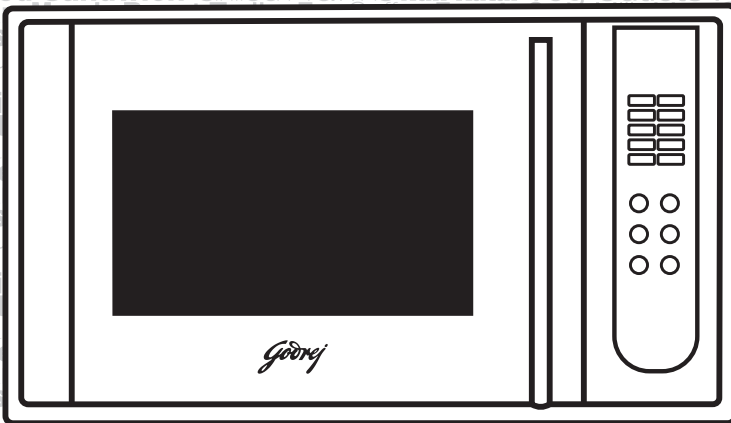


HOW TO GET THE BEST OUT OF YOUR GODREJ MICROWAVE OVEN...



User Manual
GMX 23CA1 MKM
23 ltr. Microwave, Convection

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

Thank you for purchasing Godrej Microwave Oven

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

Staple your receipt here for proof of purchase.

Model No: _____

Serial No: _____

Dealer: _____

Dealer Phone No: _____

SPECIFICATIONS

Power Consumption :	230V/50Hz, 1300W (Microwave)
	1200W (Grill)
	1200W (Convection)
Rated Microwave Output :	800W
Operation Frequency :	2450MHz
Product Dimensions :	29.0cm(H) x 48.0cm(W) x 40.5cm(D)
Oven Capacity :	23 Litres
Cooking Uniformity :	Turnable System
Net Weight:	Approx. 14.0Kg

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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.

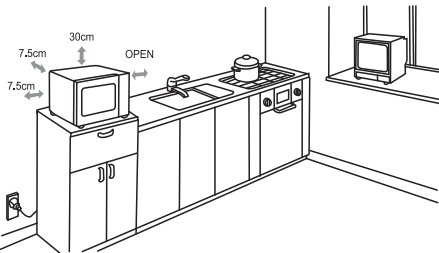
Cookware	Microwave	Grill	Convection	Combination*
Heat-Resistant Glass	Yes	Yes	Yes	Yes
Non Heat-Resistant Glass	No	No	No	No
Heat-Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave-Safe Plastic Dish	Yes	No	No	No
Kitchen Paper/	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Metal Rack	No	Yes	Yes	No
Aluminum Foil & Foil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

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

** Only for short time reheating

INSTALLATION INFORMATION

- 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.



The accessible surface may be hot during operation.

GROUNDING INSTRUCTIONS

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

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

Note:

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

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

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

ELECTRICAL REQUIREMENTS

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

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

RADIO INTERFERENCE

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

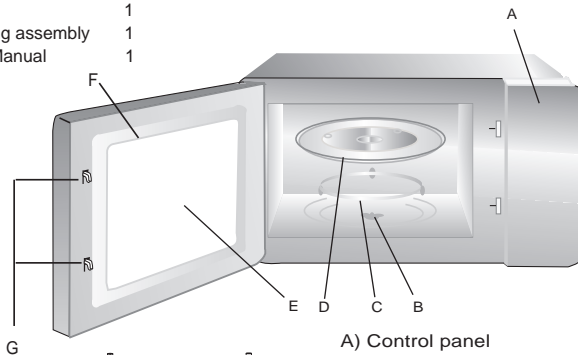
1. Clean door and sealing surface of the oven.
2. Reorient the receiving antenna of radio or television.
3. Relocate the microwave oven with respect to the receiver.
4. Move the microwave oven away from the receiver.
5. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

EXTENSION CORD INFORMATION

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

PART AND ACCESSORIES NAMES

Glass tray 1
Turntable ring assembly 1
Instruction Manual 1



Grill Rack (Only for Grill series)

- A) Control panel
B) Turntable shaft
C) Turntable ring assembly
D) Glass tray
E) Observation window
F) Door assembly
G) Safety interlock system

OPERATING INSTRUCTIONS

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

1. CLOCK SETTING

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

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

Note:

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

2. MICROWAVE COOKING

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

95:00.)

- 5) Press "START/+30SEC./ CONFIRM" to start cooking.

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

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

Microwave Power Chart

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

3. GRILL COOKING

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

Note: If half the grill time passes, the oven beeps twice to tell you to turn the food over. To pause the microwave, press the STOP/CLEAR button once.

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

4. COMBINATION COOKING

- 1) Press the "GRILL/COMBI." key once and "G-1"

will be displayed.

2) Press "**GRILL/COMBI.**" Twice to get "C-1", thrice to get "C-2" and so on till "C-3" or "C-4" are displayed.

3) Press "**START/+30SEC./CONFIRM**" to confirm.

4) Turn the jog dial to adjust the cooking time. (The time setting should be 0:05- 95:00.)

5) Press "**START/+30SEC./CONFIRM**" to start cooking.

Note: Combination instructions

Instructions	Display	Microwave	Grill	Convection
1	C-1	YES		YES
2	C-2	YES	YES	
3	C-3		YES	YES
4	C-4	YES	YES	YES

5. CONVECTION COOKING (WITH PREHEATING FUNTION)

The convection cooking lets you cook the food as in a traditional oven. Microwave is not used. It is recommended that you should preheat the oven to the appropriate temperature before placing the food in the oven.

1) Press the "**CONVECTION**" key once and "110" will be displayed.

2) Keep pressing "**CONVECTION**" or turn the knob to select the convection function.

Note: The temperature can be chosen from 110 degrees to 200 degrees.

3) Press the "**START/+30SEC./CONFIRM**" to confirm the temperature.

4) Press the "**START/+30SEC./CONFIRM**" to start preheating. When the preheating temperature arrives, the buzzer will sound twice to remind you to put the food into the oven. And the preheated temperature is displayed.

5) Put the food into the oven and close the door.

Turn the knob to adjust the cooking time. (The maximum setting time is 95 minutes.)

6) Press the "**START/+30SEC./CONFIRM**" key to start cooking.

Note:

a. Cooking time cannot be set until the preheating temperature arrives. If the temperature arrives, door must be opened to set the cooking time.

b. If the time is not set in 5 minutes, the oven will stop preheating. The buzzer sound five times and turn back to waiting state.

6. CONVECTION COOKING (WITHOUT PRE-HEATING FUNCTION)

1) Press the "**CONVECTION**" key once and "110" will be displayed.

2) Keep pressing "**CONVECTION**" or turn the knob to select the convection function.

Note: The temperature can be chosen from 110 degrees to 200 degrees.

3) Press the "**START/+30SEC./CONFIRM**" to confirm the temperature

4) Turn the knob to adjust the cooking time. (The maximum setting time is 95 minutes.)

5) Press the "**START/+30SEC./CONFIRM**" key to start cooking.

7. KITCHEN TIMER

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

2) Turn the jog dial to enter the correct time. (The maximum cooking time is 95 minutes)

3) Press "**START/+30SEC./CONFIRM**" to confirm setting.

4) When the set time has elapsed, the buzzer will

ring 5 times. If the clock is set (24-hour system), LED will display the current time.

