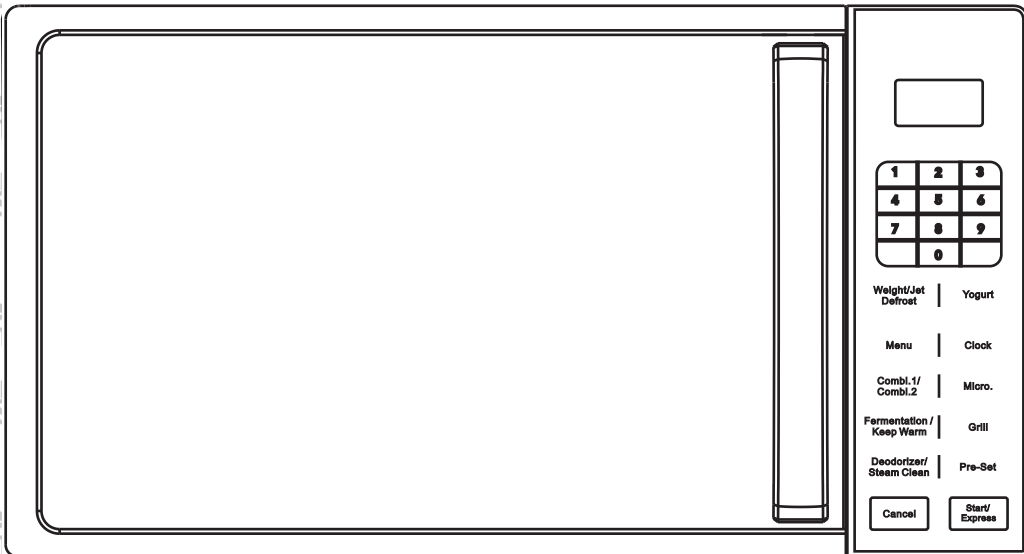




HOW TO GET THE BEST OUT OF YOUR GODREJ MICROWAVE OVEN...



User Manual GME 720 GF1 PZ 20 Ltr. Microwave, Grill

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

Thank you for purchasing Godrej Microwave Oven

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

Staple your receipt here for proof of purchase.

Model No: _____

Serial No: _____

Dealer: _____

Dealer Phone No: _____

SPECIFICATIONS

Power Consumption:	230V/50Hz, 1200W (Microwave)
	900 (Grill)
Rated Microwave Output:	700W
Operation Frequency:	2450MHz
Product Dimensions :	270 x 451 x 311 mm
Oven Capacity:	20 Litres
Cooking Uniformity:	Turntable System
Net Weight:	10.74kg

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE USE

Important Safety instructions

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

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

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

Precautions to avoid possible exposure to excessive microwave energy:

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

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

These items may explode.

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

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

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

UTENSIL GUIDE

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.

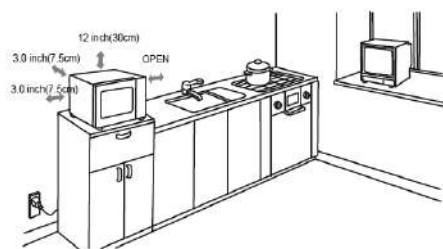
The list below is a general guide to help you select the correct utensils.

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.

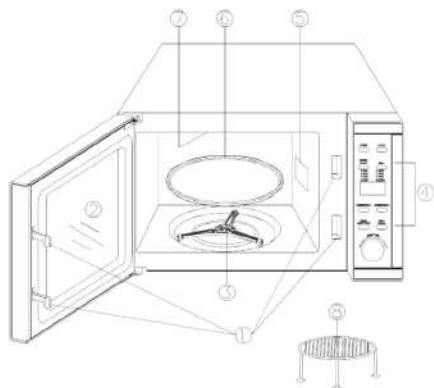
When there is interference, it may be reduced or eliminated by taking the following measures:

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

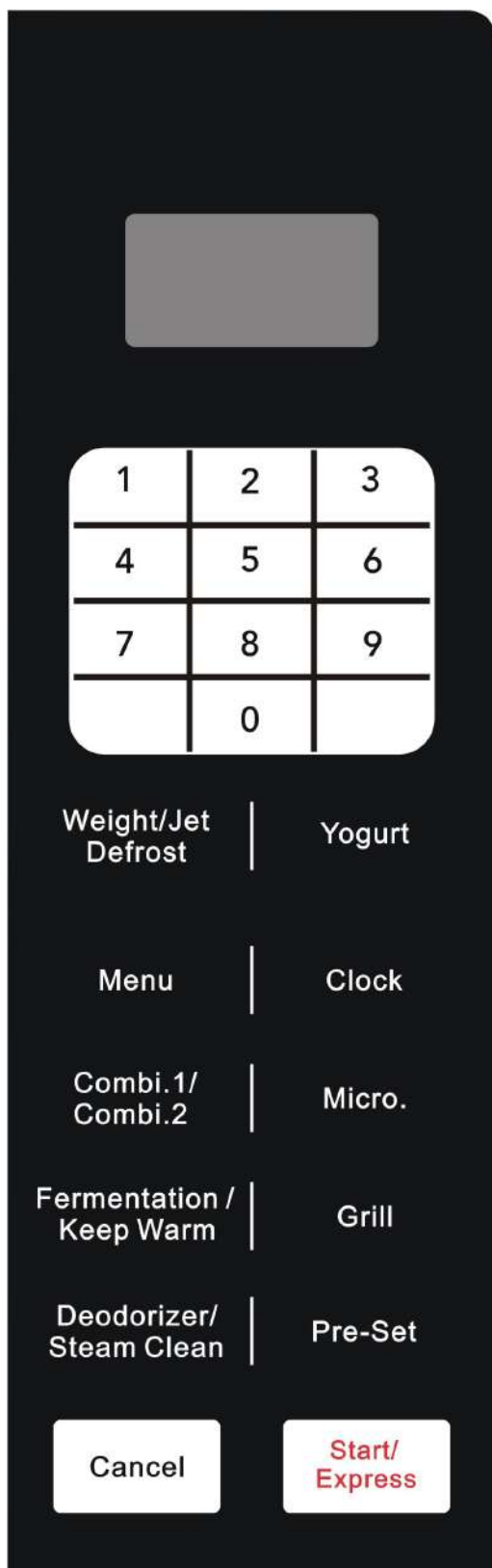
1. A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord
2. DO NOT USE AN EXTENTION CORD

PART NAMES



1. Door Safety Lock System
2. Oven Window
3. Turntable Support
4. Control Panel
5. Wave Guide (Please do not remove the mica plate covering the wave guide)
6. Glass Tray
7. Grill Heater
8. Metal Rack

CONTROL PANEL



DISPLAY

Cooking time, power, indicators and present time are displayed.

NUMBER PADS:

Touch to set times or weights.

WEIGHT DEFROST

Use to defrost frozen meat, poultry and seafood by weight.

JET DEFROST

Use to defrost foods by time.

YOGURT

To select yogurt function.

CLOCK

Use to set the time of day or recall the time of day.

MENU

Use to set auto cook..

COMBI. 1 & COMBI. 2

Use to set combination cooking time.

MICRO.

Use to set microwave cooking time.

GRILL

Use to set grill cooking time.

FERMENTATION/KEEP WARM

To select fermentation or keep warm option.

DEODORIZER/STEAM CLEAN

To select deodorizer/steam clean option.

EXPRESS

Use this feature to program the oven for 4 popular microwave timings. The oven will operate at HIGH power (100% power output).

PRE-SET

Use to set the oven to start-up at a later time.

CANCEL

Touch to cancel the selected power level, cook or defrost times that previously programmed.

START

Touch to start the cooking or defrosting programs.

OPERATING INSTRUCTIONS

- Each time a button is touched, a beep will sound to acknowledge the touch.
- During cooking, if press CANCEL pad once or open the door, the program will be paused, then press START pad to resume, but if press CANCEL pad twice, the program will be canceled.
- After a cooking or defrosting program has completed, the oven will automatically continue to sound three beeps every two minutes until the door is opened or the CANCEL pad is touched.

SETTING THE CLOCK

Suppose you want to enter the correct time of day: 00(A.M or P.M).

- Steps: 1. Touch the CLOCK pad once or twice to set the digital clock in 12 or 24 hours cycle.
2. Touch number pad “1 Minutes” 6 times.
(Touch number pad to enter time.)
3. Touch CLOCK pad again to confirm.

NOTE: You can check the clock time while cooking is in progress by touching the CLOCK pad.

SETTING THE MICRO.

Suppose you want to cook for 5 minutes at 60%.

Steps:

1. Touch MICRO. pad 3 times.
2. Touch number pad “1 Minutes” five times.

PRESS MICRO. BUTTON	COOKING POWER
Once	100% (P10)
Twice	80% (P8)
3 times	60% (P6)
4 times	40% (P4)

5 times	20% (P2)
6 times	0 (P0)

3. Touch START pad.

NOTE: Step 1 is not necessary for cooking at 100% power level. The maximum time can be set is 99 minutes and 99 seconds. You can check the power level by press MICRO. pad during cooking.

PRE-SET

Suppose you want to set the oven to start-up at 2 o'clock.

Steps:

1. Set the cooking programs.
2. Touch PRE-SET pad.
3. Touch number pad “1 Minutes” twice.
4. Touch START pad.

NOTE: Be sure the time of day clock is set at the correct time before programming PRE-SET.

JET DEFROST WEIGHT DEFROST and EXPRESS COOKING can not be preset.

In preset mode, the preset time can be seen by pressing PRESET pad, if press CANCEL pad when the display shows the time, the function is cancelled.

EXPRESS

Use this feature to program the oven for

4 popular microwave timings.

With each touch of the EXPRESS pad you can program the oven for:

15 secondsTOUCH ONCE

30 seconds.....TOUCH TWICE

1 minute.....TOUCH 3 TIMES

2 minutes.....TOUCH 4 TIMES

The oven will operate at HIGH power (100% power output) for EXPRESS cooking program.

Suppose you want to set the oven to cook for

1 minute at 100% by using the feature.

Steps:

1. Touch the EXPRESS pad 3 times then "1:00" will appear in the display.
2. Touch START pad.

SETTING "JET DEFROST"

Suppose you want to set the oven to

JET DEFROST for 5 minutes and 30 seconds.

The maximum time can be set is 99 minutes

and 99 seconds.

Steps:

1. Touch JET DEFROST pad.
2. Touch number pad "1 Minutes" 5 times and "10 Seconds" 3 times.
3. Touch START pad.

SETTING "WEIGHT DEFROST"

The maximum allowable weight for each category is shown below.

FOOD CATEGORY	MAXIMUM WEIGHT	DISPLAY
Meat	2300g	d1
Poultry	4000g	d2
Seafood	900g	d3

Suppose you want to defrost 600g shrimp.

Steps:

1. Touch WEIGHT DEFROST pad 3 times. "d3" will appear in the display.
2. Touch number pad "1 Minutes" 6 times.
3. Touch START pad.

NOTE:

For foods exceeding these maximum weights, use the JET DEF program. If you program weight in excess of the maximum recommended, the oven will not operate properly.

During defrosting program, the system will pause and sound beeps to remind user to turn food over, and then press START pad to resume.

GRILL COOKING

Suppose you want to grill for 40 minutes.

Steps:

1. Touch GRILL pad.
2. Touch number pad "10 Minutes" 4 times.
3. Touch START pad.

NOTE: The maximum time can be set is 99 minutes and 99 seconds.

COMBINATION COOKING

COMBINATION 1

30% time for microwave cooking, 70% time for grill cooking. Use for fish, potatoes or au gratin.

COMBINATION 2

55% time for microwave cooking, 45% time for grill cooking. Use for pudding omelets, baked potatoes, and poultry.

Suppose you want to set the oven to COMBINATION 2 for 25 minutes.

Steps: 1. Touch COMBI.

2 pad.

2. Touch number pad "10 Minutes" 2 times and "1 Minutes" 5 times.

3. Touch START pad.

SETTING "SAFETY LOCK"

To set the SAFETY LOCK

Press CANCEL button for 3 seconds, a beep will sound and the child lock indicator light will come on.

To cancel the SAFETY LOCK

Press CANCEL button for 3 seconds, a beep will sound and the child lock indicator light will go out.

NOTE: You can not operate the oven while the child lock is set.

AUTO MENU COOKING

For food or the following cooking mode, it is not necessary to program the time and the cooking power. It is sufficient to indicate the type of food that you want to cook as well as the weight of this food.

You may need to turn food over at the middle of cooking time to obtain uniform cooking.

1. Touch MENU pad repeatedly to choose desired menu.
2. Touch number pad to enter the weight or the amount of food.
3. Press START button.

INSTACOOK MENU

INSTA-1

Category	Recipe-	Ingredients:			
A-01	TEA/COFFE	Ingredients;	1	2	3
		Tea	1 tsp	2 tsp	2½ tsp
		Milk	1 cup	2 cup	3 cup
		Sugar To Taste			
		Water As Required			
Method of Preparation:					
Step 1: Take a microwave oven safe large bowl, add water, milk, sugar, tea, mix well and place the bowl in microwave oven. Select category A-01, enter weight, press start.					

Category	Recipe-	Ingredients:	1	2	3
A-01	POHA	Poha	1 ½ cup	2 cup	2 ½ cup
		Green Peas	2 tbsp	3 tbsp	4 tbsp
		Channa Dhal	1 tsp	1½ tsp	2 tsp
		Urad Dhal	1 tsp	1½ tsp	2 tsp
		Onions (Chopped)	1	2	3
		Green Chili (Small Chopped)	2	3	4
		Carrot (Chopped)	2 tbsp	3 tbsp	4 tbsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Salt To Taste			
		Oil As Required			
		Grated Coconut For Garnish;			
		Fresh Coriander For Garnish;			
Method of Preparation:					
"Step 1: Prepare tadka as explained in category A-11 in a microwave oven safe bowl with all the ingredients other than poha, salt, sugar, lime and garnish ingredients.					
Step 2: After the oven beeps, remove and add the remaining ingredients other than garnish ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select category A-01, enter weight and press start. Remove, garnish with coriander and grated coconut. Serve hot."					

INSTA-1

Category	Recipe-	Ingredients:	1	2	3
A-01	SABUDANA KHICHADI	Sabudana (Soaked)	2 cup	2 ½ cup	3 cup
		Ground Nut Powder	1 ½ cup	2 cup	2 ½ cup
		Chopped Green Chillies	3	4	5
		Boiled & Peeled Potato	1 cup	1½ cup	2 cup
		Oil	1 tbsp	1½ tbsp	2 tbsp
		Hing	a pinch	a pinch	a pinch
		Cumin Seeds	1 tsp	1½ tsp	1¾ tsp
		Sugar	1 tsp	1½ tsp	2 tsp
		Lime Juice	¼ tsp	1 tsp	1½ tsp
		Salt To Taste			

Method of Preparation:

Step 1: Prepare tadka as explained in category A-11 in a microwave oven safe glass bowl with all the ingredients other than sabudana, salt, sugar and lime. Step 2: After the oven beeps, remove and add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select category A-01, enter weight and press start. When the oven beeps, remove and mix well. Serve hot.

Category	Recipe-	Ingredients:	1	2	3
A-01	ROTI KA CHIVDA	Leftover Chapattis (Cut In To Small Pieces)	1 ½ cup	2 cup	2 ½ cup
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	1¾ tsp
		Onion Finely Chopped	1	2	3
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Hing	a pinch	a pinch	a pinch
		Curry Leaves	few	few	few
		Raw Peanuts	2 tbsp	3 tbsp	4 tbsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			

Method of Preparation:

Step 1: Take a microwave oven safe bowl; add all the ingredients other than chapatti, hing and coriander leaves, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add the remaining ingredients other than the coriander leave, mix well. Select category A-01, enter weight, press start. When the oven beeps, remove and garnish with grated coriander. Serve hot.

INSTA-1

Category	Recipe-	Ingredients:	1	2	3
A-01	KHANDVI	Besan	1 cup	2 cup	2½ cup
		Butter Milk	2 cup	4 cup	5 cup
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Oil	½ tbsp	¾ tbsp	¾ tbsp
		Sesame Seeds	1 tsp	2 tsp	2 tsp
		Mustard Seeds	¼ tsp	¾ tsp	¾ tsp
		Coconut Scraped	½ tbsp	¾ tbsp	¾ tbsp
		Chopped Coriander	½ tbsp	¾ tbsp	¾ tbsp
		Hing	a pinch	a pinch	a pinch
		Chopped Green Chillies	2	3	3
		Salt To Taste			

Method of Preparation:

Step 1: Take butter milk in a microwave oven safe bowl, add besan, turmeric powder, oil, salt, sesame seeds, mustard, hing, coconut, coriander, green chillies & mix well to avoid lump formation. Place the bowl on the turn table in the microwave oven. Select category A-01, enter weight & press start. When done, pour a cup full in a large flat plate. Spread as thin as possible with the back of a large flat spoon using circular outward movements. Allow to cool & cut into 1½ inch wide strips. Carefully roll each strip & Serve with chutney.

