients:	100gms	200gms	300gms
		Rice	1½ cup	2 cup	2½ cup
		Cinnamon	2 stick	3 stick	4 stick
		Cardamom	4	5	6
		Cloves	3	4	5
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Saffron	a pinch	a pinch	a pinch
		Milk	½ cup	¾ cup	¾ cup
		Walnut For Garnish	few	few	few
		Cashew Nut For Garnish	few	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 as explained in Insta 3 with all the ingredients other than rice, water and all garnished ingredients. Remove. add the remaining ingredients other than garnished ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, garnish and serve hot.					

CHANNA BIRYANI	Insta 5	CHANNA BIRYANI			
		Ingredients:	100gms	200gms	300gms
		Rice	1½ cup	2 cup	2½ cup
		Channa	¾ cup	1 cup	1½ cup
		Onion	1	2	2
		Tomato	1	2	2
		Potato	1	2	2
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Green Chillies	2	3	4
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Ginger Garlic Paste	1 tsp	1½ tsp	2 tsp
		Cinnamon	2 stick	3 stick	4 stick
		Curry Leaves	few	few	few
		Bay Leaf	2	3	4
		Cloves	3	4	5
		Salt – To Taste			
		Butter As Required			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 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 5, enter weight and press start.					

BEANS RICE	Insta 5	BEANS RICE			
		Ingredients:	100gms	200gms	300gms
		Rice	1½ cup	2 cup	2½ cup
		Black Beans	¾ cup	1 cup	1½ cup
		Onion, Chopped	1	2	2
		Capsicum, Thinly Sliced	1	2	2
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Pepper Powder	1 tsp	1½ tsp	2 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 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 3 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 5, enter weight and press start. Remove, garnish with coriander leaves. Serve hot.					

TADKA DAL	Insta 5	TADKA DAL			
		Ingredients:	100gms	200gms	300gms
		Red Lentils (Masoor Dal)	1 cup	1½ cup	2 cup
		Yellow Lentils (Moong Dal)	1 cup	1½ cup	2 cup
		Tomato Chopped	2	3	3
		Onion Chopped	1	1½	2
		Oil	1 tbsp	1 tbsp	1½ tbsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Green Chillies Chopped	2	3	4
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp
		Dried Red Chillies	2	3	4
		Coriander Leaves For Garnish			
		Salt To Taste			
		Water As Required			
Method of preparation					
		Prepare tadka in a microwave oven safet bowl as explained in Insta3 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 5, enter weight and press start. Remove, garnish with coriander leaves and serve hot.			

SINDHI CURRY	Insta 5	SINDHI CURRY			
		Ingredients:	100gms	200gms	300gms
		Chopped Carrots	¼ cup	½ cup	¾ cup
		Chopped Potatoes	¼ cup	½ cup	¾ cup
		Chopped Cauliflower	¼ cup	½ cup	¾ cup
		Chopped Eggplant	¼ cup	½ cup	¾ cup
		Chopped Okra	¼ cup	½ cup	¾ cup
		Besan	1 tsp	1½ tsp	1½ tsp
		Cumin Seeds Roasted	½ tsp	¾ tsp	1 tsp
		Methi Seeds Roasted	½ tsp	¾ tsp	1 tsp
		Hing	a pinch	a pinch	a pinch
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1tsp	1½ tsp	2 tsp
		Tamarind Paste Juice	½ cup	¾ cup	1 cup
		Curry Leaves	few	few	few
		Green Chilli	2	3	4
		Chopped Ginger	½ tsp	½ tsp	¾ tsp
		Oil As Required			
		Salt To Taste			
		Warm Water			
		Chopped Coriander For Garnish			
		Chopped Mint For Garnish			
Method of preparation					
<p>Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than hing, tamarind juice, water, coriander and 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 5, enter weight and press start. Remove, garnish with coriander, mint leaves. Serve hot.</p>					