8. WEIGHT DEFROST

- 1) Press **"W.T./Time Defrost"** to choose the defrosting by weight. "dEF1" will be displayed.
- 2) Turn the knob to input the weight. "100","200","300","400","500","600","800" "1000","1200","1400","1600","1800 and "2000" will be displayed in order.
- 3) Press **"Start/+30Sec./Confirm"** to start defrosting. If **"Stop/Clear"** is pressed, it will go back to waiting state. At this time, press **"Start/+30Sec./Confirm"** again or if the delay is more than 5 minutes, it will turn back to the waiting state. Press **"Start/+30Sec./Confirm"** in 5 minutes, the unit goes on working and time counts down. When it is finished, the buzzer sounds five times and turns back to the waiting state.
- 4) When half the defrost time has passed, the buzzer will sound twice to remind you to turn the food over, if no action is taken, the unit will continue working and the defrost result may not be as per your expectation.

9. TIME DEFROST

- 1) Press **"W.T./Time Defrost"** twice to choose the function of defrost by time. "dEF2" will be displayed.
- 2) Turn the knob to input the cooking time. The max time is 95 minutes.
- 3) Press **"Start/+30Sec./Confirm"** to start defrosting. If **"Stop/Clear"** is pressed, it will go back to waiting state. At this time, press **"Start/+30Sec./Confirm"** again or if the delay is

more than 5 minutes, it will turn back to the waiting state. Press **"Start/+30Sec./Confirm"** within 5 minutes, the unit goes on working and time counts down.

10. INSTACOOK MENU

- 1) In waiting state, turn the jog dial right to choose the function wanted, and "A1","A2","A3"...."A10" will be displayed.
- 2) Press **"START/ +30 SEC./CONFIRM"** to confirm the menu you need.
- 3) Turn the knob to choose the weight of menu. Weight and "g" will be displayed to indicate weight in grams
- 4) Press **"START/ +30 SEC./CONFIRM"** to start cooking.

Note:

1. When you choose Insta 9 (A9), please do not put the ingredients into the oven at the start. The oven needs to be preheated to 160° first. After several minutes, the buzzer sounds twice to remind you to put the ingredients into the oven. After putting the ingredients in the oven, press start again.
2. During Insta 10 (A10), the oven beeps twice, and this is normal.

11. EXPRESS COOKING

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

the same key can increase 30 seconds.

Note: This function cannot work under defrost, InstaCook menu and MultiStage cooking.

12. CHILD LOCK

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

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

13. SPECIAL SPECIFICATIONS

1) The maximum cooking time of "Microwave", "Grill", "Time Defrost", "Convection" and "Combination" is 95 minutes.

2) When the door is open, the lamp will light. If it is kept open for more than 10 minutes, the lamp will switch off and the microwave will go into standby

mode

3) The control panel will continue to be operational even when the door is open but it cannot start operation till the door is open.

4) Close the door, the lamp will be off. The setting can be changed. And the "START" key can work too.

STEAM CLEAN

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

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

INSTACOOK MENUS

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

Note : To select a specific recipe from those given below, identify the InstaCook menu it falls under (Insta1, Insta2, etc), rotate the jog dial in the anti clockwise direction and select the relevant Insta menu. The InstaCook menu will be displayed as A1, A2,A10. Press the **START/+30SEC./CONFIRM** to set it. Set the weight according to the recipe weights mentioned below. In case, the display shows weight as 1, 2, 3- it is in the ascending order of weight as given in the recipe. For example, 1=200gms, 2=400gms, 3=600gms. Thus, if you want to prepare Pizza under Insta 1, then the weight indication is as follows:1-300gms, 2- 450gms. If you want to prepare Fruit Custard under Insta 2, then the weight indication is as follows: 1-230gms, 2-460gms, 3-690gms

PIZZA	Insta 1	PIZZA	300gms	450gms
		Ingredients:		
		Pizza Base	1	1
		Pizza Sauce	½ tbsp	1 tbsp
		Butter	1 tsp	1½ tsp
		Paneer	½ cup	1 cup
		Yogurt	¼ cup	½ cup
		Pepper Powder	1 tsp	1½ tsp
		Ginger-Garlic Paste	½ tsp	1 tsp
		Onion, Thinly Sliced	½ tbsp	1 tbsp
		Capsicum, Sliced Thinly	¼ cup	½ cup
		Grated Cheese	¼ cup	½ cup
		Salt To Taste		
Method of preparation:				
Take a microwave oven safe bowl, add butter, paneer, garlic, ginger paste, salt, onion, pepper powder, bell peppers, yogurt, and pizza sauce, mix well. Spread all the above mixture on top of the pizza base and sprinkle the grated cheese over it. Place in any microwave safe bowl on a high mesh rack, select Insta 1, enter weight and press start. Remove and serve.				

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

VEGETABLE KEBAB	Insta 1	VEGETABLE KEBAB	300gms	450gms
		Ingredients:		
		Boiled Potato	100 gms	150 gms
		Grated Paneer	100 gms	150 gms
		Grated Cauliflower	100 gms	150 gms
		Grated Cabbage	½ cup	1 cup
		Green Chilly	1	2
		Hing	¾ tsp	1 tsp
		Maida	¾ tsp	1 tsp
		Red Chilly Powder	1 tsp	1½ tsp
		Butter As Required		
		Salt To Taste		
		Method of preparation:		
		Marinate the vegetables with the all ingredients for 1 hour. In a microwave oven safe wide glass bowl, add all marinate ingredients, Place the bowl in the microwave oven select Insta 1, enter weight and press start.		

STUFFED PANEER ROTI	Insta 1	STUFFED PANEER ROTI	300gms	450gms
		Ingredients:		
		Paneer Cut Into Cubes	100 gms	150 gms
		Chopped Fresh Mushrooms	100 gms	150 gms
		Chopped Tomato	100 gms	150 gms
		Chopped Onions	½ cup	1 cup
		Grated Cheese	½ cup	1 cup
		Tomato Sauce	½ cup	1 cup
		Chopped Green Chillies	2	3
		Chopped Coriander	½ tbsp	1 tbsp
		Oregano	½ tbsp	1 tbsp
		Corn Flour	½ cup	1 cup
		Roti	3	4
		Oil As Required		
		Salt To Taste		
		Method of preparation:		
		Mix all the ingredients to make a paste. Fill the mixture evenly in roti. Arrange the roti in a flat base glass bowl. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve.		

STUFFED CAPSICUM	Insta 1	STUFFED CAPSICUM	300gms	450gms
		Ingredients:		
		Capsicum	100 gms	150 gms
		Boiled Potatoes	100 gms	150 gms
		Boiled Green Peas	100 gms	150 gms
		Onion Finely Chopped	½ cup	1 cup
		Turmeric Powder	¼ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp
		Garam Masala	1 tsp	1½ tsp
		Dry Mango Powder (Amchoor)	¾ tsp	1 tsp
		Salt To Taste		
		Method of preparation:		
		With a sharp knife, cut the stem of the capsicum and take out seeds from the top gently and add the stuffing in it. Place the capsicum in the microwave oven, select Insta 1, enter weight and press start.		