INSTA-1

Category	Recipe-	Ingredients:	1	2	3
A-01	MIRCHI KA SALAN	Deep fried Green chillies	2 cup	2 ½ cup	3 cup
		Onion paste	1 cup	1½ cup	2 cup
		Ginger garlic paste	½ tsp	1 tsp	1 tsp
		Mustard seeds	½ tsp	1 tsp	1 tsp
		Cloves	few	few	few
		Curry leaves	few	few	few
		Tamarind pulp	1 cup	1½ cup	2 cup
		Oil as required			
		Coriander leaves for garnish			
		Salt to taste			
		Salan Paste			
		Grated Coconut			
		Roasted Peanuts			
		Coriander seeds			
		Sesame seeds			
		Cumin seeds			
		Peppercorns			
		Red Chili			
<p>Method of Preparation: Grind all salan paste ingredients to make fine paste. Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than green chillies, tamarind pulp and coriander leaves. Step 2: After the oven beeps, remove; add the remaining ingredients other than the coriander leaves, mix smoothly and place the bowl in the microwave oven. select category A-01, enter weight and press start. Remove, garnish with grated coriander and serve</p>					

INSTA-1

Category	Recipe-	Ingredients:	1	2	3
A-01	EGG-BHURJI	Eggs	2	4	6
		Onion, chopped	1 cup	2 cup	3 cup
		Tomato	½ cup	¾ cup	1 cup
		Green chilli, chopped	2	3	4
		Ginger Garlic paste	½ tsp	¾ tsp	1 tsp
		Cumin seeds	½ tsp	¾ tsp	1 tsp
		Chilli powder	½ tsp	¾ tsp	1 tsp
		Coriander powder	½ tsp	¾ tsp	1 tsp
		Turmeric powder	¼ tsp	¼ tsp	¼ tsp
		Garam masala	½ tsp	¾ tsp	1 tsp
		Oil as required			
		Coriander leaves for garnish			
		Salt to taste			
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than eggs, coriander leaves, mix well and select category A-11 to prepare tadka. Step 2: When the oven beeps, remove and add the remaining ingredients other than coriander leaves, mix well. Select category A-01, enter weight, press start. Smash and mix well in between. Serve hot.</p>					

INSTA-1

Category	Recipe-	Ingredients:	1	2	3
A-01	BREAD CHIVDA	Bread Slices	1 ½ cup	2 cup	2 ½ cup
		Mustard Seeds	½ tsp	1 tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	1½ tsp
		Onion Finely Chopped	1 cup	1 ½ cup	2 cup
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Hing	a pinch	a pinch	a pinch
		Curry Leaves	few	few	few
		Raw Peanuts	2 tbsp	3 tbsp	4 tbsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			

Method of Preparation:

"Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than bread slices, hing and coriander leaves.

Step 2: After the oven beeps, remove, add the remaining ingredients other than the coriander leaves, mix well and place the bowl in the microwave oven. Select category A-01, enter weight and press start. Remove, garnish with grated coriander and serve."

A-01	CHANNA CHAT	Green Chana / Kabuli Chana	¾ cup	1 cup	1 ½ cup
		Potato Chopped	¾ cup	1 cup	1 ½ cup
		Tomato Chopped	¾ cup	1 cup	1 ½ cup
		Onion Chopped	¾ cup	1 cup	1 ½ cup
		Grated Raw Mango(Optional)	few	few	few
		Green Chili Finely Chopped	few	few	few
		Garam Masala	¾ tsp	1 tsp	1 ½ tsp
		Hing	a pinch	a pinch	a pinch
		Cumin Powder	¾ tsp	1 tsp	1 ½ tsp
		Chili Powder	¾ tsp	1 tsp	1 ½ tsp
		Lime Juice	¾ tsp	1 tsp	1 ½ tsp
		Coriander Leaves For Garnish			
		Salt To Taste			

Method of Preparation:

Step 1: Take a microwave oven safe bowl; add all the ingredients other than coriander leave. Place the bowl in the microwave oven. Select category A-01, enter weight and press start. After the beep, remove and garnish with coriander leaves and serve.

INSTA-1

Category	Recipe-	Ingredients:	1	2	3
A-01	APPLE JAM	Apples cut into slices	250gms	350gms	450gms
		Sugar	200gms	300gms	400gms
		Lemon juice or Citric acid	1 tsp	1½ tsp	1½ tsp
		Water as required			

Method of Preparation:

Take a microwave oven safe bowl; add all the ingredients , mix well and place the bowl in the microwave oven. Select category A-01, enter weight and press start. After the oven beeps, remove, set to cool and pour into jar, seal tightly. Serve after one day.

INSTA-2

Cat-egory	Recipe-	Ingredients:	150 gr	300 gr	450 gr	600 gr
A-02	VEG- PULLAO	Rice (Soaked)	1 cup	1 ½ cup	2 cup	2 ½ cup
		Potato Cut Into Cubes	¼ cup	½ cup	¾ cup	1cup
		Carrot Cut Into Cubes	¼ cup	½ cup	¾ cup	1cup
		Cauliflower Cut Into Florets	¼ cup	½ cup	¾ cup	1cup
		Peas	¼ cup	½ cup	¾ cup	1cup
		Cashew Nuts	½ tbsp	¾ tbsp	1 tbsp	1½ tbsp
		Raisins	½ tsp	¾ tsp	1 tsp	2 tsp
		Onions	¼ cup	¼ cup	½ cup	½ cup
		Ghee	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
		Oil	1tsp	1tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp
		Garlic Paste	½ tsp	½ tsp	¾ tsp	1 tsp
		Green Chilli Paste	½ tsp	½ tsp	¾ tsp	1 tsp
		Cinnamon Stick	1	2	3	3
		Cloves	3	3	4	5
		Mint Leaves	¼ tbsp	½ tbsp	¾ tbsp	1tbsp
		Cardamom	3	3	4	5
		Water As Required				
		salt to taste				

Method of Preparation:

Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than rice, water and salt. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven. Select category A-02, enter weight and press start. Remove and serve hot.

INSTA-2

Cat-egory	Recipe-	Ingredients:	150 gr	300 gr	450 gr	600 gr
A-02	YAM, CHANNA PORIYAL	Yam (Suran) (Cut Into Pieces)	1½ cup	2 cup	2½ cup	3 cup
		Chana (Soaked)	1 cup	1½ cup	2 cup	2½ cup
		Tomato	2	2	3	3
		Urad Dal	2 tbsp	2½ tbsp	3 tbsp	3 tbsp
		Onion Chopped	2	2½	3	3
		Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2 tsp
		Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp	½ tsp
		Curry Leaves	few	few	few	few
		Salt To Taste				
		Water As Required				

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than chick peas, chana, tomato and water. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven. Select category A-02, enter weight and press start. Remove and serve hot.

INSTA-2

Cat-egory	Recipe-	Ingredients:	150 gr	300 gr	450 gr	600 gr
A-02	CURD RICE	Rice	1½ cup	2 cups	2½ cup	3 cups
		Dahi / Yogurt	1½ cup	2 cup	2½ cup	3 cup
		Milk	1 cup	1½ cup	2 cup	2½ cup
		Mustard Seeds	½ tsp	½ tsp	¾ tsp	¾ tsp
		Cumins Seeds	½ tsp	½ tsp	¾ tsp	¾ tsp
		Dry Red Chilly (Cut Into Small)	2	2	3	3
		Ghee	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
		Medium Size Cucumber Grated	½	½	¾	¾
		Seedless Grapes (Chopped)	½ cup	½ cup	¾ cup	¾ cup
		Pomegranate (Dalim) Seeds	¼ cup	¼ cup	½ cup	½ cup
		Water As Required				
		Salt To Taste				

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than rice, yogurt, milk, cucumber, grapes, dalim and water. Step 2: When the oven beeps, remove and add the remaining ingredients other than grapes, dalim, mix well. Place the bowl in the microwave oven. Select category A-02, enter weight and press start. Remove, add grapes, dalim and serve hot.

INSTA-2

Cat-egory	Recipe-	Ingredients:	150 gr	300 gr	450 gr	600 gr
A-02	RICE KICHDI	Rice	1½ cup	2 cup	2½ cup	3 cup
		Toor Dal	1 cup	1½ cup	2 cup	2½ cup
		Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Oil	1 tbsp	1½ tbsp	2½ tbsp	2½ tbsp
		Cardamom	½ inch	¾ inch	1 inch	2 inch
		Cinnamon	3	4	5	5
		Cloves	3	4	5	5
		Sliced Onion	1	1	2	2
		Chopped Tomatoes	1	2	2	3
		Slitted Green Chillies	2	3	4	4
		Mint Leaves	few	few	few	few
		Curry Leaves	few	few	few	few
		Salt To Taste				
		Water As Required				
		Coriander Leaves For Garnish				

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than rice, toor dal, water, tomatoes and coriander leaves. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven. Select category A-02, enter weight and press start. Remove and serve hot.

INSTA-2

Cat-egory	Recipe-	Ingredients:	150 gr	300 gr	450 gr	600 gr
A-02	VEGETABLE BIRYANI	Rice	1½ cup	2 cup	2½ cup	3 cup
		Ghee	1tbsp	1½ tbsp	2 tbsp	2½ tbsp
		Carrot Chopped	¼ cup	¼ cup	½ cup	½ cup
		French Beans Chopped	¼ cup	¼ cup	½ cup	½ cup
		Green Peas	¼ cup	¼ cup	½ cup	½ cup
		Red Chilli Powder	½ tsp	¾ tsp	1 tsp	1 tsp
		Garam Masala	¾ tsp	1 tsp	1½ tsp	1½ tsp
		Garlic Paste	¼ tsp	¼ tsp	½ tsp	½ tsp
		Ginger Paste	¼ tsp	¼ tsp	½ tsp	½ tsp
		Green Chillies Chopped	¼ tbsp	¼ tbsp	½ tbsp	½ tbsp
		Onion Chopped	1	1	1½	1½
		Tomato Chopped	1	1	1½	1½
		Cinnamon	½ inch	¾ inch	1 inch	1 inch
		Cloves	4	5	6	6
		Cardamom	4	5	6	6
		Coconut Milk	1cup	1½ cup	2 cup	2 cup
		Cashew Nuts	few	few	few	few
		Mint Leaves	few	few	few	few
		Coriander Leaves	few	few	few	few
		Lemon Juice	½ tsp	¾ tsp	1 tsp	1 tsp
		Salt To Taste				
		Water As Required				

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than rice, tomato, coconut milk, water, cashew nuts, mint leaves, coriander leaves, lemon juice and salt. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven. Select category A-02, enter weight and press start. Remove and serve hot.

INSTA-2

Cat-egory	Recipe-	Ingredients:	150 gr	300 gr	450 gr	600 gr
A-02	RICE KHEER	Rice	1½ cup	2 cup	2½ cup	3 cup
		Milk	1½ cup	2 cup	2½ cup	3 cup
		Cardamom Seeds	few	few	few	few
		Almonds	few	few	few	few
		Saffron Threads, Soaked	a pinch	a pinch	a pinch	a pinch
		Pistachio Nuts	few	few	few	few
		Raisins (Optional)	few	few	few	few
		Sugar	1 cup	1½ cup	2 cup	2 cup
		Water As Required				

Method of Preparation:

Take a microwave oven safe bowl, add all the ingredients other than saffron and mix well. Place the bowl in the microwave oven. Select category A-02, enter weight and press start.

Cat-egory	Recipe-	Ingredients:	150 gr	300 gr	450 gr	600 gr
A-02	CHANA BIRYANI	Rice	1½ cup	2 cup	2½ cup	3 cup
		Channa	¾ cup	1 cup	1½ cup	2 cup
		Onion	1	1	2	2
		Tomato	1	1	2	2
		Potato	1	1	2	2
		Chilli powder	1 tsp	1½ tsp	2 tsp	2 tsp
		Green chillies	2	3	4	4
		Turmeric powder	¼ tsp	½ tsp	½ tsp	½ tsp
		Ginger garlic paste	1 tsp	1½ tsp	2 tsp	2 tsp
		Cinnamon	2 stick	3 stick	4 stick	4 stick
		Curry leaves	few	few	few	few
		Bay leaf	2	3	4	4
		Cloves	3	4	5	5
		Salt – to taste				
		Butter as required				
		Water as required				

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than rice, water and tomato. Step 2: After the oven beeps, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select category A-02, enter weight and press start.

INSTA-2

Cat-egory	Recipe-	Ingredients:				
A-02	VEGETABLE TAHIRI	Basmati rice (soaked)	1 cup	1½ cup	2 cup	2½ cup
		Gobhi	½ cup	½ cup	¾ cup	¾ cup
		Matar	½ cup	½ cup	¾ cup	¾ cup
		Gajar	½ cup	½ cup	¾ cup	¾ cup
		Tomato	½ cup	½ cup	¾ cup	¾ cup
		Potato	½ cup	½ cup	¾ cup	¾ cup
		Jeera	1 tsp	1 tsp	1½ tsp	1½ tsp
		Garam masala	1 tsp	1 tsp	1½ tsp	1½ tsp
		Laung	3	3	4	4
		Tej patta	3	3	4	4
		Haldi	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Red chilli powder	1 tsp	1 tsp	1½ tsp	1½ tsp
		Salt to taste				
		Water as required				
		Oil as required				
Method of Preparation:						
Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, tomato, water, mix well and select category A-11 to prepare tadka. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and select category A-02, enter weight & press start. Serve hot.						

INSTA-2

Cat-egory	Recipe-	Ingredients:				
A-02	METHI PULAO	Rice	¾ cup	1 cup	1½ cup	2 cup
		Green Peas	½ cup	¾ cup	1 cup	1 cup
		Onion	½ cup	¾ cup	1 cup	1 cup
		Methi Leaves	½ cup	¾ cup	1 cup	1 cup
		Cumin Seeds	½ tsp	¾ tsp	1 tsp	1 tsp
		Bay Leafs	2	3	4	4
		Cloves	3	4	5	5
		Cinnamon Stick	3	4	5	5
		Cardamoms	3	4	5	5
		Mace	2	3	4	4
		Star Anise	2	3	4	4
		Pepper Corns	few	few	few	few
		Salt To Taste				
		Oil As Required				
		Water As Required				

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, water, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and select category A-02, enter weight and press start. Serve hot.

INSTA-2

Cat-egory	Recipe-	Ingredients:				
A-02	KICHURI	Rice	1 cup	1½ cup	2 cup	2½ cup
		Moong dal roasted	½ cup	¾ cup	1 cup	1½ cup
		Cauliflower florets	¼ cup	½ cup	¾ cup	1 cup
		Green peas	¼ cup	½ cup	¾ cup	1 cup
		Potatoes (cubed)	¼ cup	½ cup	¾ cup	1 cup
		Chilli powder	1tsp	1½ tsp	2 tsp	2 tsp
		Sugar	1tsp	1½ tsp	2 tsp	2 tsp
		Turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Green chillies	2	3	4	4
		Cumin powder	1tsp	1½ tsp	2 tsp	2 tsp
		Bay Leaves	2	3	4	4
		Red Chillies Whole	2	3	4	4
		Green Cardamoms	3	4	5	5
		Cloves	2	3	4	4
		Cinnamon	1" stick	1½" stick	2" stick	2" stick
		Ghee as required				
		salt to taste				
		water as required				

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than vegetables and water. Step 2: After the oven beeps, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven. Select category A-02, enter weight and press start. Serve hot.

INSTA-3

Category	Recipe-	Ingredients:			
A-03	PONGAL	Rice	1½ cup	2 cup	3 cup
		Moog Dal	¼ cup	½ cup	1 cup
		Ghee (Melted)	¼ tbsp	½ tbsp	1tbsp
		Cashews	4	6	8
		Black Peppers	½ tsp	1/3 tsp	1 tsp
		Grated Ginger	½ tsp	1/3 tsp	1 tsp
		Water As Required			
		Salt To Taste			

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than rice, moog dal, and water. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven. Select category A-03, enter weight and press start. Remove and serve hot.