KICHURI	Insta 5	KICHURI			
		Ingredients:	100gms	200gms	300gms
		Rice	1 cup	1½ cup	2 cup
		Moong Dal Roasted	½ cup	¾ cup	1 cup
		Cauliflower Florets	¼ cup	½ cup	¾ cup
		Green Peas	¼ cup	½ cup	¾ cup
		Potatoes (Cubed)	¼ cup	½ cup	¾ cup
		Chilli Powder	1tsp	1½ tsp	2 tsp
		Sugar	1tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Green Chillies	2	3	4
		Cumin Powder	1tsp	1½ tsp	2 tsp
		Bay Leaves	2	3	4
		Red Chillies Whole	2	3	4
		Green Cardamoms	3	4	5
		Cloves	2	3	4
		Cinnamon	1" stick	1½"stick	2" stick
		Ghee As Required			
		Salt To Taste			
		Water As Required			
Method of preparation					
<p>Prepare tadka in a microwave oven safet bowl as explained in Insta3 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 5, enter weight and press start. Serve hot.</p>					

AAMTI	Insta 5	AAMTI			
		Ingredients:	100gms	200gms	300gms
		Moong Dal	1½ cup	2 cup	2½ cup
		Chopped Tomato	1 cup	1½ cup	2 cup
		Green Chillies	3	4	5
		Curry Leaves	few	few	few
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Hing	a pinch	a pinch	a pinch
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Oil As Required			
		Salt To Taste			
		Water As Required			
		Coriander Leaves For Garnish			
Method of preparation					
Prepare tadka in a microwave oven safet bowl as explained in Insta 3 with all the ingredients other than moong dal, tomato, hing, coriander leaves and water. After beep, remove, add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove and garnish with coriander leaves. Serve hot.					

MUTTON CURRY	Insta 5	MUTTON CURRY			
		Ingredients:	100gms	200gms	300gms
		Mutton	1½ cup	2 cup	2½ cup
		Tomato (Chopped)	¾ cup	1 cup	1 cup
		Red Chilli Powder	1tsp	1½ tsp	2 tsp
		Onions (Chopped)	¾ cup	1 cup	1 cup
		Black Pepper Powder	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	1"stick		
		Cinnamon	1tsp	1½ tsp	2 tsp
		Coriander Seeds	1tsp	1½ tsp	2 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Cloves	2	3	4
		Green Cardamoms	3	4	5
		Ginger And Garlic Paste.	1tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	few
		Poppy Seeds	few	few	few
		Fennel Seeds	½ tsp	¾ tsp	1 tsp
		Black Peppercorns	½ tsp	¾ tsp	1 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 3 with all the ingredients other than mutton, tomato and coriander leaves. After beep, remove, add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove and garnish with coriander leaves. Serve hot.					

MEAT BALLS	Insta 6	MEAT BALLS			
		Ingredients:	150gms	300gms	450gms
		Meat	150gms	300gms	450 gms
		Eggs	1	2	2
		Bread Crumbs	¾ cup	1 cup	1½ cup
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Onion (Minced)	½ cup	¾ cup	1 cup
		Milk	½ cup	¾ cup	1 cup
		Tomato Sauce	1 tbsp	1 tbsp	1½ tbsp
		Sugar	1tsp	1½ tsp	2 tsp
		Mustard	½ tsp	¾ tsp	1 tsp
		Pepper To Taste	1tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste.			
Method of preparation					
Blend all ingredients together. Make meat balls. Arrange meat balls in a microwave oven safe glass wide bowl, select Insta 6, enter weight and press start. Turn once in between.					

CHICKEN 65	Insta 6	CHICKEN 65			
		Ingredients:	150gms	300gms	450gms
		Boneless Skinless Chicken	150gms	300gms	450 gms
		Cloves	few	few	few
		Cinnamon	few	few	few
		Cardamom	few	few	few
		Garlic Paste	½ tsp	½ tsp	¾ tsp
		Ginger Paste	½ tsp	½ tsp	¾ tsp
		Red Chillies Powder	1 tsp	1½ tsp	2 tsp
		All-Purpose Flour	1 tsp	1½ tsp	2 tsp
		Egg	1	1	2
		Food Coloring, Red	a pinch	a pinch	a pinch
		Yoghurt	½ cup	½ cup	1 cup
		Green Chillies	1	2	2
		Corn Flour	1 tbsp	1 tbsp	1½ tbsp
		Lime Juice	1 tsp	1½ tsp	2 tsp
		Butter As Required			
		Salt To Taste			
Method of preparation:					
Marinate the chicken with the all ingredients for 1 hour. In a microwave oven safe wide glass bowl add all marinate ingredients, Place the bowl in the microwave oven select Insta 6, enter weight and press start.					