ALOO TIKKI	Insta 1	ALOO TIKKI	300gms	450gms
		Ingredients:		
		Boiled Potato	300 gms	450 gms
		Green Peas Cooked	1½ cup	2 cup
		Black Pepper Powder	¾ tsp	1 tsp
		Ginger Paste	¾ tsp	1 tsp
		Garam Masala	1½ tsp	2 tsp
		Red Chilli Powder	1½ tsp	2 tsp
		Cumins Powder	1½ tsp	2 tsp
		Oil As Required		
		Salt Or To Taste		
		Method of preparation:		
		Mash potatoes and green peas together. Add all remaining ingredients, mix well and shape as a medium sized tikki. Arrange tikki in a lightly greased baking tray, place the baking tray on the mesh rack in the microwave oven, select Insta1, enter weight and press start. Turn once in-between.		

FISH CUTLETS	Insta1	FISH CUTLETS	300gms	450gms
		Ingredients:		
		Fish Boiled & Bones Removed	300 gms	450 gms
		Egg	2	2
		Bread Slices Soaked In Water	3	4
		Garlic Paste	½ tsp	¾ tsp
		Ginger Paste	½ tsp	¾ tsp
		Bread Crumbs	1½ tbsp	2 tbsp
		Green Chillies	3	3
		Corn Flour	1½ tbsp	2 tbsp
		Garam Masala	1½ tbsp	2 tbsp
		Turmeric Powder	½ tsp	¾ tsp
		Coriander Leaves	1½ tbsp	2 tbsp
		Salt To Taste		
		Oil As Required		
		Method of preparation:		
		Mash the fish and bread slices gently by hand and add all ingredients together other than eggs, bread crumbs and mash them lightly. Add all remaining ingredients, mix well, shape as medium sized cutlets. Arrange cutlets in a lightly greased baking tray, place the tray on the mesh rack in the microwave oven, select Insta 1, enter weight and press start. Turn once in-between.		

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

KHEEMA CUTLETS	Insta 1	KHEEMA CUTLETS	300gms	450gms
		Ingredients:		
		Mutton Kheema Cooked	2 cup	2½ cup
		Potatoes Boiled	2 cup	2½ cup
		Besan Flour	½ cup	1 cup
		Onion, Chopped Thinly	½ cup	1 cup
		Cloves	3	4
		Cinnamon Sticks	3	3
		Cardamom	4	5
		Garlic Flakes	4	5
		Ginger, Grated	½ tsp	¾ tsp
		Poppy Seeds	½ tsp	¾ tsp
		Eggs	2	2
		Turmeric Powder	½ tsp	½ tsp
		Red Chilli Powder	1½ tsp	2 tsp
		Curry Leaves Chopped	few	Few
		Coriander Leaves Chopped	few	Few
		Oil As Required		
		Salt As Required		
		Method of preparation:		
		Mix all ingredients and grind well to make kheema cutlets. Arrange cutlets in a lightly greased crispy tray or wide glass bowl, place the tray in the microwave oven, select Insta1, enter weight and press start. Turn once in-between.		

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

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

UPMA	Insta 2	UPMA	230gms	460gms	690gms
		Ingredients;			
		Roasted Semolina (Suji)	2 cup	3 cup	4 cup
		Onions Medium Sized (Finely Chopped)	1	2	2
		Green Chilly (Finely Chopped)	2	3	4
		Curry Leaves	few	few	Few
		Mustard	½ tsp	½ tsp	1 tsp
		Cumin Seeds	½ tsp	½ tsp	1 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Groundnuts (Roasted)	½ tbsps	½ tbsps	1 tbsps
		Channa Dal	2 tsp	2 tsp	3 tsp
		Urad Dal	2 tsp	2 tsp	3 tsp
		Tomato (Chopped)	¼ cup	¼ cup	½ cup
		Green Peas	½ tbsps	½ tbsps	1 tbsps
		Carrot (Chopped)	¼ cup	¼ cup	½ cup
		Ghee As Required			
		Salt To Taste			
		Water As Required			
		Grated Coconut & Shev For Garnish			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than roasted suji and water. After beep, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Garnish with coconut & shev, Serve hot.			

FRUIT CUSTARD	Insta 2	FRUIT CUSTARD	230gms	460gms	690gms
		Ingredients:			
		Custard Powder	½ cup	½ cup	1 cup
		Milk	2 cup	3 cup	5 cup
		Sugar	1 cup	1½ cup	2 cups
		Apple	1	1	2
		Banana	2	2	3
		Pineapple Slices	¼ cup	¼ cup	½ cup
		Strawberries	¼ cup	¼ cup	½ cup
		Black Grapes (Seedless)	¼ cup	¼ cup	½ cup
		Green Grapes (Seedless)	¼ cup	¼ cup	½ cup
		Cherries To Garnish	¼ cup	¼ cup	½ cup
		Method of preparation:			
		Take a microwave oven safe large glass bowl; add milk, sugar, custard powder and mix well. Place the bowl in the microwave oven, select Insta 2, 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.			

NOODLES	Insta 2	NOODLES	230gms	460gms	690gms
		Ingredients:			
		Noodles – Boiled	100 gms	150 gms	200 gms
		Mixed Vegetables(Carrots, Beans, Cauliflower, Baby Corn)	100 gms	200 gms	350 gms
		Mushrooms – Sliced	50 gms	100 gms	150 gms
		Garlic – Chopped	½ tsp	½ tsp	1 tsp
		Ginger – Chopped	½ tsp	½ tsp	1 tsp
		Soya Sauce	2 tsp	3 tsp	4 tsp
		Spring Onions – Chopped	½ tbsp	½ tbsp	1 tbsp
		Oil As Required			
		Pepper To Taste			
		Salt To Taste			
Method of preparation:					
Prepare tadka as mentioned in Insta 5 with all the ingredients other than noodles and soya sauce. After beep, remove, add noodles & soya sauce, mix smoothly, select Insta 2, enter weight and press start. Serve hot					

PALAK PANEER	Insta 2	PALAK PANEER	230gms	460gms	690gms
		Ingredients:			
		Paneer	150 gms	300 gms	500 gms
		Palak Paste	2 cup	3 cup	4 cup
		Onion Paste	1 cup	2 cup	3 cup
		Black Pepper Powder	½ tsp	½ tsp	1 tsp
		Ginger-Garlic Paste	1 tsp	1 tsp	1½ tsp
		Green Chilli Paste	1 tsp	1 tsp	1½ tsp
		Bay Leaves	2	3	4
		Cumin Seeds	1 tsp	1 tsp	1½ tsp
		Garam Masala Powder	1 tsp	2 tsp	2½ tsp
		Butter As Required			
		Coriander Leaves For Garnish			
		Salt To Taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than paneer, spinach paste, and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander and serve.					

FISH CURRY	Insta 2	FISH CURRY	230gms	460gms	690gms
		Ingredients:			
		Fish - Washed & Sliced	230 gms	460 gms	690 gms
		Coriander Leaves – Chopped	1 tbsp	1½ tbsp	2 tbsp
		Tomatoes - Finely Chopped	2	2	3
		Garlic Cloves	5	6	7
		Green Chillies – Chopped	2	3	4
		Methi Seeds	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Salt To Taste			
		Oil As Required			
Method of preparation:					
Marinate the fish in salt and turmeric powder for 15 minutes. Grind the coriander leaves, garlic and green chillies into a paste. Prepare tadka as explained in Insta 5 with all the ingredients other than the fish and above mentioned paste. Remove, add fish & coriander, green chilli, garlic paste to the tadka and mix smoothly. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve hot.					