Category	Recipe-	Ingredients:			
A-03	KHUMB PULAO	Basmati Rice (Soaked)	1½ cup	2 cup	2½ cup
		Sliced mushrooms	1½ cup	2 cup	2½ cup
		Chopped spring onions	1 cup	1½ cup	2 cup
		Milk	1 cup	1½ cup	2 cup
		Chopped garlic	1 tbsp	1½ tbsp	2 tbsp
		Pepper to taste			
		Salt to taste			
		Oil as required			
		Water as required			

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add oil, chopped garlic & spring onions. Select category A-11, enter weight and press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well & select category A-03, enter weight, press start. Stand for 3 minutes. Serve hot.

INSTA-3

Category	Recipe-	Ingredients:			
A-03	CHANA PULAO	Soaked rice	100 g	200 g	300 g
		Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup
		Sliced onions	½ cup	1 cup	1½ cup
		Red chilli powder	200 ml	350 ml	500 ml
		Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
		Ghee	1 tbsp	1½ tbsp	2 tbsp
		Laung	3	4	5
		Elaichi	4	5	6
		Cumin seeds	½ tsp	1/3 tsp	1 tsp
		Saunf	½ tsp	1/3 tsp	1 tsp
		Garam masala,	1tsp	1½ tsp	2 tsp
		Turmeric powder	¼ tsp	¼ tsp	¼ tsp
		Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp
		Slit green chilli	1 nos	2 nos	2 nos
		Water as required			
		Salt to taste			

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add ghee, jeera, saunf, laung, elaichi, ginger-garlic paste, sliced onions & slit green chillies. Mix well & select category A-11 to prepare tadka. Step 2: When the oven beeps, add onion-mixture to the rice, also add mango pickle paste & all the spices. Mix well & Select category A-03, enter weight, press start. Serve achari chana pulao hot with fresh curd.

INSTA-3

Category	Recipe-	Ingredients:			
A-03	BISI BELE BATH	Red gram dal	½ cup	¾ cup	1cup
		Rice	1 cup	2 cup	3 cup
		Brinjal chopped	2	3	4
		Tamarind juice	½ cup	¾ cup	1cup
		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	1cup
		Grated coconut	½ cup	¾ cup	1cup
		Khus khus	½ cup	¾ cup	1cup
		Curry leaves	few	few	few
		Coriander leaves	½ cup	¾ cup	1cup
		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:					
Step 1: Prepare tadka in a microwave oven safe bowl in category A-11 with the paste ingredients. Step 2: When the oven beeps, remove, add the remaining ingredients and powdered ingredients also in it, mix well. Place the bowl in the microwave oven. Select category A-03, enter weight and press start. Remove and serve hot.					

INSTA-3

Category	Recipe-	Ingredients:			
A-03	BEANS RICE	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:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than rice, black beans and coriander leaves. Step 2: After the oven beeps, remove and add the remaining ingredients other than coriander leaves, mix well and place the bowl in the microwave oven. Select category A-03, enter weight and press start. Remove, garnish with coriander leaves. Serve hot.

Category	Recipe-	Ingredients:			
A-03	LENTIL SOUP	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:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than lentil, water and coriander leaves. Step 2: When the oven beeps, remove and add the remaining ingredients other than coriander leaves, mix well and place the bowl in the microwave oven. Select category A-03, enter weight and press start. Remove and garnish with coriander leaves. Serve hot.

INSTA-3

Category	Recipe-	Ingredients:			
A-03	ZAFRANI PULAO	Basmati Rice	1½ cup	2 cup	2½ cup
		Water	2 cup	3 cup	3½ cup
		Sugar	2 tbsp	3 tbsp	4 tbsp
		Milk	1 cup	1½ cup	2 cup
		Cashews	¼ cup	½ cup	¾ cup
		Cardomoms	4	5	6
		Cloves	few	few	few
		Cinnamon, Broken	few	few	few
		Almonds, Blanched And Cut	¼ cup	½ cup	¾ cup
		Saffron Strands, Soaked In Hot Milk	¼ tsp	½ tsp	¾ tsp
		Ghee As Required			

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than cashew, almonds, saffron milk, water, mix well and select category A-11 to prepare tadka. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and select category A-03, enter weight, press start. Serve hot.

Category	Recipe-	Ingredients:			
A-03	KASHMIRI PULLAO	Basmati Rice Soaked	1cup	1½ cup	2 cup
		Cinnamon Stick	3	3	4
		Shahjeera	¾ tsp	1 tsp	1 tsp
		Tej Patta	3	3	4
		Cloves	few	few	few
		Cardamoms	4	4	5
		Dry Ginger Powder	½ tsp	½ tsp	½ tsp
		Fennel Powder	¾ tsp	1 tsp	1 tsp
		Ghee	2 tbsp	2 tbsp	3 tbsp
		Water As Required			
		Salt As Required			
		For Garnishing Pulao:			
		Onion, Sliced Thinly	1	1	1
		Cashews	4	6	7
		Almonds	4	5	6
		Walnuts	2	3	4
		Saffron	a pinch	a pinch	a pinch

Method of Preparation:

In a microwave oven safe bowl add all ingredients other than garnish ingredients, mix well. Select category A-03, enter weight & press start. When the oven beeps, remove and garnish with onions, cashew, almonds, saffron and Serve hot.

INSTA-4

Category	Recipe-	Ingredients:			
A-04	UPMA	Roasted Rava (Suji)	2 cup	3 cup	4 cup
		Potato Finely Chopped	1	1	2
		Chopped Tomato	1	2	2
		Carrot Grated	1	2	2
		Onion, Chopped	1	2	3
		Green Chillies Finely Chopped	2	3	4
		Channa Dal	½ tbsp	½ tbsp	1 tbsp
		Urad Dal	½ tbsp	½ tbsp	1 tbsp
		Mustard Seeds	¼ tsp	½ tsp	½ tsp
		Jeera	½ tsp	1 tsp	1 tsp
		Green Peas	¼ cup	¼ cup	½ cup
		Cashew	½ tbsp	½ tbsp	1 tbsp
		Ghee	½ tbsp	½ tbsp	1 tbsp
		Turmeric	a pinch	a pinch	a pinch
		Green Coriander For Garnish			
		Coconut Grated For Garnish			
<p>Method of Preparation: Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than potatoes, peas, carrots, beans, tomato, paneer cubes, garam masala, tomato ketchup and fresh cream. Step 2: When the oven beeps, remove and add all the remaining ingredients other than fresh cream and mix well. Cover the bowl with a lid and place it in the microwave oven. Select category A-04, enter weight and press start. Remove, garnish with fresh cream and serve.</p>					

INSTA-4

Category	Recipe-	Ingredients:			
A-04	ALOO MATAR	Potatoes	1 cup	1½ cup	2 cup
		Green Peas	1 cup	1½ cup	2 cup
		Curd	1 cup	1½ cup	2 cup
		Green Chillies	2	2	3
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Onion	1	2	3
		Tomatoes Puree	1 cup	1½ cup	2 cup
		Ginger	½ tsp	½ tsp	1 tsp
		Coriander Powder	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Garam Masala	1 tsp	1 tsp	1½ tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
Method of Preparation:					
Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than tomato puree, salt, green peas, and curd. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove, garnish with coriander leaves and serve					

Category	Recipe-	Ingredients:			
A-04	SARSON KA SAG	Sarson (Green Mustard) Chopped	1 cup	1½ cup	2 cup
		Palak Chopped	1 cup	1½ cup	2 cup
		Onion Chopped	2	3	4
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp
		Green Chillies (Finely Chopped)	1 tsp	1½ tsp	2 tsp
		Makkai Ka Atta (Corn Flour)	1 tbsp	1½ tbsp	2 tbsp
		Powdered Gul (Jaggery)	1 tbsp	1½ tbsp	2 tbsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Ghee As Required			
		Salt To Taste			
Method of Preparation:					
Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all ingredients other than sarson, spinach, corn flour. Step 2: When the oven beeps, remove and add the remaining ingredients and mix well. Place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove, set to cool and grind the mixture to a rough paste and serve hot.					

INSTA-4

Category	Recipe-	Ingredients:			
A-04	BAINGAN MASALA	Brinjal (Baingan) Cut Into Half	1 cup	1½ cup	2 cup
		Tomatoes, Chopped	1 cup	1½ cup	2 cup
		Onions, Chopped	1 cup	1½ cup	2 cup
		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 Chili Powder	1½ tsp	2 tsp	3 tsp
		Oil As Required			
		Coriander For Garnish			
		Salt & Pepper To Taste			
<p>Method of Preparation: Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than tomato, methi leaves, vinegar, salt and pepper. Step 2: After the oven beeps, remove, add the remaining ingredients and mix well and place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove, garnish with coriander and serve.</p>					

Category	Recipe-	Ingredients:			
A-04	PANEER MAKHANI	Paneer	1½ cup	2 cup	2½ cup
		Tomato Puree	1 cup	1½ cup	2 cup
		Fresh Cream	1 cup	1½ cup	2 cup
		Green Chillies	1	2	3
		Red Chili 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			
<p>Method of Preparation: Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than tomato puree and fresh cream. Step 2: After the oven beeps, remove, add the remaining ingredients and mix well and place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove and serve hot.</p>					

INSTA-4

Category	Recipe-	Ingredients:			
A-04	POTATO CURRY	Potatoes, Peeled And Cubed	1½ cup	2 cup	3 cup
		Tomatoes, Chopped	1 cup	1½ cup	2 cup
		Onion, Chopped	1 cup	1½ cup	2 cup
		Garlic, Ginger Paste	½ tsp	¾ tsp	1 tsp
		Chili Powder	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Ghee			

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than potato and tomatoes. Step 2: After the oven beeps, remove, add the all remaining ingredients and mix well and place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove and serve hot.

Category	Recipe-	Ingredients:			
A-04	PRAWN CURRY	French Beans	¼ cup	½ cup	¾ cup
		Prawns	1½ cup	2 cup	3 cup
		Button Mushrooms (Sliced)	¼ cup	½ cup	¾ cup
		Red Pepper (Cut In To Slices)	¼ cup	½ cup	¾ cup
		Red Curry Paste	1 tbsp	1½ tbsp	2 tbsp
		Chicken Stock	¼ cup	½ cup	¾ cup
		Thai Fish Sauce	¼ cup	½ cup	¾ cup
		Coconut Milk	¼ cup	½ cup	¾ cup
		Basil	½ tsp	1tsp	1tsp
		Coriander	½ tsp	1tsp	1tsp
		Lime Juice	1 tsp	1½ tsp	2 tsp
		Olive Oil			

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than prawns, chicken stock, fish sauce, coconut milk and lime juice. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and select category A-04, enter weight, press start. Serve over basmati rice.

INSTA-4

Category	Recipe-	Ingredients:			
A-04	MATAR MUSHROOM	Mushrooms, cut in to halves	1 cup	1½ cup	2 cup
		Green peas	½ cup	¾ cup	1 cup
		Tomato puree	½ cup	¾ cup	1 cup
		cardamoms	3	4	5
		cinnamon	2	3	4
		Chopped onion	½ cup	¾ cup	1 cup
		Ginger garlic paste	½ tsp	¾ tsp	1 tsp
		Chilli powder	½ tsp	¾ tsp	1 tsp
		Coriander powder	½ tsp	¾ tsp	1 tsp
		Turmeric powder	¼ tsp	¼ tsp	½ tsp
		Garam masala	½ tsp	¾ tsp	1 tsp
		Cashew nuts paste	1 tbsp	1½ tbsp	2 tbsp
		Salt to taste			
		Oil as required			
		Chopped coriander for garnish			
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than mushrooms, green peas, tomato puree and garnish ingredient, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all remaining ingredients other than coriander, mix well and select category A-04, enter weight, press start. Garnish with coriander. Serve hot.</p>					

INSTA-4

Category	Recipe-	Ingredients:			
A-04	TOFU CURRY	Tofu Cubes	1 cup	1½ cup	2 cup
		Onion, Chopped	½ cup	¾ cup	1 cup
		Garlic, Minced	½ tsp	¾ tsp	1 tsp
		Curry Powder	½ tsp	¾ tsp	1 tsp
		Coconut Milk	½ cup	¾ cup	1 cup
		Coriander Leaves Chopped	few	few	few
		Black Pepper	½ tsp	¼ tsp	¼ tsp
		Butter As Required			
		Salt To Taste			
Method of Preparation:					
Step 1: Take a microwave oven safe bowl, add all ingredients other than tofu, coconut milk, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and select category A-04, enter weight, press start. Serve hot.					

Category	Recipe-	Ingredients:			
A-04	SINDHI KHADI	Carrots	¼ cup	½ cup	¾ cup
		Ladyfinger	¼ cup	½ cup	¾ cup
		Brinjal	¼ cup	½ cup	¾ cup
		Drumsticks	¼ cup	½ cup	¾ cup
		Bottle Gourd	¼ cup	½ cup	¾ cup
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Methi Seeds	1 tsp	1½ tsp	2 tsp
		Tamarind Pulp	¼ cup	½ cup	¾ cup
		Besan	1 tbsp	1½ tbsp	2 tbsp
		Coriander / Cumins Powder	1 tsp	1½ tsp	2 tsp
		Green Chillies Chopped	2	3	4
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Hing A Pinch			
		Salt To Taste			
		Coriander Leaves For Garnish			
Method of Preparation:					
Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than tamarind pulp, hing and coriander leaves. Step 2: After the oven beeps, remove, add the all remaining ingredients except coriander leaves mix well and place the bowl in the microwave oven, select category A-04, enter weight and press start. Remove, garnish with coriander leaves and serve hot.					

INSTA-4

Category	Recipe-	Ingredients:			
A-04	MIX VEGETABLE SUBJI	Carrots (Cut Into Pieces)	¼ cup	½ cup	½ cup
		Potatoes (Cut Into Pieces)	¼ cup	½ cup	¾ cup
		French Beans (Chopped)	¼ cup	½ cup	¾ cup
		Green Peas (Chopped)	¼ cup	½ cup	¾ cup
		Tomato (Chopped)	¼ cup	½ cup	¾ cup
		Onion (Chopped)	2	2	3
		Mustard	¼ tsp	½ tsp	½ tsp
		Garlic Ginger Paste	½ tsp	½ tsp	1 tsp
		Red Chili Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Bay Leaves	2	3	3
		Cinnamon	2" stick	2" stick	3" stick
		Cloves	few	few	few
		Cumins	1 tsp	1 tsp	1 tsp
		Garam Masala	1 tsp	1 tsp	1 tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than carrots, potato, beans, green peas, tomato and coriander leaves. Step 2: After the oven beeps, remove, add the remaining ingredients other than the coriander and mix well and place the bowl in the microwave oven select category A-04, enter weight and press start. Remove, garnish with coriander leaves and serve.

INSTA-4

Category	Recipe-	Ingredients:			
A-04	DRUMSTICK LEAVES CURRY	Drum Stick Leaves	2 cup	3 cup	4 cup
		Coconut Grated	½ cup	¾ cup	1 cup
		Masoor Dal	1 tsp	1 tsp	1½ tsp
		Cumins Seeds	½ tsp	½ tsp	1 tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1½ tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Oil As Required			
		Salt To Taste			

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than drum stick leaves, mix well and select category A-11 to prepare tadka. Step 2: After the beep, remove and add remaining ingredients, mix well and select category A-04, enter weight, press start. Serve hot.

Category	Recipe-	Ingredients:			
A-04	BABY POTATO SOUP	Baby Potato	2 cup	3 cup	4 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Nutmeg Powder	a pinch	a pinch	a pinch
		Black Pepper Powder	a pinch	a pinch	a pinch
		Milk Or Heavy Cream	1 cup	1½ cup	2 cup
		Corn Flour	2 tbsp	3 tbsp	4 tbsp
		Vegetable Stock	1 cup	1½ cup	2 cup
		Lemon Juice	1 tsp	1½ tsp	2 tsp
		Butter	1 tbsp	2 tbsp	3 tbsp
		Salt To Taste			

Method of Preparation:

Step 1: In a microwave oven safe bowl, add all the ingredients other than nutmeg powder, pepper powder, milk, vegetable stock and lemon juice. mix well and select category A-11 to prepare tadka. Step 2: After the beep, remove and add all remaining ingredients, mix well and select category A-04, enter weight, press start. Remove and make puree of the baby potato mixture. Serve hot.

INSTA-4

Category	Recipe-	Ingredients:			
A-04	BHENDI FRY	Lady Finger (Okra / Bhendi)	2 cup	3 cup	4 cup
		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:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than lady finger. Step 2: After the oven beeps, remove and add lady fingers, mix well and place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove and serve.