CHEESE CORN BALLS	Insta 6	CHEESE CORN BALLS			
		Ingredients:	150gms	300gms	450gms
		Boiled Sweet Corn Kernels	1½ cup	2 cup	2½ cup
		Cheese Grated	½ cup	½ cup	1 cup
		Potatoes, Boiled And Mashed	½ cup	½ cup	1 cup
		Capsicum,	½ cup	½ cup	1 cup
		Breadcrumbs	1 cup	1½ cup	2 cup
		Maida	1 tbsp	1 tbsp	1½ tbsp
		Corn Flour,	1 tbsp	1 tbsp	1½ tbsp
		Oregano	few	few	few
		Oil As Required			
		Salt To Taste,			
Method of preparation:					
Blend all ingredients together. Make corn balls. Arrange corn balls in a microwave oven safe glass wide bowl, select Insta 6, enter weight and press start. Turn once in between.					

VEGETABLE CUTLETS	Insta 6	VEGETABLE CUTLETS			
		Ingredients:	150gms	300gms	450gms
		Potatoes Boiled	1 cup	1½ cup	2 cup
		Green Peas Boiled	¼ cup	½ cup	½ cup
		Beans Boiled	¼ cup	½ cup	½ cup
		Beetroot Boiled	¼ cup	½ cup	½ cup
		Corn Flour	¼ cup	½ cup	½ cup
		Dry Mango Powder	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
Method of preparation:					
Blend all boiled ingredients together. Mash them lightly. Add all remaining ingredients, mix well, shape as a medium sized cutlets. Arrange cutlets in a lightly greased baking tray, place the tray on the mesh rack in the microwave oven, select Insta 6, enter weight and press start. Turn once in between.					

KHEEMA CUTLETS	Insta 6	KHEEMA CUTLETS			
		Ingredients:	150gms	300gms	450gms
		Mutton Kheema Cooked	1½ cup	2 cup	2½ cup
		Potatoes Boiled	1½ cup	2 cup	2½ cup
		Besan Flour	½ cup	½ cup	1 cup
		Onion, Chopped Thinly	½ cup	½ cup	1 cup
		Cloves	2	3	4
		Cinnamon Sticks	2	3	3
		Cardamoms	3	4	5
		Garlic Flakes	3	4	5
		Ginger, Grated	½ tsp	½ tsp	¾ tsp
		Poppy Seeds	½ tsp	½ tsp	¾ tsp
		Eggs	1	2	2
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Curry Leaves Chopped	few	few	few
		Coriander Leaves Chopped	few	few	few
		Oil As Required			
		Salt As Required			
Method of preparation:					
<p>Prepare tadka in a microwave oven safet 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; place the tray on the mesh rack in the microwave oven, select Insta 6, enter weight and press start. Turn once in between.</p>					

CHICKEN LOLLYPOPS	Insta 6	CHICKEN LOLLYPOPS			
		Ingredients:	150gms	300gms	450gms
		Chicken Wings	150gms	300gms	450 gms
		Maida	1 tbsp	1½ tbsp	2 tbsp
		Eggs	1	2	2
		Soya Sauce	1 tbsp	1½ tbsp	2 tbsp
		Green Chilli Paste	1 tsp	1½ tsp	2 tsp
		Ginger, Garlic Paste	½ tsp	½ tsp	¾ tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Pepper Powder	1 tsp	1½ tsp	2 tsp
		Chilli Sauce	1 tbsp	1½ tbsp	2 tbsp
		Red Color			
		Oil As Required			
		Salt To Taste			
		Method of preparation:			
	Marinate the chicken with the all ingredients for 1 hour. Arrange the marinated chicken in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven, select Insta 6, enter weight and press start. Turn once in between.				