PANEER BHURJI	Insta 2	PANEER BHURJI	230gms	460gms	690gms
		Ingredients:			
		Paneer Grated	230 gms	460 gms	690 gms
		Tomatoes	2	3	4
		Oil	½ tbsp	1 tbsp	1tbsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Green Chillies	3	4	4
		Onion Chopped	2	3	3
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Ginger-Garlic Paste	1 tsp	1½ tsp	1½ tsp
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than grated paneer and salt. After beep, remove and add grated paneer, salt, mix well and select Insta 2, enter weight, press start. Serve hot.					

BAINGAN MASALA	Insta 2	BAINGAN MASALA	230gms	460gms	690gms
		Ingredients:			
		Brinjal, Cut Into Half	230 gms	460 gms	690 gms
		Tomatoes, Chopped	2	3	4
		Onions, Chopped	1	2	2
		Methi Leaves (Fenugreek)	½ cup	¾ cup	1 cup
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	Few
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1½ tsp	2 tsp	3 tsp
		Oil As Required			
		Coriander For Garnish			
		Salt & Pepper To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than tomato, methi leaves, salt and pepper. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander and serve.					

KARELA FRY	Insta 2	KARELA FRY	230gms	460gms	690gms
		Ingredients:			
		Karela (Cut Into Thin Round)	230 gms	460 gms	690 gms
		Lemon Juice	1½ tsp	2 tsp	3 tsp
		Turmeric Powder	½ tsp	¾ tsp	¾ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Jeera Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			
Method of preparation					
Marinate karela with the lemon juice, turmeric, salt for 20 minutes and wash it well. Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than garam masala. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start.					

CARROT CURRY	Insta 2	CARROT CURRY	230gms	460gms	690gms
Ingredients:					
		Carrots Chopped	230 gms	460 gms	690 gms
		Roasted Sesame Seeds Paste	¼ cup	1 cup	1½ cup
		Dried Red Chillies	2	3	4
		Red Chilli Powder	1½ tsp	2 tsp	3 tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Urad Dal	1½ tsp	2 tsp	3 tsp
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste			
		Coriander For Garnish			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than carrots and salt. After beep, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander and serve.					

CARROT SOUP	Insta 2	CARROT SOUP	230gms	460gms	690gms
Ingredients:					
		Carrot – Chopped	150 gms	300 gms	500 gms
		Sweet Potato – Chopped	80 gms	160 gms	190 gms
		Onion – Chopped	1 cup	1½ cup	1½ cup
		Vegetable Broth	1 cup	1½ cup	1½ cup
		Coconut Milk	1 cup	1½ cup	1½ cup
		Ginger Sliced	½ tsp	½ tsp	1 tsp
		Garlic Chopped	½ tsp	½ tsp	1 tsp
		Curry Powder	½ tsp	½ tsp	1 tsp
		Pepper Powder	1 tsp	1 tsp	1½ tsp
		Salt To Taste			
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than carrots, sweet potato, vegetable broth and coconut milk, After beep, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, allow it to cool and blend in a juicer. Drain, reheat and serve.					

TOMATO CHUTNEY	Insta 2	TOMATO CHUTNEY	230gms	460gms	690gms
		Ingredients:			
		Tomatoes – Chopped	100 gms	200 gms	400 gms
		Onion - Large Chopped	1	1	2
		Garlic – Chopped	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Tamarind Extract (Juice)	½ cup	½ cup	1 cup
		Oil As Required			
		Salt To Taste			
		For seasoning:			
		Oil As Required			
		Curry Leaves As Required			
		Mustard Seeds As Required			
		Pinch Of Hing			
		Method of preparation:			
		Take a microwave oven safe bowl; add oil, onion, garlic, salt, tomatoes, red chilli powder, and tamarind juice and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and allow to cool grind into a fine paste. Take another microwave oven safe bowl; add the ingredients for seasoning and place it in the microwave oven. Select Insta 5, enter weight and press start. Remove, add to the tomato mixture, mix well and serve.			

EGGPLANT TOMATO CURRY	Insta 2	EGGPLANT TOMATO CURRY	230gms	460gms	690gms
		Ingredients:			
		Masoor Dal	1 cup	1½ cup	2 cup
		Baby Eggplants chopped	1 cup	1½ cup	2 cup
		Tomato chopped	1 cup	1½ cup	2 cup
		Green Chillies chopped	2	3	4
		Broken Dried Red Chillies	2	3	4
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Tamarind juice	½ cup	¾ cup	1 cup
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Garlic paste	½ tsp	¾ tsp	1 tsp
		Curry Leaves	few	few	Few
		Oil as required			
		Salt to taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than eggplants, tomato and tamarind juice. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven selects Insta 2, enter weight and press start. Remove, and serve hot.			

MUSHROOM SOUP	Insta 2	MUSHROOM SOUP	230gms	460gms	690gms
		Ingredients:			
		Button Mushrooms	230 gms	460 gms	690 gms
		Chicken Stock	1 cup	1½ cup	2 cup
		Spring Onions, Chopped Finely	½ tbsp	½ tbsp	1 tbsp
		Ginger Paste	½ tsp	½ tsp	1 tsp
		Black Peppers	few	few	Few
		Salt To Taste			
Method of preparation;					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 5, with all the ingredients other than mushrooms and salt. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve.					

PUDINA CHUTNEY	Insta 2	PUDINA CHUTNEY	230gms	460gms	690gms
		Ingredients:			
		Pudina Leaves	230 gms	460 gms	690 gms
		Raw Mango Peeled, Chopped	1 cup	1½ cup	2 cup
		Sesame Seeds	½ cup	½ cup	1 cup
		Green Chillies / Red Chillies	3	4	5
		Mustard Seeds	1 tsp	1 tsp	1 tsp
		Cumin Seeds	1 tsp	1 tsp	1 tsp
		Chana Dal, Soaked	½ tbsp	½ tbsp	1 tbsp
		Hing	a pinch	a pinch	a pinch
		Oil As Required			
		Salt To Taste			
Method of preparation;					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 5, with all the ingredients other than raw mango, pudina leaves, salt. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve.					

BUTTER CHICKEN	Insta2	BUTTER CHICKEN	230gms	460gms	690gms
		Ingredients:			
		Boneless Chicken	230 gms	460 gms	690 gms
		Yogurt	1½ tbsp	2 tbsp	3 tbsp
		Lime Juice	¾ tsp	1 tsp	1½ tsp
		Red Chilli Powder	1½ tsp	2 tsp	3 tsp
		Roasted Cloves	3	4	6
		Roasted Pepper Corns	3	4	6
		Roasted Cinnamon	¾ inch	1 inch	1 inch
		Cardamom	3	4	6
		Roasted Almonds	4	5	6
		Bay Leaves	2	2	3
		Oil	½ tbsp	¾ tbsp	1 tbsp
		Chopped Onions	2	2	3
		Garlic Paste	¾ tsp	1 tsp	1 tsp
		Ginger Paste	¾ tsp	1 tsp	1 tsp
		Coriander Powder	¾ tsp	1 tsp	1 tsp
		Cumin Powder	¾ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Tomato Puree	1½ tbsp	2 tbsp	3 tbsp
		Chicken Stock	2 cup	2 cup	2 cup
		Kasuri Methi	1½ tsp	2 tsp	2 tsp
		Butter As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation:			
		Grind & make a paste of cloves, pepper corns, cinnamon, almonds & cardamom. Marinate the chicken with the above paste and butter, yogurt, salt, lime juice, red chilli powder, bay leaves, coriander, cumin, turmeric powder & set aside for 1 hr. Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with oil, onion, garlic, ginger paste and marinated chicken. Remove, add remaining ingredients; mix well. Place bowl in the microwave oven, select Insta 2, enter weight, press start. Remove and garnish with coriander leaves and serve.			