Category	Recipe-	Ingredients:			
A-04	SEV BHAJI	Sev	2 cup	3 cup	4 cup
		Tomato Puree	½ cup	1 cup	1½ cup
		Chopped Tomato	1 cup	1½ cup	2 cup
		Chopped Onions	1 cup	1½ cup	2 cup
		Mustard Seeds	¼ tsp	½ tsp	¾ tsp
		Cumin Seeds	¼ tsp	½ tsp	¾ tsp
		Green Chilli	1	2	2
		Hing	a pinch	a pinch	a pinch
		Curry Leaves	few	few	few
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1tsp	1½ tsp	2 tsp
		Ground Coriander	½ tsp	¾ tsp	1 tsp
		Ground Cumin	½ tsp	¾ tsp	1 tsp
		Oil	½ tbsps	¾ tbsps	1 tbsps
		Salt To Taste			
		Water As Required			
		Coriander Leaves For Garnish			

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than tomato puree, sev, water. Step 2: After the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove and garnish with coriander leaves and serve.

INSTA-4

Category	Recipe-	Ingredients:			
A-04	GOBI MATAR	Cauliflower Florets	1 cup	1½ cup	2 cup
		Green Peas	1 cup	1½ cup	2 cup
		Lauki	1 cup	1½ cup	2 cup
		Chopped Cabbage	1 cup	1½ cup	2 cup
		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:

Step 1: Prepare tadka as explained in category A-11 in a microwave oven safe glass bowl with all the ingredients other than Lauki, cabbage, green peas and curd, Step 2: After the beep, remove and add all remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-04, enter weight and press start. Serve hot.

Category	Recipe-	Ingredients:			
A-04	FISH MASALA	Fish	2 cup	3 cup	4 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Tomato Chopped	½ cup	¾ cup	1 cup
		Green Chillies, Chopped	½ tsp	¾ tsp	1 tsp
		Coriander Leaves	2 tbsp	2½ tbsp	3 tbsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Coriander Powder	½ tsp	¾ tsp	1 tsp
		Chili Powder	1 tsp	1½ tsp	2 tsp
		Lemon Juice	½ tsp	¾ tsp	1 tsp
		Ginger-Garlic Paste	½ tsp	¾ tsp	1 tsp
		Water As Required			
		Oil As Required			
		Salt To Taste			

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than fish, tomato, coriander leaves, water and mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and select category A-04, enter weight, press start. Serve hot.

INSTA-4

Category	Recipe-	Ingredients:			
A-04	PURAN POLI KAPURAN	Chana Dal, Soaked & Cooked	1½ cup	2 cup	3 cup
		Jaggery Grated	1½ cup	2 cup	3 cup
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Cardamom Powder	½ tsp	½ tsp	½ tsp
		Nutmeg Powder	½ tsp	½ tsp	½ tsp
		Oil If Required			
Method of Preparation: Step 1: Take a microwave oven safe bowl; add all the ingredients, mix well and place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove; add into flour flatten dough and make puran poli. Serve hot.					

Category	Recipe-	Ingredients:			
A-04	KHEER	Rice (Boiled)	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	1 tbsp	1½ tbsp	2 tbsp
		Cashew Nut Pieces (Roasted)	1 tbsp	1½ tbsp	2 tbsp
		Almonds (Roasted)	1/2 tbsp	1tbsp	1½ tbsp
		Powdered Elaichi (Carda- mom)	1 tsp	1½ tsp	2 tsp
		Water As Required			
Method of Preparation: Take a microwave oven safe bowl; add all the ingredients except elaichi powder and raisins mix well and place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove; add elaichi powder and raisins mix well. Serve hot.					

INSTA-4

Category	Recipe-	Ingredients:			
A-04	NOODLES	Noodles - Boiled	1½ cup	2 cup	3 cup
		Mix Vegetables(Carrots,Beans ,Cauliflower,Baby Corn)	1½ cup	2 cup	3 cup
		Mushrooms - Sliced	½ cup	¾cup	1 cup
		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 tbsps	½ tbsps	1 tbsps
		Oil As Required			
		Pepper To Taste			
		Salt To Taste			

Method of Preparation:

Prepare tadka as mentioned in category A-11 with all the ingredients other than noodles and soya sauce. Step 2: After the oven beeps, remove and add noodles & soya sauce, mix smoothly. Select category A-04, enter weight and press start. Serve hot

Category	Recipe-	Ingredients:			
A-04	FRUIT CUSTURD	Custard Powder	½ cup	¾ cup	1 cup
		Warm Milk	3 cup	4 cup	5 cup
		Sugar	½ cup	½ cup	1 cup
		Apple	1	1½	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:

Step 1: Take a microwave oven safe large glass bowl; add milk, sugar, custard powder, mix well and place the bowl in the microwave oven. Select category A-04, 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.

INSTA-4

Category	Recipe-	Ingredients:			
A-04	LAUKI CURRY	Bottle Gourd Cut Into Cubes	1½ cup	2 cup	3 cup
		Onion Chopped	2	2	3
		Green Chillies Chopped	2	3	4
		Tomato Puree	1 cup	1 cup	1½ cup
		Garlic Paste	½ tsp	½ tsp	1 tsp
		Ginger Paste	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Coriander Leaves	½ tsp	½ tsp	1 tsp
		Oil	½ tbsps	½ tbsps	1 tbsps
		Salt To Taste			

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than, bottle gourd and tomato puree. Step 2: After the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven, select category A-04, enter weight and press start. Remove and serve.

Category	Recipe-	Ingredients:			
A-04	YAM (SURAN) ROAST	Yam, Cleaned, Peeled And Cut Into Slices	1½ cup	2 cup	3 cup
		Tamarind Juice	1 cup	1½ cup	2 cup
		Chilly Powder	¼ tsp	½ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Salt To Taste			
		Oil As Required			

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than tamarind and salt. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-04, enter weight and press start. Remove and serve.

INSTA-4

Category	Recipe-	Ingredients:			
A-04	CAULIFLOWER CURRY	Cauliflower Florets	1½ cup	2 cup	3 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Green Chillies	2	3	3
		Coriander Powder	1 tsp	2 tsp	3 tsp
		Lemon Juice	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Mustard Seeds	¼ tsp	½ tsp	1 tsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all the ingredients other than cauliflower florets and salt, mix well and select category A-11 to prepare tadka. Step 2: After the beep, remove and add the remaining ingredients, mix well and select category A-04, enter weight, press start. Remove and serve hot.

Category	Recipe-	Ingredients:			
A-04	RIDGE GUARD CURRY	Ridge Gourd (Peeled & Chopped)	1½ cup	2 cup	3 cup
		Moong Dal	½ cup	¾ cup	1 cup
		Urad Dal	½ cup	¾ cup	1 cup
		Jeera	½ tsp	¾ tsp	1 tsp
		Mustard Seeds	¼ tsp	½ tsp	¾ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Onion (Chopped)	1 tbsp	1½ tbsp	2 tbsp
		Curry Leaves	few	few	few
		Whole Red Chillies	2	3	4
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Fresh Coconut	½ tbsp	½ tbsp	¾ tbsp
		Hing	a pinch	a pinch	a pinch
		Oil As Required			
		Salt To Taste			

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than ridge gourd and salt. Step 2: After the oven beeps, remove the bowl and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-04, enter weight, press start. Remove and serve.

INSTA-5

Cat-eg-ory	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	PANEER BHURJI	Paneer Grated	200 gms	300 gms	400 gms	500 gms	600 gms	700 gms	800 gms
		Oil	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp	2½ tbsp
		Cumin Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Green Chillies	2	3	4	4	5	5	5
		Onion Chopped	1	1	2	2	3	3	3
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Garam Masala Powder	½ tsp	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp	2 tsp
		Ginger-Garlic Paste	½ tsp	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Tomatoes	1	1	1	2	2	2	2
		Salt To Taste							

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than grated paneer and salt. Step 2: When the oven beeps, remove and add grated paneer, salt, mix well and select A-05, enter weight, press start. Serve hot.

Cat-eg-ory	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	BADAM HALWA	Almonds (Soaked & Peeled)	1 cup	1½ cup	2 cup	2½ cup	3 cup	3½ cup	4 cup
		Sugar	¾ cup	1 cup	1¼ cup	1½ cup	1¾ cup	2 cup	2½ cup
		Ghee	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp
		Cardamom Powder	⅙ tsp	¼ tsp	½ tsp	½ tsp	½ tsp	½ tsp	½ tsp
		Milk As Required							
		Few Drops Of Rose Water (Optional)							
		Pinch Of Saffron (Optional)							

Method of Preparation:

"Blend badam, sugar, cardamoms, saffron with milk to a smooth paste. Take a microwave oven safe bowl, add ghee, add the ground paste, rose water and select category A-05, enter weight, press start. Serve hot."

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than grated paneer and salt. Step 2: When the oven beeps, remove and add grated paneer, salt, mix well and select A-05, enter weight, press start. Serve hot.

INSTA-5

Cat-eg-ory	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	PEDA	Soft Khoya	1 cup	1½ cup	2 cup	2½ cup	3 cup	3½ cup	4 cup
		Sugar Powdered	½ cup	¾ cup	1 cup	1½ cup	2 cups	2½ cups	3 cups
		Cardamom Powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Cardamom Seeds (Crushed)	¼ tsp	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Pistachios	few	few	few	few	Few	Few	Few
<p>Method of Preparation: Take a microwave oven safe glass bowl, add all ingredients other than cardamom seeds and pistachios, mix well and select category A-05, enter weight, press start. After the oven beeps, remove and set to cool. When set well, make peda shape and garnish with cardamom seeds and pistachios on top and serve.</p>									

Cat-eg-ory	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	OMLETTE	eggs - beaten	2	3	4	5	6	7	8
		onion - finely chopped	1	1	1½	1½	2	2	2½
		green chillies - finely chopped	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		red chilli powder	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		oil	2 tsp	2 tsp	3 tsp	3 tsp	3½ tsp	3½ tsp	4 tsp
		coriander leaves for garnish							
		salt To Taste							
<p>Method of Preparation: Step 1: Prepare tadka in a microwave oven safe flat bowl as explained in category A-11 with all the ingredients other than egg and coriander leaves. Step 2: When the oven beeps, remove and add the beaten eggs, but not the coriander leaves, mix well and select category A-05, enter weight and press start. Remove, garnish with coriander leaves and serve.</p>									

INSTA-5

Cat-eg-ory	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	MUR-MURA CHIDWA	Poha (Thin Flattened Rice)	½ cup	¾ cup	1 cup	1 cup	1¼ cup	1¼ cup	1½ cup
		Murmura (Puffed Rice)	1 cup	1½ cup	2 cup	2 ½ cup	3 cup	3½ cup	4 cup
		Peanuts	½ cup	¾ cup	1 cup	1 cup	1¼ cup	1¼ cup	1½ cup
		Almonds	few	few	few	few	few	few	few
		Cashew Nuts	few	few	few	few	few	few	few
		Black Raisins	few	few	few	few	few	few	few
		Coconut Flakes	few	few	few	few	few	few	few
		Chopped Green Chillies	2	2	3	3	4	4	5
		Curry Leaves	few	few	few	few	few	few	few
		Mustard Seeds	½ tsp	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp	½ tsp	½ tsp
		Sugar	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Oil As Required							
		Salt To Taste							

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than the poha, murmura and sugar. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and select category A-05, enter weight and press start. Remove and serve.

Cat-eg-ory	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	CASHEW ROAST	Cashew Nuts	200 gms	300 gms	400 gms	500 gms	600 gms	700 gms	800 gms

Method of Preparation:

Take a microwave oven safe glass bowl, add cashew and place the bowl in the microwave oven. Select category A-05, enter weight and press start. Remove and serve hot.

INSTA-5

Cat-eg-o-ry	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	FENNEL ROAST	Fennel (Saunf)	200 gms	300 gms	400 gms	500 gms	600 gms	700 gms	800 gms

Method of Preparation:
Take a microwave oven safe glass bowl, add fennel and place the bowl in the microwave oven, select A-05, enter weight and press start. Remove and serve.

Cat-eg-o-ry	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	PAPADI CHAT	Crisp Papdis	1 cup	1½ cup	1¾ cup	2 cup	2½ cup	2¾ cup	3 cup
		Curd	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
		Potato Boiled,	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1½ cup
		Boiled Chickpeas	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1½ cup
		Onion, Chopped	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup
		Tomato, Chopped	¼ cup	¼ cup	½ cup	½ cup	¾ cup	¾ cup	1 cup
		Chopped Coriander Leaves	¼ cup	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup
		Red Chili Powder	½ tsp	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Cumin Powder	½ tsp	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Chaat Masala	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
		Sev	2 tbsps	3 tbsps	3 tbsps	4 tbsps	4 tbsps	5 tbsps	5 tbsps
		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 category A-05, enter weight, press start. Remove and serve.

INSTA-5

Cat-eg-o-ry	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	VEG-ETABLE CHAT	Sev	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp	4½ tbsp	5 tbsp
		Peanuts - Roasted & Crushed	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
		Boiled Potato - Diced Into Small Cubes	½ cup	½ cup	½ cup	¾ cup	¾ cup	¾ cup	1 cup
		Chick Peas (Kabuli Channa) - Boiled (Optional)	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
		Corn Kernel - Boiled	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
		Tomato - Chopped Finely	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
		Onion - Chopped Finely	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
		Green Chilli - Chopped Finely	1	1	2	2	2	3	3
		Fresh Coriander Leaves - Chopped	few	few	few	few	few	few	few
		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	1 tsp	1½ tsp	1½ tsp	1½ tsp	1½ tsp
		Lemon Juice	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp	1½ tsp
		Tamarind Chutney	1 tbsp	1 tbsp	1tbsp	1½ tbsp	1½ tbsp	1½ tbsp	1½ 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 category A-05, enter weight, press start. Remove and serve.

INSTA-5

Cat- ego- ry	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	PEANUTS CHUTNEY	Peanuts	200	300	400	500	600	700	800
		Red Chillies	2	2	3	3	3	3	3
		Onion	1 cup	1½ cup	1½ cup	2 cup	2 cup	2 cup	2 cup
		Garlic Paste	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Tamarind Pulp	½ cup	1 cup	1 cup	1 cup	1½ cup	1½ cup	1½ cup
		Cumin	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Curry Leave	few	few	Few	few	few	few	few
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Urad Dal	1 tsp	1½ tsp	2 tsp	2 tsp	3 tsp	3 tsp	4 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 category A-05, enter weight and press start. After the oven beeps, remove the peanuts and rub the skins off and make a fine paste of the peanuts. Prepare tadka as explained in category A-11 with peanuts paste and all the ingredients. Remove the chutney and serve.

INSTA-5

Cat-egory	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	PANEER MASALA	Paneer (Cut Into Cubes)	1 cup	1½ cup	1¾ cup	2 cup	2½ cup	2¾ cup	3 cup
		Tomatoes (Chopped)	½ cup	¾ cup	1 cup	150 gms	250 gms	250 gms	250 gms
		Oil	½ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2 tbsp	2 tbsp
		Green Chilli	2	2	3	3	4	4	5
		Cumin Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Garlic Ginger Paste	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Cloves	2	3	4	4	5	5	5
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp	2½ tsp	2½ tsp
		Pepper Powder	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Cardamom Powder	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Salt To Taste							
		Water As Required							
		Coriander Leaves For Garnish							

Method of Preparation:

Step 1: Prepare tadka as explained in category A-11 with the all the ingredients other than paneer, water and coriander leaves. Step 2: When the oven beeps, remove and add paneer, water, mix well and place the bowl back in the microwave oven. Select category A-05, enter weight and press start. Remove, garnish with coriander and serve.

INSTA-5

Cat-egory	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	SARSON KA SAAG	Sarson (Green Mustard) Chopped	1 cup	1½ cup	1¾ cup	2 cup	2½ cup	2¾ cup	3 cup
		Palak Chopped	½ cup	¾ cup	1 cup	1¼ cup	1½ cup	1¾ cup	2 cup
		Onion Chopped	1	1	2	2	3	3	3
		Garlic, Ginger Paste	1 tsp	1½ tsp	1½ tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Green Chillies (Finely Chopped)	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Makkai Ka Atta (Corn Flour)	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	2½ tbsp	3 tbsp	3 tbsp
		Powdered Gul (Jaggery)	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	2½ tbsp	3 tbsp	3 tbsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Ghee As Required							
		Salt To Taste							
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than sarson, spinach, corn flour, mix well and select category A-11 to prepare tadka. Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and select category A-05, enter weight, press start. Remove, set to cool and grind the mixture to a rough paste and serve hot.</p>									

INSTA-5

Cat-ego-ry	Recipe-	Ingredients:	200	300	400	500	600	700	800	
A-05	HONEY CHILLI POTATO	potatoes, sliced	1 cup	1½ cup	1¾ cup	2 cup	2½ cup	2¾ cup	3 cup	
		onion, finely chopped	½ cup	¾ cup	1 cup	1¼ cup	1½ cup	1¾ cup	2 cup	
		spring onions, chopped round	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	
		tomatoes, chopped	½ cup	¾ cup	1 cup	1¼ cup	1½ cup	1¾ cup	2 cup	
		garlic & ginger paste	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp	
		soya sauce	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp	
		Tomato ketchup	1 tbsp	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp	3 tbsp	
		chili sauce	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp	
		honey	1 tbsp	1 tbsp	1 tbsp	1 tbsp	1 tbsp	1 tbsp	1 tbsp	
		maida	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	2½ tbsp	3 tbsp	3 tbsp	
		corn flour	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	2½ tbsp	3 tbsp	3 tbsp	
		parsley	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	2½ tbsp	3 tbsp	3 tbsp	
		oregano	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp	
		red chilli powder	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp	
		salt to taste								
		oil as required								

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add oil, sliced potatoes, maida, corn flour, mix well and select category A-11 to prepare tadka.