BAKED MUSHROOM	Insta 6	BAKED MUSHROOM			
		Ingredients:	150gms	300gms	450gms
		Mushrooms	1½ cup	2 cup	2½ cup
		Pepper Powder	1 tsp	1½ tsp	2 tsp
		Bread Crumbs	1 cup	1½ cup	2 cup
		Cheese Grated	1 tbsp	1½ tbsp	2 tbsp
		Coriander Leaves	1 tbsp	1½ tbsp	2 tbsp
		Lemon Juice	1 tsp	1½ tsp	2 tsp
		Garlic Paste	½ tsp	½ tsp	¾ tsp
		Olive Oil			
		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 wide glass bowl and place the bowl in the microwave oven, select Insta 6, enter weight and press start. Turn once in between.				

JEERA BISCUITS	Insta 6	JEERA BISCUITS			
		Ingredients:	150gms	300gms	450gms
		Maida	1 cup	1½ cup	2 cup
		Butter	¾ cup	1 cup	1¼ cup
		Powdered sugar	1 cup	1½ cup	2 cup
		Cumin seeds	¼ tsp	½ tsp	½ tsp
		Baking powder	½ tsp	½ tsp	¾ tsp
		Egg	1	2	2
		Salt to taste			
Method of preparation:					
Beat the melted butter in sugar, mix well and add egg, cumins, baking powder, Mix well. Now add maida and salt to make the dough, set aside for 20 minutes and make biscuits shape of it. Arrange the biscuits in a lightly greased baking tray and place the baking tray on the low mesh rack in the microwave oven, select Insta 6, enter weight and press start. Turn once in between.					

FISH CUTLETS	Insta 6	FISH CUTLETS			
		Ingredients:	150gms	300gms	450gms
		Fish Boiled & Bones Removed	150gms	300gms	450 gms
		Egg	1	2	2
		Bread Slices Soaked In Water	2	3	4
		Garlic Paste	½ tsp	½ tsp	¾ tsp
		Ginger Paste	½ tsp	½ tsp	¾ tsp
		Bread Crumbs	1 tbsp	1½ tbsp	2 tbsp
		Green Chillies	2	3	3
		Corn Flour	1 tbsp	1½ tbsp	2 tbsp
		Garam Masala	1 tbsp	1½ tbsp	2 tbsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Coriander Leaves	1 tbsp	1½ 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 ingredient mix well, shape as a medium sized cutlets. Arrange cutlets in a lightly greased baking tray, place the tray on the mesh rack in the microwave oven, select Insta 6, enter weight and press start. Turn once in between.					

ALOO TIKKI	Insta 6	ALOO TIKKI			
		Ingredients:	150gms	300gms	450gms
		Boiled Aloo	150gms	300gms	450 gms
		Green Peas Cooked	1 cup	1½ cup	2 cup
		Black Pepper Powder	½ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Cumins Powder	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt Or To Taste			
Method of preparation:					
Mash potatoes and green peas together. Add all remaining ingredients, mix well and shape as a medium sized tikki. Arrange tikki in a lightly greased baking tray, place the tray on the mesh rack in the microwave oven, select Insta 6, enter weight and press start. Turn once in between.					

FINGER CHIPS	Insta 6	FINGER CHIPS			
		Ingredients:	150gms	300gms	450gms
		Potatoes Semi Boiled	150gms	300gms	450 gms
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			
Method of preparation:					
Cut Potato into thin long strips and add the remaining ingredients, mix well. Place the potato strips in the lightly greased baking dish and press start. Turn once in-between.					