BHENDI FRY	Insta 2	BHENDI FRY	230gms	460gms	690gms
		Ingredients:			
		Lady Finger	230 gms	460 gms	690 gms
		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	¾ tsp	½ tsp
		Oil As Required			
		Salt To Taste			
		Method of preparation:			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 5 with all the ingredients other than lady finger. Remove, add lady fingers and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve.			

MUTTON LIVER CURRY	Insta 2	MUTTON LIVER CURRY	230gms	460gms	690gms
Ingredients:					
		Goat Liver	230 gms	460 gms	690 gms
		Onion Finely Sliced	1	2	3
		Ginger & Garlic Paste	½ tsp	1 tsp	1½ tsp
		Tomato Puree	½ cup	½ cup	1 cup
		Turmeric	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cumin Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Ghee	½ tbsp	½ tbsp	1 tbsp
		Bay Leaves	2	3	4
		Cinnamon	1" stick	2" stick	3" stick
		Green Cardamom	3	4	6
		Cloves	3	4	6
		Coriander Leaves For Garnish			
		Water As Required			
		Salt To Taste			
Method of preparation:					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 5 with all the ingredients other than liver, tomato puree, coriander leaves and water. Remove, add the remaining ingredients other than coriander leaf and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve.					

METHI MALAI MATAR	Insta 2	METHI MALAI MATAR	230gms	460gms	690gms
Ingredients:					
		Methi Leaves	50 gms	100 gms	150 gms
		Green Peas	200 gms	300 gms	350 gms
		Malai / Cream	50 gms	100 gms	150 gms
		Onion Paste	50 gms	100 gms	150 gms
		Green Chilli Paste	1 tsp	1½ tsp	2 tsp
		Garlic, Ginger Paste	½ tsp	½ tsp	1 tsp
		Khus Khus Paste	½ tbsp	½ tbsp	1 tbsp
		Cumins	½ tsp	½ tsp	1 tsp
		Cashew Nuts	4	5	6
		Milk	1 cup	1½ cup	2 cup
		Oil As Required			
		Salt To Taste			
Method of preparation:					
Prepare tadka as explained in Insta 5 in a microwave oven safe glass bowl with all the ingredients other than methi leaves, green peas, malai and milk. Remove; add methi leaves, green peas, malai, and milk and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 2, enter weight and press start. Remove and serve.					

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

GRATED RADISH CURRY	Insta 2	GRATED RADISH CURRY	230gms	460gms	690gms
		Ingredients:			
		Radish (Grated)	230 gms	460 gms	690 gms
		Coconut (Grated)	1 cup	1½ cup	2 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Chilli Powder	1½ tsp	2 tsp	3 tsp
		Chopped Green Chillies	3	4	5
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	1 tsp	1 tsp
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation:			
		Prepare tadka as explained in Insta 5 in a microwave oven safe glass bowl with all the ingredients other than grated radish, grated coconut and coriander leaves. Remove; add all remaining ingredients other than coriander leaves and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve.			

CAKE BROWNIE	Insta 2	CAKE – BROWNIE	230gms	460gms	690gms		
		Ingredients:					
		Flour – Sifted	1 cup	1½ cup	2 cup		
		Margarine	1½ tbsp	2 tbsp	2½ tbsp		
		Sugar	1 cup	1½ cup	2 cup		
		Baking Powder	½ tsp	1 tsp	1 tsp		
		Cocoa Powder	½ cup	¾ cup	1 cup		
		Walnuts	¼ tbsp	½ tbsp	½ tbsp		
		Method of preparation;					
		Mix the margarine and sugar in a mixing bowl until the sugar is completely dissolved. Add cocoa powder, flour, nuts, baking powder and mix well until smooth. Pour into a lightly greased flat glass bowl, Place in the microwave oven, select Insta 2, enter weight and press start. Remove, allow to cool and serve					

GOBI MATAR	Insta 2	GOBI MATAR	230gms	460gms	690gms		
		Ingredients:					
		Cauliflower Florets	50 gms	100 gms	150 gms		
		Green Peas	100 gms	160 gms	200 gms		
		Lauki	50 gms	100 gms	150 gms		
		Chopped Cabbage	30 gms	100 gms	190 gms		
		Green Chillies	2	3	4		
		Cashew Nut Paste	¼ cup	¾ cup	1 cup		
		Garam Masala	1½ tsp	2 tsp	3 tsp		
		Curd	1 cup	1½ cup	2 cup		
		Oil As Required					
		Method of preparation:					
		Prepare tadka as explained in Insta 5 in a microwave oven safe glass bowl with all the ingredients other than Lauki, cabbage, green peas and curd, After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Serve hot.					

CAULIFLOWER ONION FRY	Insta 2	CAULIFLOWER ONION FRY	230gms	460gms	690gms
		Ingredients:			
		Cauliflower Florets	230 gms	460 gms	690 gms
		Onion Chopped	1	2	3
		Green Chillies	2	3	4
		Coriander Powder	2 tsp	3 tsp	4 tsp
		Lemon Juice	1 tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	¼ tsp	½ tsp	½ tsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste			
		Method of preparation:			
Prepare tadka as explained in Insta 5 in a microwave oven safe glass bowl with all the ingredients other than cauliflower florets and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Serve hot.					

CASHEW BURFI	Insta 2	CASHEW BURFI	230gms	460gms	690gms
		Ingredients:			
		Cashew Nuts Powder	3 cup	4 cup	5 cup
		Powdered Sugar	1½ cup	2 cup	2½ cup
		Ghee	¼ cup	½ cup	¾ cup
		Elaichi Powder	¼ tsp	¼ tsp	½ tsp
		Water As Required			
		Silver Warq Few Sheets (Optional)			
Method of preparation:					
Take a microwave oven safe glass bowl, add water and sugar to make sugar syrup, select Insta5 and set weight, press start. After beep, remove and add cashew powder, ghee, stir well and select Insta 2, set weight, press start. Pour the cashew mixture in a lightly greased tray. Apply silver warq over the cashew mixture. Set to cool and cut into diamond shape pieces.					

ALOO MATAR	Insta 2	ALOO MATAR	230gms	460gms	690gms
		Ingredients:			
		Potatoes	130 gms	260 gms	390 gms
		Green Peas	100 gms	200 gms	300 gms
		Curd	1 cup	1½ cup	2 cup
		Green Chillies	2	2	3
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Onion	1	2	3
		Tomatoes Puree	1 cup	1½ cup	2 cup
		Ginger	½ tsp	½ tsp	1 tsp
		Coriander Powder	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Garam Masala	1 tsp	1 tsp	1½ tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
Method of preparation:					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 5, with all the ingredients other than tomato puree, salt, green peas, and curd. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve.					

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

BETROOT RASAM	Insta 2	BETROOT RASAM	230gms	460gms	690gms
		Ingredients:			
		Beetroot chopped	230 gms	460 gms	690 gms
		Tamarind juice	1 cup	1½ cup	2 cup
		Urad Dal	1 tsp	1½ tsp	2 tsp
		Garlic paste	½ tsp	¾ tsp	1 tsp
		Cilantro Sprigs	¼ cup	½ cup	¾ cup
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Curry Leaves	few	few	Few
		Oil as required			
		Salt to taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than beetroot and tamarind juice. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven selects Insta 2, enter weight and press start.					