Step 2: After the beep, remove and add some more oil and all remaining ingredients, mix well and select category A-05, enetr weight, press start. Serve hot."

INSTA-5

Cat- ego- ry	Recipe-	Ingredients:	200	300	400	500	600	700	800
A-05	PAKODA CURRY	Pakodas	1 cup	1½ cup	1¾ cup	2 cup	2½ cup	2¾ cup	3 cup
		Tomato Puree	½ cup	¾ cup	1 cup	1¼ cup	1½ cup	1¾ cup	2 cup
		Green Chili	2	2	3	3	4	4	4
		Ginger Paste	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Curry Leaves	few	few	Few	few	few	few	few
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Cumin Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch	a pinch	a pinch
		Coriander Powder	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Red Chili Powder	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Sugar	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp	2 tsp	2 tsp
		Turmeric	a pinch	a pinch	a pinch	aPinch	a pinch	a pinch	a pinch
		Salt To Taste							
		Coriander Leaves For Garnish							
Method of Preparation:									
Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than pakodas, tomato puree and coriander leaves. Step 2: After the oven beeps, remove, add the remaining ingredients other than the coriander leave, mix well and place the bowl in the microwave oven, select category A-05, enter weight and press start. Remove, garnish with grated coriander and serve.									

INSTA-6

Category	Recipe-	Ingredients:	200	300	400	500	600
A-06	IDLY	Idly Batter	200 gms	300 gms	400 gms	500 gms	600 gms

Method of Preparation:

Pour idly batter in lightly greased microwave safe idly stand. Pour some water in the bottom of the idly bowl and cover the bowl with lid. Place the bowl in the microwave oven. Select category A-06, enter weight & press start. Remove after the oven beeps & serve hot with sambar and coconut chutney.

Category	Recipe-	Ingredients:	200	300	400	500	600
A-06	DHOKLA	Besan (Gram Flour)	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Corn Flour	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Sugar	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	¾ tsp
		Citric Acid	½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Soda-Bi-Carb	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		Lemon Juice	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		Mustard Seeds	½ tbsps	½ tbsps	¾ tbsps	¾ tbsps	1 tbsps
		Green Chillies - Finely Chopped	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		Amchoor Powder	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		Salt To Taste					
		Oil As Required					
		Grated Coconut For Garnish					
		Coriander Leaves For Garnish					
		Water As Required					

Method of Preparation:

Take gram flour, curd, water, salt, 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 category A-06, enter weight, and press start. For tempering use curry leaves, mustard seeds, oil, and green chillies. garnish with coriander leaves and grated coconut. Serve with chutney.

INSTA-6

Category	Recipe-	Ingredients:	200	300	400	500	600
A-06	ASPARAGUS SOUP	Asparagus (Chopped)	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Carrots Chopped	½ cup	¾ cup	1 cup	1¼ cup	1½ cup
		Celery Chopped	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp	2 tbsp
		Garlic Paste	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Corn Starch	2 cup	2¼ cup	2½ cup	2¾ cup	3 cup
		Sugar	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Bay Leaves	3	3			
		Oil As Required					
		Water As Required					

Method of Preparation:

Step 1: Take a microwave oven safe bowl. Add all ingredients other than water, corn starch, sugar, mix them well and select category A-11 to prepare tadka. Step 2: After the beep, remove and add all remaining ingredients, mix them well and select category A-06, enter weight, press start. Blend and strain the soup. Serve hot.

INSTA-6

Category	Recipe-	Ingredients:	200	300	400	500	600
A-06	HOT & SOUR SOUP	Shredded Cabbage	¼ cup	½ cup	¾ cup	1 cup	1¼ cup
		Grated Carrot	¼ cup	½ cup	¾ cup	1 cup	1¼ cup
		Chopped Cauliflower	¼ cup	½ cup	¾ cup	1 cup	1¼ cup
		Spring Onions With Green	¼ cup	½ cup	¾ cup	1 cup	1¼ cup
		Chopped Garlic	¼ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Chopped Coriander	½ tbsp	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
		Vegetable Stock	1 cup	2 cup	2½ cup	3 cup	3 cup
		Vinegar	½ tbsp	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
		Soya Sauce	½ tbsp	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
		Chilli Sauce	½ tbsp	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
		Ground Block Pepper	¼ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Cornflour Dissolved In Water	¼ cup	½ cup	¾ cup	1 cup	1 cup
		Water As Required					
		Oil As Required					
		Salt To Taste					
		For Serving					
		Chilis In Venigar	few	few	few	few	few
		Soya Sauce	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Chilli Sauce	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
Method of Preparation:							
Step 1: Take a microwave oven safe bowl, Add all ingredients other than vegetable stock, vinegar, water, soya sauce, chilli sauce, corn flour, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and select category A-06, enter weight and press start. Serve hot with the serving ingredients.							

INSTA-6

Category	Recipe-	Ingredients:	200	300	400	500	600
A-06	SUJI KA HALWA	Suji - Roasted	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Milk	1 cup	1½ cup	3 cup	2 cup	3 cup
		Sugar	1 cup	1½ cup	3 cup	2 cup	3 cup
		Ghee	¾ cup	1 cup	2 cup	1½ cup	2 cup
		Cardamom Powder	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Cashews	6	8	10	8	10
		Almonds	6	8	10	8	10
		Raisins	few	few	few	few	few
		Water As Required					

Method of Preparation: Take a microwave oven safe bowl; add the roasted suji, water, milk, sugar, cardamom powder, cashew, almonds, ghee and raisins, mix well. Place the bowl in the microwave oven. Select category A-06, 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.

Category	Recipe-	Ingredients:	200	300	400	500	600
A-06	PANEER PEAS CURRY	Paneer Cubed	100 gms	150 gms	200 gms	250 gms	300 gms
		Green Peas	100 gms	150 gms	200 gms	250 gms	300 gms
		Onions	1	1	2	2	2
		Tomato Puree	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Ginger, Garlic Paste	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Coriander Powder	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
		Cumin Powder	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
		Garam Masala	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Green Chillies Chopped	2	2	3	3	4
		Heavy Cream	¼ cup	¼ cup	½ cup	½ cup	½ cup
		Oil As Required					
		Salt To Taste					
		Coriander Leaves For Garnish					

Method of Preparation: Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than paneer, tomato puree, heavy cream, coriander leaves and salt. Step 2: When the oven beeps, remove and add the remaining ingredients other than the coriander leave, mix well and place the bowl in the microwave oven, select category A-06, enter weight and press start. Remove, garnish with coriander leaves and serve.

INSTA-6

Category	Recipe-	Ingredients:	200	300	400	500	600
A-06	BABY CORN MASALA	Baby Corn	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Tomatoes Chopped	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Onion Chopped	1 cup	1½ cup	2 cup	2½ cup	2½ cup
		Roasted Ground nut Powder	¼ cup	½ cup	½ cup	¾ cup	¾ cup
		Chilli Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Fenugreek Seeds	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Saunf	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Salt To Taste					
		Oil As Required					
		Coriander Leaves For Garnish					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than baby corn, tomatoes and coriander leaves. Step 2: After the oven beeps, remove, add the all ingredients other than coriander leaf, mix well and place the bowl in the microwave oven. Select category A-06, enter weight and press start. Remove, garnish with coriander leaves and serve hot.

INSTA-6

Category	Recipe-	Ingredients:	200	300	400	500	600
A-06	SABUDANA KHEER	Sabudana Soaked	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Milk	1½ cup	2 cup	3 cup	4 cup	5 cup
		Sugar	2 tsp	3 tsp	3 tsp	4 tsp	4 tsp
		Cardamom Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
		Cashews For Garnish	few	few	few	few	few
		Raisins For Garnish	few	few	few	few	few
		Ghee	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp
		Saffron, Soaked In Milk	a pinch	a pinch	a pinch	a pinch	a pinch

Method of Preparation:

"Step 1: Take a microwave oven safe bowl. Add sabudana, mix well and select category A-11 to prepare tadka.

Step 2: After the beep, remove and add ghee, milk, sugar, cardamom powder, mix well and select category A-06, enter weight, press start. Then add the saffron milk and garnish with nuts and raisins. Serve warm."

INSTA-6

Category	Recipe-	Ingredients:					
A-06	GRATED RAD- ISH CURRY	Radish (Grated)	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Coconut (Grated)	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Onion Chopped	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Chilli Powder	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Chopped Green Chillies	2	2	3	3	4
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Curry Leaves	few	few	few	few	few
		Oil As Re- quired					
		Salt To Taste					
		Coriander Leaves For Garnish					

Method of Preparation:

Step 1: Prepare tadka as explained in category A-11 in a microwave oven safe glass bowl with all the ingredients other than grated radish, grated coconut and coriander leaves. Step 2: When the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix well and cover the bowl with lid and place it in the microwave oven. Select category A-06, enter weight and press start. Remove, garnish with coriander leaves and serve.

Category	Recipe-	Ingredients:					
A-06	TOMATO SOUP	Tomatoes - Large	3	4	5	6	7
		Mint Leaves	few	few	few	few	few
		Pepper To Taste					
		Salt To Taste					

Method of Preparation:

Keep tomatoes in a microwave oven safe bowl; add salt, mint, mix well and select category A-06, enter weight & press start. Remove after the oven beeps, when it cools; blend the tomatoes in a mixer. Strain and serve hot.

INSTA-6

Category	Recipe-	Ingredients:					
A-06	PLAIN PALAK CURRY	Palak (Spinach) Finely Chopped	2 cup	2½ cup	3 cups	3½ cup	4 cup
		Red Chilly Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Moong Dal	¼ cup	½ cup	¾ cup	¾ cup	1 cup
		Garam Masala	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Garlic Paste	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		Ginger Paste	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		Oil As Required					
		Salt To Taste					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than palak and salt. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-06, enter weight and press start. Remove and serve hot.

INSTA-6

Category	Recipe-	Ingredients:					
A-06	VERMICELLI KHICHDI	Roasted Semiya (Ver- micelli)	2 cup	2½ cup	3 cups	3½ cup	4 cup
		Potato, Chopped	¼ cup	½ cup	¾ cup	1 cup	1¼ cup
		Beans, Chopped	¼ cup	½ cup	¾ cup	1 cup	1¼ cup
		Carrot, Chopped	¼ cup	½ cup	¾ cup	1 cup	1¼ cup
		Onion, Chopped	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Ginger, Finely Chopped	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		Garlic, Finely Chopped	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Chilli Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Mustard	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Curry Leaves	few	few	few	few	few
		Oil As Re- quired					
		Salt To Taste					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than vermicelli. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-06, enter weight and press start. Remove and serve hot.

INSTA-6

Category	Recipe-	Ingredients:					
A-06	SOYABEAN MASALA	Soya beans	1 cup	1½ cup	2 cup	2½ cup	3 cups
		Onions (chopped)	1 cup	1 cup	1½ cup	1½ cup	2 cups
		Tomato (chopped)	¾ cup	1 cup	1 cup	1½ cup	1½ cup
		Ginger paste	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Garlic paste	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Chillipowder	¾ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Corianderpowder	¾ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Turmericpowder	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Curryleaves	few	few	few	few	few
		Cloves	few	few	few	few	few
		Cinnamon	2	2	3	3	3
		Thick coconut milk	½ cup	½ cup	1 cup	1 cup	1½ cup
		Salt - As reqd					
		Oil as required					
		Water as required					

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than soya beans, tomato, milk, water, mix well and select category A-11 to prepare tadka. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and select category A-06, enter weight, press start. Serve hot.

INSTA-6

Category	Recipe-	Ingredients:					
A-06	BANANA HALWA	Banana Ground To Paste	2 cup	2½ cup	3 cups	3½ cup	4 cup
		Wheat Flour	¾ cup	1 cup	1½ cup	1½ cup	2 cup
		Milk	¾ cup	1 cup	1½ cup	1½ cup	2 cup
		Cardamom Powder	a pinch	a pinch	a pinch	a pinch	a pinch
		Sugar	1 cup	1½ cup	2 cup	2 cup	2½ cup
		Cashews	few	few	few	few	few
		Almonds	few	few	few	few	few
		Ghee As Required					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with wheat flour and ghee.
 Step 2: After the oven beeps, remove, add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-06, enter weight and press start. Remove and serve hot.

Category	Recipe-	Ingredients:					
A-06	TINDORA CURRY	Tindora	2 cup	2½ cup	3 cups	3½ cup	4 cup
		Chilli Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Garam Masala	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Soya Sauce	1 tsp	1 tsp	2 tsp	2 tsp	2 tsp
		Garlic Paste	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Ginger Paste	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Green Chillies Paste	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Oil	¼ tbsp	1 tbsp	1 tbsp	2 tbsp	2 tbsp
		Cumin Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp	
		Hing	pinch	pinch	pinch	pinch	pinch
		Tomato Puree	1 tbsp	1½ tbsp	2 tbsp	3 tbsp	3 tbsp
		Salt To Taste					
		Tomato Pieces For Garnish					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all ingredients other than soya sauce, hing, tomato puree, tomato pieces. Step 2: When the oven beeps, remove and add the remaining ingredients other than tomato pieces, mix well and place the bowl in the microwave oven. Select category A-06, enter weight and press start. Remove and garnish with tomato pieces and serve.

INSTA-6

Category	Recipe-	Ingredients:					
A-06	PITLA	Besan	1½ cup	2 cup	2½ cup	2¾ cup	3 cup
		Chopped Tomato	1	1	2	2	2
		Chopped Coriander Leaves	½ tbsp	½ tbsp	¾ tbsp	1 tbsp	2 tbsp
		Chopped Onion	1	1	2	2	2
		Curry Leaves	few	few	few	few	few
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Mustard Seeds	¼ tsp	½ tsp	¾ tsp	1 tsp	1 tsp
		Cumins Powder	1 tsp	1½ tsp	2 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	2 tsp	1½ tsp	2 tsp
		Lemon Juice / Tamarind Juice	½ tbsp	½ tbsp	¾ tbsp	1 tbsp	2 tbsp
		Red Chilli Powder	1tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Salt To Taste					
		Oil As Required					
		Water As Required					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with oil, besan, curry leaves, mustard seeds, onion, cumins powder, coriander powder, red chilli powder, turmeric powder. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-06, enter weight and press start. Remove and serve.

INSTA-6

Category	Recipe-	Ingredients:					
A-06	PUDHINA CHUTNEY	Curd	1 cup	1½ cup	2 cup	2½ cup	2¾ cup
		Mint Leaves	1½ cup	2 cup	2½ cup	2¾ cup	3 cup
		Coriander Leaves	1 cup	1½ cup	2 cup	2½ cup	2¾ cup
		Green Chili Chopped	1tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Small Onion Chopped	1 cup	1 cup	1½ cup	1½ cup	2 cups
		Ginger, Chopped	1tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Garlic Chopped	1tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Cumin Powder	1tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Chaat Masala	1tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Dry Mango Powder	1tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Salt As Required					

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than curd and coriander leaves, mix well and select category A-11 to prepare tadka. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and select category A-06, enter weight, press start. Serve warm.

Category	Recipe-	Ingredients:					
A-06	MUSHROOM SOUP	Button Mushrooms	2 cup	2½ cup	3 cups	3½ cup	4 cup
		Chicken Stock	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Sprig Onions, Chopped Finely	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Ginger Paste	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp
		Block Peppers	few	few	few	few	few
		Salt To Taste					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than mushrooms and salt. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-06, enter weight and press start. Remove and serve

INSTA-6

Category	Recipe-	Ingredients:					
A-06	TOMATO CHUTNEY	Onion - Large Chopped	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Tomatoes - Chopped	2 cup	2½ cup	3 cups	3½ cup	4 cup
		Garlic - Chopped	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Tamarind Extract (Juice)	½ cup	½ cup	1 cup	1 cup	1 cup
		Oil As Required					
		Salt To Taste					
		For Seasoning:					
		Oil As Required					
		Curry Leaves As Required					
		Mustard As Required					
		A Pinch Of Hing					

Method of Preparation:

Step 1: Take a microwave oven safe bowl; add oil, onion, garlic, salt, tomatoes, red chili powder and tamarind juice, mix well and place the bowl in the microwave oven. Select category A-06, enter weight and press start. Remove and allow cooling. Grind into a fine paste. Step 2: Take a microwave oven safe bowl; add the ingredients for seasoning and place it in the microwave oven. Select category A-11 to prepare tadka. Remove, add to the tomato mixture.