RESHMI KEBAB	Insta 6	RESHMI KEBAB				
		Ingredients:	150gms	300gms	450gms	
		Boneless Chicken	150gms	300gms	450 gms	
		Garlic Paste	1 tsp	1½ tsp	2 tsp	
		Ginger Paste	1 tsp	1½ tsp	2 tsp	
		Coriander Leaves Paste	1 tbsp	1½ tbp	2 tbsp	
		Onions Paste	1 tbsp	1½ tbp	2 tbsp	
		Yoghurt	1 cup	1½ cup	2 cup	
		Almonds Grated	1 tbsp	1½ tbp	2 tbsp	
		Juice Of Lemon	½	1	1	
		Salt To Taste				
		Oil As Required				
		Method of preparation:				
		Marinate the chicken with the all ingredients for 2 hour. Arrange the marinate chicken in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven, select Insta 6, enter weight and press start. Turn once in between.				

LITTI	Insta 6	LITTI			
		Ingredients:	150gms	300gms	450gms
		Wheat Flour	1½ cup	2 cup	2½ cup
		Ghee	½ cup	½ cup	¾ cup
		Salt To Taste			
		Water As Required			
		Fillings			
		Sattu	1 cup	1½ cup	2 cup
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Hing	a pinch	a pinch	a pinch
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Chilli Powder	½ tsp	½ tsp	¾ tsp
		Powdered Fennel Seeds	1 tbsp	1½ tbsp	2 tbsp
		Powdered Coriander Seeds	1 tsp	1½ tsp	2 tsp
		Amchoor Powder	½ tsp	½ tsp	¾ tsp
		Oil As Required			
		Salt To Taste			
	Method of preparation:				
	Mix the flour, salt, ghee and enough water to make a stiff dough. Cover and set aside for 30 minutes. Mix all the filling ingredients together and prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the filling ingredients, enter weight and press start. Keep aside. Make smooth balls from the dough with filling in the center of the ball, Arrange the balls in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven, select Insta 6, enter weight and press start. Turn once in between.				

PODO PITHA	Insta 6	PODO PITHA			
		Ingredients:	150gms	300gms	450gms
		Rice Soaked	1 cup	1½ cup	2 cup
		Urad Dal Soaked	1 cup	1½ cup	2 cup
		Grated Coconut	1 cup	1½ cup	2 cup
		Sugar	1 cup	1½ cup	2 cup
		Ginger Paste	1 tsp	1½ tsp	2 tsp
		Black Pepper Powder	1 tsp	1½ tsp	2 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 dish and place the baking dish in the microwave oven, select Insta 6, enter weight and press start.					

MUTTON ROAST	Insta 7	MUTTON ROAST				
		Ingredients:	800gm	1000gm	1200gm	1400gm
		Mutton, Cut Into Pieces	800gms	1000gms	1200gms	1400gms
		Curd,	1½ cup	2 cup	2½ cup	3 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 Chilli Powder,	2 tsp	2½ tsp	3 tsp	3 tsp
		Garam Masala	2 tsp	2½ tsp	3 tsp	3 tsp
		Ghee As Required				
		Salt To Taste				
Method of preparation:						
In a mixing bowl add all the ingredients, mix it all together. Let it marinate for five hours. Take the marinated mutton into a lightly greased wide glass bowl, Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Turn once in between.						

BREAD PUDDING	Insta 7	BREAD PUDDING				
		Ingredients:	800gm	1000gm	1200gm	1400gm
		Bread Crumbs	800gms	1000gms	1200gms	1400gms
		Sugar	300gms	400 gms	500 gms	600 gms
		Milk	1liter	1¼ liter	1½ liter	1¾ liter
		Chocolate	100gms	150 gms	200 gms	250 gms
		Eggs (Yolks& White Separate)	3	3	4	4
		Vanilla Essence	½ tsp	½ tsp	¾ tsp	1 tsp
		Butter As Required				
Method of preparation:						
Soak bread crumbs in milk and press dry, add butter mixed sugar, chocolate, egg yolks, Mix well and add vanilla essence, egg white, mix all ingredients well and set aside for 15 minutes. Pour the pudding in lightly greased wide glass bowl and place in the microwave. Select Insta 7, enter weight and press start.						