ARBI/ TARO ROOT FRY	Insta 2	ARBI/ TARO ROOT FRY	230gms	460gms	690gms
		Ingredients:			
		Taro Root (Boiled & Peeled)	230 gms	460 gms	690 gms
		Roasted Dalia Powder	1 cup	1½ cup	2 cup
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Turmeric Powder	a pinch	a pinch	a pinch
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	1 tsp	1 tsp	1½ tsp
		Urad Dal	3 tsp	4 tsp	5 tsp
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste			
Method of preparation:					
Prepare tadka as explained in Insta 5 in a microwave oven safe bowl with all the ingredients other than taro root and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Serve hot.					

TINDORA FRY	Insta 2	TINDORA FRY	230gms	460gms	690gms
		Ingredients:			
		Tindora Chopped	230 gms	460 gms	690 gms
		Roasted Dalia Powder	1 cup	1½ cup	2 cup
		Ajwain	1 tsp	1 tsp	1½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	a pinch	a pinch	a pinch
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste			
Method of preparation:					
Prepare tadka as explained in Insta 5 in a microwave oven safe bowl with all the ingredients other than tindora and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Serve hot.					

CAPSICUM WITH PEANUTS	Insta 2	CAPSICUM WITH PEANUTS	230gms	460gms	690gms
		Ingredients:			
		Capsicum	230 gms	460 gms	690 gms
		Raw Peanuts Powder	2 tbsp	3 tbsp	4 tbsp
		Urad Dal	1 Tbsp	2 tbsp	3 tbsp
		Whole Red Chilli	3	4	5
		Tamarind (Optional)	1" piece	2 " piece	3" piece
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	½ tsp	1 tsp	1½ tsp
		Urad Dal	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste			
Method of preparation;					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 5 with all the ingredients other than capsicum and tamarind, after beep. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Serve hot.					

SARSON KA SAAG	Insta 2	SARSON KA SAAG	230gms	460gms	690gms
		Ingredients:			
		Spinach Chopped	100 gms	200 gms	300 gms
		Mustard Greens Chopped	130 gms	260 gms	390 gms
		Green Chillies	2	3	4
		Ginger Paste	½ tsp	½ tsp	1 tsp
		Garlic Paste	½ tsp	½ tsp	1 tsp
		Onion Grated	½ cup	1 cup	1½ cup
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cumin Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala Powder	1½ tsp	2 tsp	3 tsp
		Lime Juice	1 tsp	1½ tsp	2 tsp
		Bengal Gram Flour	1 tbsp	1½ tbsp	2 tbsp
		Ghee As Required			
		Salt To Taste			
Method of preparation:					
Make a paste of spinach, mustard green, green chillies and salt. Set aside. Prepare tadka as explained in Insta 5 in a microwave oven safe bowl with all the ingredients other than green paste, lime juice and bengal gram flour. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Serve hot.					

MACHER JHOL	Insta 2	MACHER JHOL	230gms	460gms	690gms
		Ingredients:			
		Fish Rohu	230 gms	460 gms	690 gms
		Potatoes	2	4	6
		Onion Paste	½ cup	1 cup	1½ cup
		Green Chillies	2	3	4
		Coriander Seeds	1 tsp	1½ tsp	2 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Oil			
		Salt To Taste			
Method of preparation:					
Marinate fish with turmeric powder and salt for 20 minutes and wash it well. Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than fish. After beep, remove, add the remaining ingredients and mix smoothly. Place the bowl in the microwave oven, select Insta 2, enter weight and press start.					

SUKHDI	Insta 2	SUKHDI	230gms	460gms	690gms
		Ingredients:			
		Whole Wheat Flour	2 cup	3 cup	4 cup
		Ghee	1½ cup	2 cup	2½ cup
		Jaggery - Sliced Thinly	1½ cup	2 cup	2½ cup
		Milk	1 cup	1½ cup	2 cup
Method of preparation:					
Take a microwave oven safe glass bowl; add wheat flour and ghee mix well. To roast the wheat flour select tadka option in Insta 5, enter weight, press start. After beep, remove and add jaggery, milk and mix well. Place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Serve hot.					

MISA PORA	MACH PORA	Insta 2	MISA MACH PORA	230gms	460gms	690gms
			Ingredients:			
			Shrimps, Shelled	2 cup	3 cup	4 cup
			Ground Coriander	1½ tsp	2 tsp	3 tsp
			Lime Juice	2 tsp	3 tsp	3 tsp
			Onion, Chopped	½ cup	1 cup	1½ cup
			Peppercorns	few	few	Few
			Turmeric Powder	a pinch	a pinch	a pinch
			Salt To Taste			
			Oil As Required			
Method of preparation:						
Rub salt and turmeric powder on the shelled shrimps. Marinate for 20 minutes. Prepare tadka as explained in Insta 5 in a microwave oven safe bowl with all the ingredients other than marinated shrimps and lime juice. Remove after beep; add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Serve hot.						

CHICKEN XACUTI	Insta2	CHICKEN XACUTI	230gms	460gms	690gms
		Ingredients:			
		Chicken	230 gms	460 gms	690 gms
		Small Potatoes	few	few	Few
		Small Onions	few	few	Few
		Nutmeg Powder	¼ tsp	¼ tsp	½ tsp
		Coconut Paste	½ cup	1 cup	1½ cup
		Xacuti Masala Ingredients:			
		Red Chillies	4	5	6
		Coconut Pieces	few	few	Few
		Cloves	2	3	4
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Pepper Corns	few	few	Few
		Jeera	½ tsp	½ tsp	1 tsp
		Methi Seeds	½ tsp	½ tsp	1 tsp
		Saunf	1½ tsp	2 tsp	3 tsp
		Garlic Flakes	3	4	5
		Ginger	¼ " inch	½ " inch	1 " inch
		Cinnamon	¼ " inch	½ " inch	1 " inch
		Khus Khus	½ cup	1 cup	1½ cup
		Coriander Seeds	1½ tsp	2 tsp	3 tsp
		Sesame seeds	1½ tsp	2 tsp	3 tsp
		Onion	1	2	2
		Method of preparation:			
		Make a fine paste of all masala ingredients. Prepare tadka as explained in Insta 5 in a microwave oven safe bowl with all the ingredients other than chicken and potato. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Serve hot.			

PLAIN PALAK CURRY	Insta2	PLAIN PALAK CURRY	230gms	460gms	690gms
		Ingredients:			
		Palak (Spinach) Finely Chopped	2 cup	2½ cup	3 cups
		Red Chilly Powder	1 tsp	1 tsp	1 tsp
		Moong Dal	¼ cup	½ cup	¾cup
		Garam Masala	1 tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Garlic Paste	¼ tsp	¼ tsp	½ tsp
		Ginger Paste	¼ tsp	¼ tsp	½ tsp
		Oil As Required			
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta5 with all the ingredients other than palak and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve hot.			

SWEET POTATO SOUP	Insta 2	SWEET POTATO SOUP	230gms	460gms	690gms
		Ingredients:			
Boiled & Grated Sweet Potato		230 gms	460 gms	690 gms	
Black Pepper Powder		1 tsp	1 tsp	1 tsp	
White Pepper Powder		1 tsp	1 tsp	1 tsp	
Celery		few	few	Few	
Fresh Cream		½ cup	1 cup	1½ cup	
Onions Grated		½ cup	1 cup	1½ cup	
Garlic Grated		½ tsp	½ tsp	1 tsp	
Butter As Required					
Salt To Taste.					
Water As Required					
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than sweet potato, water and fresh cream. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve hot.					