INSTA-6

Category	Recipe-	Ingredients:					
A-06	CABBAGE SUBZI	Cabbage, Chopped.	1½ cup	2 cup	2½ cup	2¾ cup	3 cup
		Chana Dal	½ cup	½ cup	1 cup	1 cup	1 cup
		Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Sugar	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Green Chillies	2	2	3	3	4
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Salt To Taste.					
		Oil As Re-quired					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than cabbage and salt. Step 2: After the oven beeps, remove the bowl and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-06, enter weight and press start. Remove and serve.

INSTA-7

Category	Recipe-	Ingredients:	800 gms	1000 gms	1200 gms	1400 gms
A-07	MUTTON ROAST	Mutton, Cut Into Pieces	800 gms	1000 gms	1200 gms	1400 gms
		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 Chilly 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 the bowl in the microwave oven. Select category A-07, enter weight and press start. Turn once inbetween.

Category	Recipe-	Ingredients:	800 gms	1000 gms	1200 gms	1400 gms
A-07	WHOLE CHICKEN	Whole Chicken	800 gms	1000 gms	1200 gms	1400 gms
		For Marinade				
		Hung 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
		Tandoori Masala	3 tsp	4 tsp	5 tsp	6 tsp
		Cumin Powder	As per taste	As per taste	As per taste	As per taste
		Tandoori Color	A pinch	A pinch	A pinch	A pinch
		Red Chilli Powder	As per taste	As per taste	As per taste	As per taste
		Salt to taste				

Method of Preparation:

Mix all the ingredient of marinade in a bowl, Wash the Chicken properly & make cuts on the chicken all over. Marinate the Chicken by properly coating all the sides. Keep it marinated for 3 hours in refrigerator. Keep the chicken on glass tray in the microwave. Select category A-07, enter weight & press start. Serve with grilled onion slices, lemon wedges & schezwan chutney.

INSTA-8

Category	Recipe-	Ingredients:	200	300	400	500	600
A-08	CHICKEN LOLLY POPS	Chicken Wings	200 gms	300 gms	400 gms	500	600
		Maida	1 tbsp	1½ tbsp	2 tbsp	3 tbsp	4 tbsp
		Eggs	1	2	2	3	3
		Soya Sauce	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
		Green Chilli Paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Ginger, Garlic Paste	½ tsp	½ tsp	¾ tsp	1 tsp	1½ tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Pepper Powder	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Chilli Sauce	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
		red color	a pinch	a pinch	a pinch	a pinch	a pinch
		Oil As Required					
		Salt To Taste					

Method of Preparation:

Marinate the chicken with the all ingredients for 1 hour . Arrange the marinate chicken in a lightly greased wide glass bowl and place the bowl on the mesh rack in the microwave oven. Select category A-08, enter weight and press start. Turn once in-between.

Category	Recipe-	Ingredients:	200	300	400	500	600
A-08	RESHMI KABAB	Boneless Chicken	200 gms	300 gms	400 gms	500	600
		Garlic Paste	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Ginger Paste	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Coriander Leaves Paste	1 tbsp	1½ tbsp	2 tbsp	3 tbsp	3 tbsp
		Onions Paste	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp
		Yoghurt	1 cup	1½ cup	2 cup	2 cup	2 cup
		Almonds Grated	1 tbsp	1½ tbsp	2 tbsp	3 tbsp	4 tbsp
		Juice Of Lemon	½	1	1	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 glass dish and place the dish on the mesh rack in the microwave oven. Select category A-8, enter weight and press start. Turn once in-between

INSTA-8

Category	Recipe-	Ingredients:	200	300	400	500	600
A-08	CHICKEN 65	Chicken Breast - Boneless	200 gms	300 gms	400 gms	500	600
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Pepper Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Egg Whites	2	2	3	3	3
		Corn Flour	½ tbsp	½ tbsp	1 tbsp	2 tbsp	3 tbsp
		Wheat Flour	½ tbsp	½ tbsp	1 tbsp	2 tbsp	3 tbsp
		Butter Milk	½ cup	½ cup	1 cup	1 cup	1 cup
		Ginger Paste	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Garlic Paste	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp
		Orange Food Color	½ tsp	½ tsp	½ tsp	½ tsp	½ tsp
		Oil	1 tbsp	1½ tbsp	2 tbsp	2 tbsp	2 tbsp
		Lemon Juice	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Salt To Taste					
<p>Method of Preparation: Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than egg whites, corn flour, wheat flour and butter milk and lemon juice. Step 2: After the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-08, enter weight and press start. Remove and serve.</p>							

INSTA-9

Category	Recipe-	Ingredients:	200	300	400	500	600
A-09	TANDOORI CHICKEN	Chicken Breast Or Legs	200 gms	300 gms	400 gms	500	600
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Lemon Juice	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Yogurt	1 cup	1½ cup	2 cup	2 cup	2 cup
		Ginger Paste	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Garlic Paste	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Garam Masala Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Oil	1 tbsp	1½ tbsp	2 tbsp	2 tbsp	2 tbsp
		Chaat Masala	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Salt To Taste					

Method of Preparation:

Marinate the chicken with the all ingredients for 3 hours. Arrange the marinate chicken in a lightly greased wide glass bowl and place the bowl on the mesh rack in the microwave oven. Select category A-09, enter weight and press start. Turn once in-between.

Category	Recipe-	Ingredients:	200	300	400	500	600
A-09	MUTTON MINCE BALLS	Meat	200 gms	300 gms	400 gms	500	600
		Eggs	2	2	3	3	3
		Bread Crumbs	3 cup	4 cup	4 cup	5 cup	5 cup
		Garlic Paste	1½ tsp	1¾ tsp	2 tsp	2½ tsp	3 tsp
		Onion (Minced)	1 cup	1½ cup	2 cup	2½ cup	2½ cup
		Milk	½ cup	¾ cup	1 cup	1½ cup	1½ cup
		Tomato Sauce	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	3½ tbsp
		Sugar	2 tsp	2½ tsp	3 tsp	3½ tsp	3½ tbsp
		Pepper To Taste	2 tsp	2½ tsp	3 tsp	3½ tsp	3½ tbsp
		Oil As Required					
		Salt To Taste.					

Method of Preparation:

Blend all ingredients together. Make meat balls. Arrange meat balls in a lightly greased glass wide bowl and place the bowl on the grill mesh rack in the oven. Select category A-09, enter weight and press start. Stir once inbetween.

INSTA-9

Category	Recipe-	Ingredients:	200	300	400	500	600
A-09	ROASTED CHICKEN WINGS	Chicken Wings	200 gms	300 gms	400 gms	500	600
		Orange Juice	¼ cup	½ cup	¾ cup	¾ cup	¾ cup
		Corn Flour	1 tbsp	1½ tbsp	2 tbsp	3 tbsp	4 tbsp
		Crushed Black Pepper Corns	¼ tsp	½ tsp	¾ tsp	¾ tsp	¾ tsp
		Crushed Red Chillies	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Honey	1 tbsp	1½ tbsp	2 tbsp	3 tbsp	4 tbsp
		Lemon Juice	½ tbsp	¾ tbsp	1 tbsp	1 tbsp	1 tbsp
		Salt To Taste					
<p>Method of Preparation: "Place the chicken lollipops in a mixing bowl, add all ingredients to the chicken and marinate the chicken for 1 hour. Arrange the chicken in a lightly greased wide glass bowl and place it on the mesh rock in the oven. Select category A-09, enter weight, press start. Serve hot."</p>							

INSTA-10

Category	Recipe-	Ingredients:	100	200	300	400	500
A-10	CHICKEN ROAST	Chicken	100 gms	200 gms	300 gms	400 gms	500 gms
		Ground Black Pepper	½ tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Lemon Juice	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Garlic	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Thyme	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Oil As Required					
		Salt To Taste					

Method of Preparation:

"In a mixing bowl add oil, chicken, salt, pepper, garlic, lemon, thyme and mix well and set aside for marinate. Take a microwave oven safe lightly greased wide glass bowl, add marinated chicken and place the bowl on the rack in the oven. Select category A-10, enter weight and press start. Remove and serve hot."

Category	Recipe-	Ingredients:	100	200	300	400	500
A-10	FISH ROAST	Pomfret - Washed And Cleaned	100 gms	200 gms	300 gms	400 gms	500 gms
		Garlic	½ tsp	½ tsp	½ tsp	1 tsp	1½ tsp
		Lemon Juice	½ tsp	½ tsp	½ tsp	1 tsp	1½ tsp
		Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
		Pepper Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Garam Masala	1 tsp	1 tsp	1½ tsp	2 tsp	1½ tsp
		Rice Flour	½ tbsp	½ tbsp	½ tbsp	1 tbsp	2 tbsp
		Oil	2 tsp	2 tsp	2 tsp	3 tsp	3 tsp
		Salt To Taste					

Method of Preparation:

Mix all the ingredients to make a paste. Toss the fish into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in a flat base glass bowl. Place the bowl in the microwave oven. Select category A-10, enter weight and press start. Remove and serve hot.

INSTA-10

Category	Recipe-	Ingredients:	100	200	300	400	500
A-10	FISH TAN-DOORI	Pomfret	100 gms	200 gms	300 gms	400 gms	500 gms
		For Marinade					
		Red Chili Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Garlic ,Ginger Paste	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Jeera Powder	¾ tsp	¾ tsp	¾ tsp	¾ tsp	1 tsp
		Garam Masala	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Tandoori Masala	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Dhania Powder	¾ tsp	¾ tsp	¾ tsp	¾ tsp	1 tsp
		Amchoor Powder	¾ tsp	¾ tsp	¾ tsp	¾ tsp	1 tsp
		Chaat Masala	¾ tsp	¾ tsp	¾ tsp	¾ tsp	1 tsp
		Lemon Juice	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Salt To Taste					

Method of Preparation:

Marinate fish with all marinate ingredients for 2 hours. Arrange the marinate fish in a lightly greased wide glass bowl, place the baking bowl on the mesh rack in the microwave oven. Select category A-10, enter weight and press start. Serve hot.

INSTA-10

Category	Recipe-	Ingredients:	100	200	300	400	500
A-10	CHICKEN TIKKA	Chicken	100 gms	200 gms	300 gms	400 gms	500 gms
		For Marinade;					
		Curd	¼ cup	½ cup	¾ cup	1 cup	1 cup
		Cumin (Jeera Powder)	¾ tsp	¾ tsp	¾ tsp	¾ tsp	1 tsp
		Thick Cream	2 tbsp	3 tbsp	3 tbsp	4 tbsp	4 tbsp
		Orange Colour	2 drops	3 drops	3 drops	4 drops	4 drops
		Oil	2 tbsp	2 tbsp	3 tbsp	3 tbsp	4 tbsp
		Corn Flour	2 tbsp	3 tbsp	3 tbsp	4 tbsp	4 tbsp
		Red Chilly Powder	¾ tsp	¾ tsp	1 tsp	1¾ tsp	2 tsp
		Garam Masala	¾ tsp	¾ tsp	1 tsp	1¾ tsp	2 tsp
		Ginger, Garlic Paste	¾ tsp	¾ tsp	1 tsp	1¾ tsp	2 tsp
		Lime Juice	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
		Salt To Taste.					
		For Garnish;					
		Capsicum, Chopped & Cooked	1 large	1 large	1 large	2 large	2 large
		Onion, Chopped & Cooked	1	1	1	2	2
		Tomato, Chopped & Cooked	1	1	1	2	2
		Chopped Coriander For Garnish	¼ cup	¼ cup	½ cup	½ cup	½ cup
<p>Method of Preparation: Marinade chicken with all marinade ingredients, stir and set a side in fridge for 2 hour to marinade. Place the chicken in a lightly greased wide glass bowl and place it on the mesh rack in the oven. Select category A-10, enter weight & press start. Mix with all vegetables and garnish with coriander. Serve hot.</p>							

INSTA-11

Category	Recipe-	Ingredients:	
A-11	TADKA / CHOWK / VAGHAR	Oil / Ghee	20 ml
		Green Chillies	2
		Chopped Onions	2
		Jeera	1 tsp
		Garlic	½ tsp
		Ginger	½ tsp
		Hing	½ tsp
		Mustard Seeds	½ tsp
		Turmeric Powder	½ tsp
		Red Chili Powder	1½ tsp
		Curry Leaves	few
		Cinnamon	3
		Cardamom	4
		Bay Leaves	3
		Coriander	few
		Cloves	3
		Pepper Corns	6
<p>Method of Preparation: Take a microwave oven safe bowl, add the ingredients according to the recipe, mix well select category A-11, enter weight and press start. Remove and use as per the directions of the recipes.</p>			

INSTA-11

Category	Recipe-	Ingredients:	
A-11	EGG CURRY	Boiled Eggs	2
		Chopped Onions	¾ cup
		Tomato Puree	½ cup
		Ginger Garlic Paste	½ tsp
		Cumin	½ tsp
		Chili Powder	½ tsp
		Curry Leaves	few
		Mint Leaves	few
		Garam Masala	½ tsp
		Oil As Required	
		Salt To Taste	
		Coriander Leaves For Garnish	

Method of Preparation:
 Step 1: Take a microwave oven safe bowl, add all ingredients other than eggs, tomato puree, coriander leaves, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix smoothly and select category A-11, enter weight and press start. garnish with coriander leaves. Serve hot.

Category	Recipe-	Ingredients:	
A-11	POP CORN	Un Popped Pop Corn	¾ cup
		Turmeric Powder	½ tsp
		Red Chili Powder	½ tsp
		Salt To Taste	
		Butter As Required	

Method of Preparation:
 Take a microwave oven safe wide glass bowl, add all ingredients, mix well and cover the bowl with lid. Select category A-11, enter weight, press start. Serve hot.

INSTA-11

Category	Recipe-	Ingredients:	
A-11	MANCHURIAN SAUCE	Corn Flour-Blended With Water	¾ cup
		Tomato Puree	½ cup
		Vinegar	2 tbsp
		Soya Sauce	1 tsp
		Chopped Celery	2 tbsp
		Ajino Moto	a pinch of
		Water As Required	
		Salt To Taste	
Method of Preparation: Take a microwave oven safe bowl, add all ingredients, mix well and select category A-11, enter weight, press start. Serve hot.			

Category	Recipe-	Ingredients:	
A-11	LEMON PICKLE	Lemons Cut In To 8 Pieces	2 cup
		Lemon Juice	1½ cup
		Oil	¾ cup
		Asafoetida	¼ tsp
		Mustard Seeds	1 tsp
		Red Chili Pepper	1 tsp
		Fenugreek Seeds Powdered	¼ tsp
		Sugar	2 tbsp
		Salt To Taste	
Method of Preparation: Rub the salt to lemon pieces and keep for one week in a jar. Shake daily. Take a microwave oven safe bowl, add oil, lime pieces, mustard, red chilli powder, fenugreek powder, sugar, mix well and select category A-11, enter weight, press start. After the oven beeps, remove add lemon juice and keep for one week before serving.			

INSTA-11

Category	Recipe-	Ingredients:	
A-11	COCONUT CHUTNEY	Chopped Fresh Coconut	1 cup
		Coriander Leaves	2 tbsp
		Chana Dal	2 tbsp
		Grated Ginger	1 tsp
		Lemon Juice	¼ tsp
		Cumin	½ tsp
		Broken Red Chili	2
		Curry Leaves	few
		Mustard	½ tsp
		Cumin	½ tsp
		Hing	a pinch of
		Salt To Taste	
		Oil As Required	
Method of Preparation:			
Take a microwave oven bowl, Add all ingredients other than chopped coconut, mix well and select category A-11, enter weight, press start. After the oven beeps, remove and add all the ingredients to a blender and blend till smooth.			

Category	Recipe-	Ingredients:	
A-11	PEANUTS ROAST	Peanuts	1 cup
Method of Preparation:			
Take a Microwave oven safe glass bowl, add all ingredients, mix well and select category A-11, enter weight, press start. Stir twice in between. Serve hot.			