CHICKEN TANDOORI	Insta 7	CHICKEN TANDOORI				
		Ingredients:	800 gm	1000 gm	1200 gm	1400 gm
		Chicken	800gms	1000gms	1200gms	1400gms
		Garlic Paste	1 tsp	1½ tsp	2 tsp	2 tsp
		Ginger Paste	1 tsp	1½ tsp	2 tsp	2 tsp
		Green Chillies Paste	1 tsp	1½ tsp	2 tsp	2 tsp
		Pumpkin Paste	1½ cup	2 cup	2½ cup	3 cup
		Lime Juice	½ tsp	½ tsp	¾ tsp	1 tsp
		Curd	1½ cup	2 cup	2½ cup	3 cup
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2 tsp
		Orange Color	½ tsp	½ tsp	¾ tsp	1 tsp
		Kashmiri Chilli Powder	1 tsp	1½ tsp	2 tsp	2 tsp
		Butter As Required				
		Salt To Taste				
Method of preparation:						
Marinate the chicken with all ingredients, mix well and set aside for 2 hour. Arrange the chicken in a lightly greased wide glass bowl and place the glass bowl in the microwave oven, select Insta 7, enter weight and press start.						

WHOLE CHICKEN ROAST	Insta 7	WHOLE CHICKEN ROAST						
		Ingredients:	800 gm	1000 gm	1200 gm	1400 gm		
		Chicken	800gms	1000gms	1200gms	1400gms		
		Ground Black Pepper	1 tsp	1½ tsp	2 tsp	2 tsp		
		Cumins Powder	1 tsp	1½ tsp	2 tsp	2 tsp		
		Garam Masala	1 tsp	1½ tsp	2 tsp	2 tsp		
		Onion Paste	1½ cup	2 cup	2½ cup	3 cup		
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2 tsp		
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp	2 tsp		
		Lemon Juice As Required						
		Oil As Required						
		Salt To Taste						
		Method of preparation:						
		Marinate the chicken with all ingredients, mix well and set aside for 2 hour. Arrange the chicken in a lightly greased wide glass bowl and place the glass bowl in the microwave oven, select Insta 7, enter weight and press start.						

MUTTON KEBAB	Insta 7	MUTTON KEBAB				
		Ingredients:	800 gm	1000 gm	1200 gm	1400 gm
		Mutton, Cut Into 1-1½ " Pieces	800gms	1000gms	1200gms	1400gms
		Coriander Powder	1 tsp	1½ tsp	2 tsp	2 tsp
		Khus Khus Grinded	2 tsp	2½ tsp	3 tsp	4 tsp
		Cumin Powder	1 tsp	1½ tsp	2 tsp	2 tsp
		Curd	1½ cup	2 cup	2½ cup	3 cup
		Garlic Paste	1 tsp	1½ tsp	2 tsp	2 tsp
		Ginger Paste	1 tsp	1½ tsp	2 tsp	2 tsp
		Onion Paste	1 cup	1½ cup	2 cup	2½ cup
		Salt To Taste				
		Method of preparation:				
Marinate the mutton with all ingredients, mix well and set aside for 6 hours. Arrange the mutton in a lightly greased wide glass bowl and place the glass bowl in the microwave oven, select Insta 7, enter weight and press start.						

SPONGE CAKE	Insta 8	SPONGE CAKE	
		Ingredients;	475gm
		Maida	3 cup
		Ground Sugar	2 cup
		Eggs	3
		Ghee	1½ cup
		Baking Powder	1 tsp
		Condensed Milk	1 cup
		Chocolate Powder	3 tsp
		Vanilla Essence	½ tsp
		Method of preparation:	
Prepare soft batter of all the ingredients mix well. Pour the mixture in the lightly greased baking dish, place the baking dish in the microwave oven, select Insta 8, enter weight and press start.			

CARROT CAKE	Insta 8	CARROT CAKE	
		Ingredients:	475gm
		Grated Carrots	3 cup
		Flour	1½ cup
		Sugar	2 cup
		Cinnamon	few
		Nut Meg	few
		Baking Powder	1 tsp
		Baking Soda	½ tsp
		Egg	2
		Vanilla	½ tsp
		Chopped Walnuts	½ tsp
		Oil As Required	
Method of preparation:			
Take a mixing bowl, add all ingredients, mix well, set aside for 20 minutes. Pour the mixture into a lightly greased glass bowl, place the bowl in oven and select Insta 8, enter weight, press start.			