CHICKEN CHETTINAD	Insta 2	CHICKEN CHETTINAD	230gms	460gms	690gms
		Ingredients:			
Chicken		230 gms	460 gms	690 gms	
Khus Khus Roasted		1 tbsp	1½ tbsp	2 tbsp	
Dry Red Chillies Roasted		3	4	5	
Coriander Roasted		½ tsp	¾ tsp	1tsp	
Mustard Roasted		½ tbsp	¾ tbsp	1tbsp	
Cinnamon Roasted		½ inch	½ inch	1 inch	
Cardamom Roasted		2	3	4	
Cloves Roasted		2	3	4	
Chilli Powder		1 tsp	1½ tsp	2 tsp	
Turmeric Powder		½ tsp	¾ tsp	1 tsp	
Chopped Ginger		1 tsp	1tsp	1tsp	
Chopped Garlic		1 tsp	1 tsp	1½ tsp	
Chopped Tomato		1	1½	2	
Chopped Onions		1	1½	2	
Oil		1 tbsp	1 tbsp	1½ tbsp	
Curry Leaves		few	few	Few	
Lemon Juice		½ tsp	¾ tsp	1 tsp	
Sugar		½ tsp	¾ tsp	1 tsp	
Grated Coconut For Garnish					
Coriander Leaves For Garnish					
Salt To Taste					
Method of preparation;					
In a mixer, grind all the roasted ingredients with garlic and ginger to make a uniform paste. Prepare tadka in a microwave oven safe bowl as explained in Insta 5, with all the ingredients other than chicken, tomato, coconut and coriander leaves. After beep, remove, add the remaining ingredients except coconut and coriander leave and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coconut and coriander. Serve hot.					

PANEER MAKHANI	Insta 2	PANEER MAKHANI	230gms	460gms	690gms
		Ingredients:			
		Paneer	230 gms	460 gms	690 gms
		Tomato Puree	1 cup	1½ cup	2 cup
		Fresh Cream	1 cup	1½ cup	2 cup
		Green Chillies	1	2	3
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Garam Masala Powder	1 tsp	1 tsp	1½ tsp
		Dried Kasuri Methi	few	few	Few
		Butter As Required			
		Salt To Taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than tomato puree and fresh cream. Remove after beep, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta2, enter weight and press start. Remove, serve hot.					

POTATO, TOMATO CURRY	Insta 2	POTATO, TOMATO CURRY	230gms	460gms	690gms
		Ingredients:			
		Potato cut into cubes	2 cup	3 cup	4 cup
		Tomato puree	1 cup	1½ cup	2 cup
		Onion chopped	1 cup	1½ cup	2 cup
		Green Chile chopped	2	3	4
		Red Chile Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Curry leaves	few	few	Few
		Salt to Taste			
		Oil as required			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than potato and tomato puree. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven selects Insta 2, enter weight and press start. Remove, and serve hot.					

GAJAR HALWA	Insta 2	GAJAR HALWA	230gms	460gms	690gms
		Ingredients:			
		Carrots (Grated)	1½ cup	2 cup	2½ cup
		Kawa (Mawa Grated)	½ cup	¾ cup	¾ cup
		Sugar	1½ cup	1½ cup	2 cup
		Milk Condensed	½ cup	¾ cup	¾ cup
		Milk	½ cup	¾ cup	¾ cup
		Cardamoms	few	few	Few
		Pistachio Flakes/Almonds	few	few	Few
		Ghee As Required			
		Raisins	few	few	Few
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than milk, condensed milk, cardamom, pistachio/almond and raisins. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 2, enter weight and press start.					

LAUKI SABZI	Insta 2	LAUKI SABZI	230gms	460gms	690gms
		Ingredients:			
		Lauki (Peel The Skin & Cut Into Pieces)	230 gms	460 gms	690 gms
		Peas	1 tbsp	1½ tbsp	2 tbsp
		Chopped Capsicum	1	1	1½
		Chopped Onion	1	2	2
		Chopped Green Chilli	2	2	3
		Yogurt	1 tbsp	1½ tbsp	2 tbsp
		Crushed Ginger	½ inch	¾ inch	1 inch
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	½ tsp	¾ tsp	1 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Oil	1 tbsp	1 tbsp	1½ tbsp
		Chopped Coriander For Garnish			
		Salt To Taste			
		Water			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than peas, capsicum, yogurt and coriander. After beep, remove, add the remaining ingredients other than coriander and mix well. Place the bowl in the microwave oven, select Insta2, enter weight and press start. Remove and serve hot.					

PRAWNS VINDALOO	Insta 2	PRAWNS VINDALOO	230gms	460gms	690gms
		Ingredients:			
		Shelled Prawns	230 gms	460 gms	690 gms
		Tomatoes, Chopped	1 cup	1½ cup	2 cup
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	Few
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Vinegar	1 tbsp	1 tbsp	1½ tbsp
		Corn Flour	1 tbsp	1 tbsp	1½ tbsp
		Sugar	1 tsp	1½ tsp	2 tsp
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than prawns, tomato and vinegar. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve hot.					

CABBAGE CURRY	Insta 2	CABBAGE CURRY	230gms	460gms	690gms
		Ingredients:			
		Cabbage	230 gms	460 gms	690 gms
		Mixed Vegetables	1 cup	1½ cup	2 cup
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Urad Dal	1 tbsp	1 tbsp	1½ tbsp
		Green Chilly Chopped	3	5	6
		Oil As Required			
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than cabbage. After beep, remove, add the cabbage and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, and serve hot.					

SEVIYA KHEER	Insta 2	SEVIYA KHEER	230gms	460gms	690gms
		Ingredients:			
		Seviya (Vermicelli) Roasted	2 cup	3 cup	4 cup
		Milk	4 cup	6 cup	8 cup
		Condensed Milk	1 cup	1½ cup	2 cup
		Sugar	1 cup	1½ cup	2 cup
		Raisins	½ tbsp	1 tbsp	1½ tbsp
		Cashew Nut Pieces (Roasted)	1 tbsp	1 tbsp	1½ tbsp
		Almonds (Roasted)	1tbsp	1tbsp	1½ tbsp
		Powdered Elaichi (Cardamom)	½ tsp	½ tsp	1 tsp
		Water As Required			
Method of preparation					
Take a microwave oven safe bowl; add all the ingredients except elaichi powder and raisins and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove; add elaichi powder and raisins mix well. Serve hot.					

SWEET CORN SOUP	Insta 2	SWEET CORN SOUP	230gms	460gms	690gms
		Ingredients			
		Sweet corn kernels	1 cup	1½ cup	2 cup
		Sweet corn, grated	1 cup	1½ cup	2 cup
		Corn flour mixed with water	2 tbsp	3 tbsp	4 tbsp
		Sugar (optional)	1 tsp	2 tsp	3 tsp
		Clear Vegetable Stock	5 cups	6 cups	7 cups
		Salt to taste			
		To serve ;			
		Chillies in Vinegar			
		Chilli sauce			
		Soy sauce			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than corn flour water and vegetable stock. Remove, add the all remaining ingredients, mix well and place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove; serve with any sauce or chillies in vinegar.					