Category	Recipe-	Ingredients:	
A-11	MUSHROOM CHILLI FRY	Mushrooms Cut Into Halves	1 cup
		Mustard Seeds	½ tsp
		Red Chillies	2
		Butter To Taste	
		Salt To Taste	
Method of Preparation:			
Step 1: Take a microwave oven safe bowl, add all the ingredients, mix well and select category A-11, enter weight, press start.			

INSTA-11

Category	Recipe-	Ingredients:	
A-11	CORN CHAT	Sweat Corn Kernels	½ cup
		Tomato Cut Into Small Pieces	½ cup
		Cooked Potato Cut Into Pieces	½ cup
		Cucumber Cut Into Small Pieces	½ cup
		Chopped Coriander	½ cup
		Lime Juice	1 tsp
		Chat Masala	1½ tsp
		Cumins Powder	1 tsp
		Red Chilli Powder	1 tsp
		Salt To Taste	
<p>Method of Preparation: Take a microwave oven safe bowl, add sweet corn kernels, tomato, chat masala, cumins powder and red chilli powder, salt, mix well and select category A-11, enter weight and press start. Remove and add all remaining ingredients and serve.</p>			

Category	Recipe-	Ingredients:	
A-11	BADAM SOUP	Almonds	1 cup
		White Stock	3 cups
		Butter Melted	2 tsp
		Plain Flour (Maida)	2 tbsp
		Almond Essence	4 drops
		Fresh Cream	3 tbsp
		Almond Slivers For Garnish	3 tbsp
		Salt & Pepper To Taste	
<p>Method of Preparation: "Soak the almonds in hot water for 20 minutes, drain and remove the skin. Blend the almonds in a mixer till coarse. Keep aside. Step 1: Take a microwave oven safe bowl, add butter, plain flour and almond coarse paste, white stock, mix well and select category A-11, enter weight, press start. After the oven beeps, remove add the fresh cream, salt and pepper and mix well. Serve hot garnished with almond slivers."</p>			

INSTA-12

Category	Recipe-	Ingredients:	1	2	3
A-12	SHAHI SHORBA	Onions, Chopped	¾ cup	1 cup	1½ cup
		Butter Melted	2 tbsp	2½ tbsp	3 tbsp
		Whole Wheat Flour	2 tbsp	2½ tbsp	3 tbsp
		Mint Leaves Paste	2 tbsp	2½ tbsp	3 tbsp
		Coarsely Chopped Walnuts	¾ tsp	1 tsp	1½ tsp
		Sugar	1 tsp	1½ tsp	2 tsp
		Black Pepper Powder	¼ tsp	¼ tsp	½ tsp
		Salt To Taste			
		Water As Required			
<p>Method of Preparation: Take a microwave oven safe bowl, Add butter, wheat flour, onions, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and select category A-12, enter weight and press start. Serve hot.</p>					

Category	Recipe-	Ingredients:	1	2	3
A-12	PALAK MAKAI SHORBA	Spinach	1 cup	1½ cup	2 cup
		Vegetable Stock Cube	1	1½	2
		Corn Kernels	½ cup	¾ cup	1 cup
		Onion Chopped Finely	½ cup	¾ cup	1 cup
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Butter	2 tbsp	2½ tbsp	3 tbsp
		Milk	½ cup	¾ cup	1 cup
		Salt To Taste			
		Water If Required			
<p>Method of Preparation: Take a microwave oven safe bowl, Add butter, cumins, spinach, corn kennels, onions, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and grind to a fine paste. Take another Mwo safe bowl, Add all other ingredients to grinded paste, mix well and select category A-12, enter weight, press start. Serve hot.</p>					

INSTA-12

Category	Recipe-	Ingredients:	1	2	3
A-12	APPLE TOMATO CHUT- NEY	Apples - Peeled, Cored And Sliced	¾ cup	1 cup	1½ cup
		Yellow Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Tomatoes, Sliced	½ cup	¾ cup	1 cup
		Onions, Chopped	½ cup	¾ cup	1 cup
		Garlic, Chopped	½ tsp	¾ tsp	1 tsp
		Raisins	¾ tsp	1 tsp	1½ tsp
		Garam Masala	¾ tsp	1 tsp	1½ tsp
		Powder Sugar	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	¾ tsp	1 tsp	1½ tsp
		Salt To Taste,			
		Water As Required			

Method of Preparation:

Take a microwave oven safe bowl, Add apples, tomato, onions, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all other ingredients, mix well and select category A-12, enter weight, press start. Serve hot.

Category	Recipe-	Ingredients:	1	2	3
A-12	BESAN KA LADOO	Besan	1½ cups	2 cups	2½ cups
		Sugar (Grinded)	¾ cup	1 cup	1½ cup
		Ghee	¾ cup	1 cup	1 cup
		Almonds (Roasted)	few	few	few
		Pistachios	few	few	few
		Cashew Nuts (Roasted)	few	few	few

Method of Preparation:

Take a microwave oven safe glass bowl, add ghee and besan, mix well and place the bowl in the microwave oven, select category A-12 to roast the besan. Stir twice in-between to avoid lumps. After the oven beeps, remove and add all the ingredients to the flour, mix thoroughly and form small balls like ladoo.

INSTA-12

Category	Recipe-	Ingredients:	1	2	3
A-12	KAJU KATLI	Roasted Cashew Nuts Powder	1 cup	1½ cup	2 cup
		Sugar	½ cup	¾ cup	1 cup
		Rose Water	½ tsp	1 tsp	1½ tsp
		Cardamom Powder	¼ tsp	¼ tsp	½ tsp
		Water As Required			

Method of Preparation:

"Take a microwave oven safe bowl, Add sugar, cardamom powder and rose water, mix well and select category A-11 to melt the sugar. When the sugar melts off completely add the cashew nuts powder in to it. mix well and select category A-12, enter weight, press start. After the oven beeps, remove, mix well and blend the sugar syrup and powder. The mixture must be smooth. Pour the mixture in to a lightly greased baking dish. set to cool and cut to desired shapes."

Category	Recipe-	Ingredients:	1	2	3
A-12	MASHED POTATO SALAD	Potatoes	1 cup	1½ cup	2 cup
		Chopped Celery	½ cup	¾ cup	1 cup
		Onion Paste	½ cup	1 cup	1½ cup
		Milk	½ cup	1 cup	1½ cup
		Dry Mustard	½ tsp	½ tsp	1 tsp
		Green Bell Pepper Rings	few	few	few
		Pepper To Taste			
		Salad Dressing As Required			
		Salt To Taste			

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add potatoes and place the bowl in the microwave oven, select category A-12 to cook the potatoes. Step 2: After the oven beeps, remove and mash the potatoes with milk and onion. Prepare tadka as explained in category A-11 with mashed potato and all the ingredients. Remove, warm and serve.

INSTA-12

Category	Recipe-	Ingredients:	1	2	3
A-12	GARAM MASALA	Coriander Seeds	½ cup	¾ cup	1 cup
		Whole Cumin Seeds	½ cup	¾ cup	1 cup
		Cinnamon Sticks S	4	5	6
		Cloves	5	6	7
		Tejpatta Leaves	4	5	6
		Cardamoms	6	7	8
		Black Pepper	few	few	few
		Dry Ginger	1 piece	2 piece	3 piece
		Nutmeg	2	3	4
<p>Method of Preparation: Take a microwave oven safe bowl, add coriander seeds, cumins seeds and place the bowl in the microwave oven, select category A-12, enter weight, press start. After the oven beeps, remove and collect roasted coriander seeds and cumins seeds and all remaining ingredients in a chutney pot and grind to fine paste. Store garam masala powder in an air-tight container or jar.</p>					

Category	Recipe-	Ingredients:	1	2	3
A-12	PULISSERI	Grated Coconut	2 cup	2½ cup	3 cup
		Onion, Finely Chopped	1	1	2
		Curds	3 cup	3½ cup	4 cup
		Cumin Seeds (Jeera)	½ tsp	¾ tsp	1 tsp
		Coriander Powder	½ tsp	¾ tsp	1 tsp
		Fenugreek Seeds (Methi)	½ tsp	¾ tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Curry Leaves	few	few	few
		Green Chili, Broken	1	2	3
<p>Method of Preparation: Step 1: Prepare tadka in a microwave oven safe bowl in category A-11 with all ingredients other than curd. Step 2: After the oven beeps, remove and add the curd, mix well and place the bowl in the microwave oven. Select category A-12, enter weight and press start. Remove and serve hot.</p>					

INSTA-12

Category	Recipe-	Ingredients:	1	2	3
A-12	PUMPKIN SOUP	Pumpkin	1 cup	1 cup	2 cup
		Chopped Onion	1 cup	1 cup	2 cup
		Green Chillies	2	2	3
		Garlic, Finely Chopped	2	3	4
		Curry Powder	½ tsp	1 tsp	1½ tsp
		Chili Powder	1 tsp	1½ tsp	2 tsp
		Black Pepper	few	few	few
		Sugar	1 tsp	1½tsp	2 tsp
		Curry Leaves	few	few	few
		Chicken Broth	½ cup	1 cup	1½ cup
		Evaporated Milk	½ cup	1 cup	1½ cup
		Coconut Milk	½ cup	1 cup	1½ cup
		Butter As Required			
		Salt To Taste			

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than pumpkin, chicken broth, evaporated milk and coconut milk. Step 2: After the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven, select category A-12, enter weight and press start.

Category	Recipe-	Ingredients:	1	2	3
A-12	BOMBIL FRY	Bombay Duck Fish	1 cup	1 cup	2 cup
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	½ tsp	1 tsp	1½ tsp
		Garam Masala Powder	¼ tbsp	½ tbsp	¾ tbsp
		Rice Flour	½ tbsp	¾ tbsp	1 tbsp
		Salt To Taste			
		Oil As Required			
		Coriander Leaves For Garnish			

Method of Preparation:

Marinate bombil with all ingredients other than oil and coriander leaves for 20 minutes. Take a microwave oven safe bowl, add oil and marinated bombil, mix well and place the bowl in the microwave oven, select category A-12, enter weight and press start. Remove, garnish with coriander leaves, serve hot.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	STIR FRIED OATS	Oats	2 cup	2 ½ cup	3 cup	3 ½ cup	4 cup
		Raisins	few	few	few	few	few
		Flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
		Cinnamon	1 stick	2 stick	3 stick	3 stick	3 stick
		Sugar	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		Butter As Required					
		Salt To Taste					
		Water As Requ					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than raisins and flour. Step 2: After the oven beeps, remove, add the remaining ingredients, mix well and place the bowl in the microwave oven, select category A-13, enter weight and press start.

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	SWEET CORN SOUP	Corn Kernels	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Potato Finely Chopped	¼ cup	¼ cup	½ cup	½ cup	1 cup
		Green Peas	¼ cup	¼ cup	½ cup	½ cup	1 cup
		Chopped Carrots	¼ cup	¼ cup	½ cup	½ cup	1 cup
		Chopped Beans	¼ cup	¼ cup	½ cup	½ cup	1 cup
		Spring Onions Chopped	¼ cup	¼ cup	½ cup	½ cup	1 cup
		Corn Starch	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	4 tbsp
		Butter As Required					
		Water As Required					
		Salt / Sugar To Taste					

Method of Preparation:

Take a microwave oven safe bowl, add all ingredients other than water and corn starch, mix well select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add corn starch and water, mixwell and select category A-13, enter weight and press start. Serve warm with pepper.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	TOMATO RASAM	Red Gram Dal	1½ tbsp	2 tbsp	2 tbsp	2½ tbsp	3 tbsp
		Tomatoes	1	2	3	4	5
		Garlic Paste	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Garlic Grated	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Ginger Chopped	½ inch	½ inch	½ inch	¾ inch	1 inch
		Green Chillies Chopped	1	2	2	3	3
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	¾ tsp
		Mustard Seeds	½ tsp	¾ tsp	¾ tsp	1 tsp	1½ tsp
		Cumin Seeds	½ tsp	¾ tsp	¾ tsp	1 tsp	1½ tsp
		Dried Red Chillies	2	3	3	4	4
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Curry Leaves	few	few	few	few	few
		Pepper Powder	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Oil	1 tbsp	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
		Salt To Taste					
		Water					
		Coriander Leaves For Garnish					

Method of Preparation:

Step 1: In a microwave oven safe bowl, add all ingredients other than tomatoes, water, coriander, mix well. Place in the microwave. Select category A-11 to prepare tadka. Step 2: After the oven beeps, remove & add remaining ingredients, mix well and place in the microwave. Select category A-13, enter weight, press start. Serve hot garnished with coriander leaves.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	LEAFY VEG- ETABLE	Spinach Leaves, Washed & Chopped	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Mustard Greens, Washed & Chopped	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Cumin Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Green Chilli (Minced)	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Ginger Paste	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Garlic Paste	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Hing A Pinch					
		Oil As Required					
		Salt To Taste					

Method of Preparation:

Prepare tadka as explained in category A-11 in a microwave oven safe glass bowl with all the ingredients other than spinach leaves and mustard greens. Step 2: After the oven beeps, remove and add the remaining ingredients, mix well and cover the bowl with lid and place it in the microwave oven. Select category A-13, enter weight and press start. Remove, mix well and serve hot.

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	PRAWNS CURRY	Prawn - Shelled	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Onions Cut Into Small Pieces	1	2	3	3	3
		Garlic Paste	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		Ginger Paste	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		Chilli Powder	½ tsp	½ tsp	1 tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Oil	½ tbsps	½ tbsps	1 tbsps	1½ tsp	1½ tsp
		Salt To Taste					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than the prawns. Step 2: After the oven beeps, remove and add the prawns, mix well and place the bowl in the microwave oven. Select category A-13, enter weight and press start. Remove and serve.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	KALAKAND	Condensed Milk	½ cup	¾ cup	1 cup	1½ cup	2 cup
		Crumbled Paneer	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Milk	¼ cup	½ cup	¾ cup	1 cup	1½ cup
		Cardamom Powder	⅞ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Nuts For Garnish	few	few	few	few	few

Method of Preparation:

Take a microwave oven safe bowl, Add all ingredients other than cardamom powder, nuts, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add cardamom powder, mix smoothly and select category A-13, enter weight and press start. garnish with nuts, cut to desired shapes. Serve warm.

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	SEMIYA PULI-HORA	Roasted Vermicelli / Semya	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Urad Dal	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Chana Dal	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Green Chillies	2	3	3	3	3
		Oil	1 tbsp	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
		Lemon Juice	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Fenugreek Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Broken Dry Chillies	2	3	3	3	3
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Curry Leaves	few	few	few	few	few
		Salt To Taste					

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than roasted semya, lemon juice, hing, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and select category A-13, enter weight, press start. serve hot.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	MUTTON LE- VER CURRY	Mutton lever	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Tomato (Chopped)	½ cup	¾ cup	1 cup	1½ cup	2 cup
		Red chili powder	¾ tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Onions (Chopped)	½ cup	¾ cup	1 cup	1½ cup	2 cup
		Black Pepper Powder	½ tsp	½ tsp	½ tsp	½ tsp	½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Cinnamon	2	2	3	3	4
		Coriander seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Cumin seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Cloves	2	3	4	4	4
		Green Cardamoms	2	3	4	4	4
		Ginger and Garlic Paste.	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	few	few	few
		Oil as required					
		Salt to taste					
		Coriander Leaves for garnish					

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than mutton, tomato, coriander leaves, mix well and select category A-11 to prepare tadka. Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaves, mix well and select category A-13, enter weight, press start. Serve hot.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	CAPSICUM CURRY	Capsicum, Chopped	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Onion, Chopped	1 cup	1 cup	1½ cup	2 cup	2 cup
		Green Chillies, Slit Lengthwise	2	3	4	4	4
		Ginger Paste	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Garlic Paste	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Chole Masala	½ tbsp	½ tbsp	1 tbsp	1 tbsp	1 tbsp
		Cumins Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Oil As Required					
		Salt To Taste					
		Water As Required					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than capsicum, chole masala and water. Step 2: After the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-13, enter weight and press start. Remove and serve.