APPLE CAKE	Insta 8	APPLE CAKE	
		Ingredients:	475gm
		Finely Grated Apples	3 cup
		Sugar	2 cup
		Egg (Beaten)	3
		Flour	2 cup
		Cinnamon	1 tsp
		Baking Powder	1½ tsp
		Vanilla	1 tsp
		Raisins (Kismis)	1 cup
		Nuts (Chopped)	1 cup
		Method of preparation:	
		Place apples in large mixing bowl, add sugar, stir and let stand for ½ hour. Add egg, flour, cinnamon, baking powder, nuts, and raisins, blend well. Pour the mixture into a lightly greased glass bowl, place the bowl in oven and select Insta 8, enter weight, press start.	

PANEER CAKE	Insta 8	PANEER CAKE	
		Ingredients:	475gm
		Paneer	3 cups
		Maida	1½ cup
		Suji	2 tsp
		Milk	1 cup
		Sugar	1½ cup
		Butter As Required	1½ tsp
		Cardamom Powder	½ tsp
		Cooking Soda	a pinch
		Method of preparation:	
		Place the mashed paneer in a large mixing bowl, add maida, sugar and mix well, Add remaining ingredients to make a smooth batter; pour the mixture into a lightly greased glass bowl, place the bowl in oven and select Insta 8, enter weight, press start.	

JET DEFROST	Insta 9	JET DEFROST	
-------------	---------	-------------	--

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 splatters. 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 a dealer 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 the oven interior light does not work	The light bulb is loose or defective
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 over takes longer that 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 de-frosted 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 de-frosted 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	Only use the rack that is supplied with your microwave oven. 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.

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:

se.

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

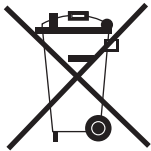
Warranty is Void If:

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 - 380 015
Bangalore	3rd Floor, The Karnataka Film Chamber of Commerce Bldg, 28, 1st Main, Crescent Road, High Grounds Nr. Shivanand Circle, Bangalore - 560 001
Bhopal	217, Zone I, M.P. Nagar, Beh. Jyoti Talkies, Bhopal - 462 011
Bhubaneshwar	Highway Complex, NH-5, Rudrapur, Bhubaneshwar - 752 101
Chandigarh/Mohali	Plot No. A-40, Phase VIII-A, Industrial Area, Mohali - 160 059
Chennai	No. 1, Sidco Industrial Estate, Ambattur, Chennai - 600 098
Coimbatore	No. 585 - 590 3rd Floor, Sathya Towers, DB Road, RS Puram, Coimbatore - 641002
Delhi	Godrej Bhavan, 2nd Floor, Shershah Suri Marg, Mathura Road, Okhla, New Delhi - 110 065
Faridabad	Godrej Bhavan, 2nd Floor, Shershah Suri Marg, Mathura Road, Okhla, New Delhi - 110 065
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 Shoppy, Ranigunj, M.G. Road, Secunderabad -500 003
Jaipur	502-506, 5th Floor, Gaurav Towers, Malviya Nagar, Jaipur - 302 017
Kochi	2nd floor, Angels Arcade, South Kalamasserry, Near CUSAT PO Kochi - 682022
Kolkata	Plot-30, Block-GN, Sector-V, Salt Lake city, Kolkata - 700 091
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 - 400 079
Nagpur	Dr. Bhiwapurkar Chamber, 2nd Floor, Opp. Yashwant Stadium, Dhantoli, Nagpur - 440 012
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 - 411 040
Raipur	9/1, Besides Bharat Petrol Pump, Opp. Hotel Picadelly, Mahoba Bazaar, G.E. Road, Raipur - 492 001, Chhatisgarh
Ranchi	C/o. Surya Motors, Near Krishi Bazaar Samiti Pandra, Ranchi (Jharkand) - 835 222
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®