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	METHI MALAI MATAR	Green Peas	½ cup	¾ cup	1 cup	1½ cup	2 cup
		Methi Leaves	½ cup	¾ cup	1 cup	1½ cup	2 cup
		Malai / Cream	½ cup	¾ cup	1 cup	1½ cup	2 cup
		Onion Paste	½ cup	¾ cup	1 cup	1½ cup	2 cup
		Green Chili Paste	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Garlic, Ginger Paste	½ tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Khus Khus Paste	½ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
		Cumins	½ tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Cashew Nuts	4	5	6	7	8
		Milk	1 cup	1½ cup	2 cup	2 cup	2 cup
		Oil As Required					
		Salt To Taste					

Method of Preparation:

Step 1: Prepare tadka as explained in category A-11, in a microwave oven safe glass bowl with all the ingredients other than methi leaves, green peas, malai and milk. Step 2: After the oven beeps, remove and add methi leaves, green peas, malai, milk, mix well and cover the bowl with lid and place it in the microwave oven. Select category A-13, enter weight and press start. Remove and serve.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	ARBI / TARO ROOT FRY	Taro Root (Boiled & Peeled)	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Roasted Dalia Powder	½ cup	1cup	1 cup	1½ cup	2 cup
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Turmeric Powder	a pinch	a pinch	a pinch	a pinch	a pinch
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Cumin Seeds	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Urad Dal	3 tsp	4 tsp	5 tsp	6 tsp	6 tsp
		Curry Leaves	few	few	few	few	few
		Oil As Required					
		Salt To Taste					

Method of Preparation:

Step 1: Prepare tadka as explained in category A-11 in a microwave oven safe bowl with all the ingredients other than taro root and salt. Step 2: After the beep, remove and add all remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-13, enter weight and press start. Serve hot.

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	TOMATOR SHORBA	Tomatoes, Chopped	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Chopped Ginger	½ tsp	¾ tsp	1 tsp	1½ tsp	1½ tsp
		Chopped Garlic	½ tsp	¾ tsp	1 tsp	1½ tsp	1½ tsp
		Green Chili	½ tsp	¾ tsp	1 tsp	1½ tsp	1½ tsp
		Garam Masala	½ tsp	¾ tsp	1 tsp	1½ tsp	1½ tsp
		Bay Leaf	2	3	4	4	4
		Chopped Green Coriander	2 tbsp	2½ tbsp	3 tbsp	4 tbsp	4 tbsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Sugar	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Salt To Taste					
		Oil As Required					

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than tomatoes, sugar, mix well and select category A-11 to prepare tadka. Step 2: After the oven beeps, remove and add all remaining ingredients, mix well and select category A-13, enter weight, press start. Serve hot.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	DALIYA KICHDHI	Dalia (Broken Wheat)	1 cup	1½ cup	1½ cup	2 cup	2½ cup
		Mix Vegetable Chopped	1 cup	1½ cup	1½ cup	2 cup	2½ cup
		Onion Chopped	1 cup	1½ cup	1½ cup	2 cup	2 cup
		Green Chilies	2	2	3	3	4
		Garlic, Ginger Paste	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Turmeric Powder	a pinch	a pinch	a pinch	a pinch	a pinch
		Cumins Seeds	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Coriander Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Oil As Required					
		Salt To Taste					
		Coriander Leaves For Garnish					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than dalia and coriander leaves. Step 2: After the oven beeps, remove, add the remaining ingredients other than the coriander leaf, mix well and place the bowl in the microwave oven, select category A-13, enter weight and press start. Remove, garnish with grated coriander and serve.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	KADHI	Yogurt	2 cup	2½ cup	3 cup	4 cup	5 cup
		Besan	4 tsp	4 tsp	6 tsp	7 tsp	8 tsp
		Grated Ginger	½ tsp	¾ tsp	1 tsp	1½ tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Ghee	½ tbsp	¾ tbsp	1 tbsp	2 tbsp	3 tbsp
		Dry Red Chillies	2	3	4	4	4
		Curry Leaves	few	few	few	few	few
		Chopped Green Chillies	1	2	3	3	3
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Sugar	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Salt To Taste					
		Chopped Coriander Leaves For Garnish					
		Water As Required					

Method of Preparation:

Beat the yogurt, water & besan in a vessel so that no lumps are formed. atep 1;- Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than yogurt, besan, water mixture. Step 2: After the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-13, enter weight and press start. Remove and garnish with coriander leaves and serve.

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	PALAK PA-NEER	Paneer	1 cup	1½ cup	1½ cup	2 cup	2½ cup
		Palak Paste	1 cup	1½ cup	1½ cup	2 cup	2½ cup
		Onion Paste	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Black Pepper Powder	½ tsp	½ tsp	½ tsp	½ tsp	½ tsp
		Ginger-Garlic Paste	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Green Chilli Paste	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Bay Leaves	2	3	4	4	4
		Cumin Seeds	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Garam Masala Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Butter As Required					
		Salt To Taste					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than paneer, spinach paste, and salt. Step 2: After the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-13, enter weight and press start. Remove, garnish with coriander and serve.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	GREEN PEAS MASALA	Green Peas	1 cup	1½ cup	1½ cup	2 cup	2½ cup
		Tomatoes - Finely Chopped	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Onion - Finely Chopped	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Cumin Seeds	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Ginger - Slightly Crushed	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Green Chillies - Finely Chopped	2	3	4	4	4
		Turmeric Powder	½ tsp	½ tsp	½ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Garam Masala Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Ghee	½ tbsp	½ tbsp	1 tbsp	2 tbsp	3 tbsp
		Salt To Taste					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe glass bowl as explained in category A-11 with all the ingredients other than green peas, tomatoes & garam masala. Step 2: After the oven beeps, remove the bowl, add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-13, enter weight and press start. Remove and serve

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	CARROT SOUP	Carrot - Chopped	1 cup	1½ cup	1½ cup	2 cup	2½ cup
		Sweet Potato - Chopped	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Onion - Chopped	1 cup	1½ cup	1½ cup	1½ cup	2 cup
		Vegetable Broth	1 cup	1½ cup	1½ cup	2 cup	2½ cup
		Coconut Milk	1 cup	1½ cup	1½ cup	2 cup	2½ cup
		Ginger Sliced	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Garlic Chopped	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Curry Powder	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Pepper Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	1½ tsp
		Salt To Taste					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than coconut milk & vegetable broth. Step 2: After the oven beeps, remove; add coconut milk, vegetable broth, mix well and place the bowl in the microwave oven. Select category A-13, enter weight and press start. Remove, allow to cool and blend in the vegetables in a juicer. Drain, reheat and serve.

INSTA-13

Category	Recipe-	Ingredients:	200 gms	300 gms	400 gms	500 gms	600 gms
A-13	VEGETABLE STEW	Mushrooms Cut Into Quarters	½ cup	½ cup	1 cup	1½ cup	1½ cup
		Tomatoes - Chopped	½ cup	½ cup	1 cup	1 cup	1 cup
		Carrots Cut Into Slices	½ cup	½ cup	1 cup	1 cup	1 cup
		Onion Sliced	½ cup	½ cup	1 cup	1½ cup	1½ cup
		Potatoes Cut Into Cubes	½ cup	½ cup	1 cup	1 cup	1 cup
		Garlic Cloves - Minced	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Kidney Beans - Boiled	½ cup	½ cup	1 cup	1 cup	1 cup
		Tomato Sauce	½ tbsp	½ tbsp	1 tbsp	2 tbsp	3 tbsp
		Thyme - Dried	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Bay Leaf	2	2	3	4	4
		Flour	½ tbsp	½ tbsp	1 tbsp	2 tbsp	3 tbsp
		Oil	½ tbsp	½ tbsp	1 tbsp	2 tbsp	3 tbsp
		Water As Required					
		Salt And Pepper To Taste					

Method of Preparation:

Step 1: Prepare tadka in a microwave oven safe bowl as explained in category A-11 with all the ingredients other than tomatoes, mushrooms, kidney beans, water and flour. Step 2: After the oven beeps, remove and add the remaining ingredients, mix well and place the bowl in the microwave oven. Select category A-13, enter weight and press start. Remove and serve.

INSTA-14

Category	Recipe-	Ingredients:	150	300	450
A-14	PIZZA REHEAT	Ready To Eat Pizza	6" pizza	8" pizza	10" pizza
Method of Preparation: Place the pizza on the turn table. Select category A-14, enter weight, press start. Serve hot.					

Category	Recipe-	Ingredients:	150	300	450
A-14	RICE REHEAT	Cooked Rice	150 gms	300 gms	450 gms
Method of Preparation: Take cooked rice in a microwave oven safe bowl. Select category A-14, enter weight, press start. Serve hot.					

Category	Recipe-	Ingredients:	150	300	450
A-14	CURRY REHEAT	Curry	150 gms	300 gms	450 gms
Method of Preparation: Take curry in a microwave oven safe bowl. Select category A-14, enter weight, press start. Serve hot.					

Category	Recipe-	Ingredients:	150	300	450
A-14	COCONUT ROAST	Grated Coconut	150 gms	300 gms	450 gms
Method of Preparation: Take grated coconut in a microwave oven safe glass bowl. Select category A-14, enter weight, press start. Serve hot.					

Category	Recipe-	Ingredients:	150	300	450
A-14	TAMARIND PULP	Tamarind	150 gms	300 gms	450 gms
		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 category A-14, enter weight & press start. Remove and smash the tamarind smoothly to make pulp.					

Category	Recipe-	Ingredients:	150	300	450
A-14	DANIA ROAST	Dania	150 gms	300 gms	450 gms
Method of Preparation: Take dania in a microwave oven safe glass bowl. Select category A-14, enter weight, press start. Serve hot.					

Category	Recipe-	Ingredients:	150	300	450
A-14	JEERA ROAST	Jeera	150 gms	300 gms	450 gms
Method of Preparation: Take jeera in a microwave oven safe glass bowl. Select category A-14, enter weight, press start. Serve hot.					

INSTA-14

Category	Recipe-	Ingredients:	150	300	450
A-14	SESAME SEEDS ROAST	Sesame Seeds	150 gms	300 gms	450 gms
Method of Preparation: Take sesame seeds in a microwave oven safe glass bowl. Select category A-14, enter weight, press start. Serve hot.					

Category	Recipe-	Ingredients:	150	300	450
A-14	KHUS KHUS ROAST	Khus Khus	150 gms	300 gms	450 gms
Method of Preparation: Take khus khus seeds in a microwave oven safe glass bowl. Select category A-14, enter weight, press start. Serve hot.					

Category	Recipe-	Ingredients:	150	300	450
A-14	SOUP REHEAT	Any Soup	150 gms	300 gms	450 gms
Method of Preparation: Take soup in a microwave oven safe bowl. Select category A-14, enter weight, press start. Serve hot.					

INSTA-15

Category	Recipe-	Ingredients:	200	300	400	500	600
A-15	LOBSTER	Lobster (Cut Into Lengthwise)	200 gms	300 gms	400 gms	500 gms	600 gms
		Pepper Powder	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Soya Sauce	½ tbsp	½ tbsp	1 tbsp	1½ tsp	2 tsp
		Salt To Taste					
		Oil As Required					
Method of Preparation:							
Take a microwave oven safe glass bowl, apply all ingredients to lobster and set aside for 1 hour to marinate. Place the bowl on the turn table in the microwave oven. Select category A-15, enter weight, and press start. Remove and serve hot							

Category	Recipe-	Ingredients:	200	300	400	500	600
A-15	PODO PITTA	Rice Batter	200 gms	300 gms	400 gms	500 gms	600 gms
		Black Gram Batter	100gm	150gm	200gm	250gm	300gm
		Scrubbed Coconut	¾ cup	1 cup	1¼ cup	1½ cup	1 ¾ cup
		Thin Coconut Slices	10 pieces	11 pieces	12 pieces	13 pieces	14 pieces
		Sugar	150gm	200gm	250gm	300gm	350gm
		Chopped Ginger	50gm	50gm	50gm	60gm	70gm
		Cashew Nut – Broken Into Pieces	¼ cup	¼ cup	½ cup	½ cup	½ cup
		Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp
		Baking Powder	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Salt To Taste					
Method of Preparation:							
Mix all the ingredients well and keep it covered for about 2 hours for self-fermentation. Pour the batter in a lightly greased wide glass bowl and arrange the bowl in on the low mesh rack and place it in the oven. Select category A-15, enter weight, press start.							

INSTA-15

Category	Recipe-	Ingredients:	200	300	400	500	600
A-15	HANDVO	Toovar Dal, Soaked	¼ cup	½ cup	¾ cup	1 cup	1 cup
		Urad Dal, Soaked	¼ cup	¼ cup	½ cup	¾ cup	1 cup
		Moong Dal, Soaked	¼ cup	¼ cup	½ cup	¾ cup	1 cup
		Chana Dal, Soaked	¼ cup	¼ cup	½ cup	¾ cup	1 cup
		Rice, Soaked	¼ cup	½ cup	¾ cup	1 cup	1 cup
		Curd	¼ cup	½ cup	¾ cup	1 cup	1 cup
		Lauki, Grated	¼ cup	½ cup	¾ cup	1 cup	1 cup
		Oil	2 tbsp	2 tbsp	3 tbsp	3 tbsp	2 tbsp
		Lemon Juice	1 tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Soda	pinch of	pinch of	pinch of	pinch of	pinch of
		Sugar	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Chilli Powder	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Turmeric Powder (Haldi)	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Ginger-Green Chilli Paste	1 tsp	2 tsp	2 tsp	2 tsp	2 tsp
		Salt To Taste					
		Mustard Seeds	½ tsp	½ tsp	½ tsp	1 tsp	1 tsp
		Sesame Seeds	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp
		Ajwain	½ tsp	½ tsp	½ tsp	½ tsp	½ tsp
		Hing	pinch of	pinch of	pinch of	pinch of	pinch of
<p>Method of Preparation: Blend the dals, rice in a mixer to a smooth mixture. Transfer the mixture to a bowl, add the curds and mix well. Cover and keep aside to ferment overnight. Add all other ingredients, Mix well and set a side for 20 minutes. Pour the mixture in a lightly greased baking dish. Step 1: Place the baking dish in on the turn table. Select category A-15, enter weight, press start.</p>							

INSTA-15

Category	Recipe-	Ingredients:	
YOGURT	YOGURT	Curd	500 ml
		Milkmaid	200 ml
		Fresh cream	400 ml
		Essence	¼ tsp

Method of Preparation:

Take a mixing bowl, add all ingredients mix well, place the bowl in the oven and select category yogurt, press start.

Category	Recipe-	Ingredients:	
FERMENTATION	FERMENTATION	Bread Dough	
		All-Purpose Flour	2 cups
		Warm Water	½ cup
		Active-Dry Yeast	2 tsp
		Unsalted Butter	1 tbsp
		Milk Powder	3 tbsp
		Sugar	1tsp
		Oil	2 tbsp
		Salt To Taste	
		Water As Required	

Method of Preparation:

Take warm water in a bowl, add dry yeast, sugar and 2 tsp flour, mix well and set a side for 5 minutes. Take another mixing bowl, add maida, oil, salt, milk powder, butter and dry yeast water, mix well to make a smooth, soft dough. Punch the dough for 10 minutes. Set it a side for 15 minutes. Punch the dough again for 5 minutes. Set the dough batter in a bowl. Select category fermentation & press start.

Category	Recipe-	Ingredients:	
KEEP WARM	KEEP WARM	Any Cooked Food	500 g

Method of Preparation:

Place the cooked food bowl in the oven and select category keep warm, enter time, press start.

Category	Recipe-	Ingredients:	
DEODARIZER	DEODARIZER		

Method of Preparation:

To use deodorizer press the category button once and press start.

Category	Recipe-	Ingredients:	
STEAM CLEAN	STEAM CLEAN	Water	1 cup
		Lime juice	1 tbsp

Method of Preparation:

Take water in a microwave oven safe bowl, add lemon juice. Select category steam clean & press start. When the oven beeps, wipe out with salt & clean napkin.

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	<ul style="list-style-type: none"> - 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 defrosted before cooking - Check placement of aluminum foil strips used to prevent over cooking
If food is under cooked	<ul style="list-style-type: none"> - Check recipe to be sure all directions (amount, time and power levels) were correctly followed - Be sure the oven is the only appliance in the electrical circuit - Be sure that the food is completely defrosted before cooking
If food is over cooked	<ul style="list-style-type: none"> - Check recipe to be sure all directions (amount, time power levels & size of dish) were correctly followed
If arcing (sparks) occur	<ul style="list-style-type: none"> - Be sure microwavable dishes were used. - Be sure wire-twist ties were not used - Be sure that the over was not operated when empty - Be sure that metal racks is not used in the microwave mode

FREQUENTLY ASKED QUESTIONS

QUESTION	ANSWER
Can I use a rack in my microwave oven so that I may reheat or cook in two rack positions at a time	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 TWO 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 authorized 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 coloured 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
Bhubaneswar	Highway Complex, NH-5, Rudrapur, Bhubaneswar - 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, R S 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 Shoppo, 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.comE-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 the product, packaging and plastic material is not disposed as unsorted municipal waste.



This symbol is known as the "Crossed-out Wheellie Bin Symbol". It means that the product should not be disposed of with your general house-hold waste.

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

Godrej | APPLIANCES