DALIYA KHICHDI	Insta 2	DALIYA KHICHDI	230gms	460gms	690gms
		Ingredients:			
		Dalia (Broken Wheat)	150 gms	300 gms	450 gms
		Mix Vegetable Chopped	80 gms	160 gms	240gms
		Onion Chopped	1 cup	1½ cup	2 cup
		Green Chillies	2	3	4
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	a pinch	a pinch	a pinch
		Cumins Seeds	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than dalia and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with grated coriander and serve.					

SEV- BHAJI	Insta 2	SEV- BHAJI	230gms	460gms	690gms
		Ingredients:			
		Sev	1½ cup	2 cup	2½ cup
		Tomato Puree	1½ cup	2 cup	2½ cup
		Chopped Onions	1	2	2
		Mustard Seeds	¼ tsp	½ tsp	1 tsp
		Cumin Seeds	¼ tsp	½ tsp	1 tsp
		Green Chilli	1	2	3
		Hing	a pinch	a pinch	a pinch
		Curry Leaves	few	few	Few
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1tsp	2 tsp	2½ tsp
		Ground Coriander	¼ tsp	½ tsp	1 tsp
		Ground Cumin	½ tsp	1 tsp	1½ tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
Method of preparation;					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than sev, tomato puree and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with grated coriander and serve.					

ALOO CHOWKA	Insta 2	ALOO CHOWKA	230gms	460gms	690gms
		Ingredients;			
		Potato chopped	230 gms	460 gms	690 gms
		Onion chopped	1 cup	1½ cup	2 cup
		Garlic paste	½ tsp	1 tsp	1½ tsp
		Amchoor powder	½ tsp	1 tsp	1½ tsp
		Dhania powder	½ tsp	1 tsp	1½ tsp
		Jeera powder	½ tsp	1 tsp	1½ tsp
		Green Chilli chopped	2	3	4
		Coriander seeds	½ tbsps	1 tbsps	1 tbsps
		Dried Red Chili	2	3	4
		Oil as required			
		Salt to taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than potatoes and amchoor powder. After beep, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Serve hot.					

CAULIFLOWER KURMA	Insta 2	CAULIFLOWER KURMA	230gms	460gms	690gms
		Ingredients:			
		Cauliflower, Cut Into Florets	2 cup	3 cup	4 cup
		Tomatoes, Cut Into Cubes	1 cup	1½ cup	2 cup
		Onion	1 cup	1½ cup	2 cup
		Yogurt	1 cup	1½ cup	2 cup
		Ginger-Garlic Paste	1 tsp	1½ tsp	2 tsp
		Red Chili Powder	1 tsp	1½ tsp	2 tsp
		Khus Khus Paste	1 tbsps	1½ tbsps	2 tbsps
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Cardamom	few	few	Few
		Coriander Seeds	1 tsp	1½ tsp	2 tsp
		Cloves	2	3	4
		Curry Leaves	few	few	Few
		Salt To Taste			
		Oil As Required			
		Coriander Leaves For Garnish			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than cauliflower, tomato, yogurt and coriander leaves. After beep, remove, add the all ingredients other than coriander leave and mix well. Place the bowl in the microwave oven selects Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve hot.					

MACHE BESARA	Insta 2	MACHE BESARA	230 gms	460 gms	690 gms
		Ingredients:			
		Fish (Rohu Or Any Fresh Water Fish)	230 gms	460 gms	690 gms
		Potato (Cut Into Cubes)	1	2	2
		Curd	1cup	2 cup	2½ cup
		Green Chillies Paste	4	5	6
		Mustard Paste	1tbsp	1½ tbsp	2 tbsp
		Garlic Cloves Paste	2	3	4
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	1 tsp	1 tsp	1½ tsp
		Fennel Seeds	1 tsp	1½ tsp	2 tsp
		Fenugreek Seeds	1 tsp	1½ tsp	2 tsp
		Kala Jeera Seeds	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than fish, curd and coriander leaves. After beep, remove; add all the ingredients other than coriander leaves and mix smoothly. Place the bowl in the microwave oven selects Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve hot.			

BEETROOT PALYA	Insta 2	BEETROOT PALYA	230gms	460gms	690gms
		Ingredients:			
		Beetroot Chopped	230 gms	460 gms	690 gms
		Tamarind Juice	1 cup	1½ cup	2 cup
		Urad Dal	1 tsp	1½ tsp	2 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Cilantro Sprigs	¼ cup	½ cup	¾ cup
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than beetroot and tamarind juice. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven selects Insta2, enter weight and press start. Remove, and serve hot.			

PRAWNS MASALA	Insta 2	PRAWNS MASALA	230gms	460gms	690gms
		Ingredients:			
		Prawn – Shelled	230 gms	460 gms	690 gms
		Onions Cut Into Small Pieces	1	2	3
		Garlic Paste	¼ tsp	½ tsp	1 tsp
		Ginger Paste	¼ tsp	½ tsp	1 tsp
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	¼ tsp	½ tsp	1 tsp
		Oil As Required			
		Salt To Taste			
Method of preparation;					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 5 with all the ingredients other than the prawns. Remove, add the prawns and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove and serve hot.					

GREEN PEAS CURRY	Insta 2	GREEN PEAS CURRY	230gms	460gms	690gms
		Ingredients:			
		Green Peas	230 gms	460 gms	690 gms
		Tomato	1	2	2
		Onions	1	2	2
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp
		Green Chillies	1	2	2
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Coriander Leaves	few	few	Few
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Coriander Powder	¼ tsp	¼ tsp	½ tsp
		Chilly Powder	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp
		Black Pepper Powder	¼ tsp	¼ tsp	½ tsp
		Coconut Milk	½ cup	½ cup	1 cup
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste.			
Method of preparation;					
Prepare tadka in a microwave oven safe glass bowl as explained in Insta 5 with all the ingredients other than tomato, green peas and coconut milk. After beep, remove; add the remaining ingredients mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start.					

BOMBIL FRY	Insta 2	BOMBIL FRY	230gms	460gms	690gms
		Ingredients:			
		Bombay Duck Fish	230 gms	460 gms	690 gms
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Rice Flour	1 tbsp	1½ tbsp	2 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 and mix well. Place the bowl in the microwave oven selects Insta 2, enter weight and press start. Remove, garnish with coriander leaves, serve hot.					

TOMATO SOUP	Insta 3	TOMATO SOUP	200gms	300gms	400gms	500gms
		Ingredients:				
		Tomatoes - Large	200gms	300gms	400gms	500gms
		Mint Leaves	few	few	few	Few
		Pepper To Taste				
		Salt To Taste				
Method of preparation:						
Take a microwave oven safe bowl; add salt, pepper, tomatoes, mix well and select Insta 5, enter weight & press start. Remove after beep, add mint leaves, mix well and select Insta 3, set weight, press start. When cool, blend the tomatoes in a mixer. Strain and serve hot.						

POHA	Insta 3	POHA	200gms	300gms	400gms	500gms
		Ingredients:				
		Poha	1 cup	2 cup	3 cup	4 cup
		Green Peas	1 tbsp	1 tbsp	1½tbsp	1½tbsp
		Carrot (Chopped)	1 tbsp	1 tbsp	1½tbsp	1½tbsp
		Channa Dal	1 tsp	1½ tsp	2 tsp	2 tsp
		Urad Dal	1 tsp	1½ tsp	2 tsp	2 tsp
		Onions (Chopped)	1	2	2	3
		Green Chilli (Small Chopped)	2	3	3	4
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp	1½ tsp
		Salt To Taste				
		Oil As Required				
		Grated Coconut For Garnish				
		Fresh Coriander For Garnish				
Method of preparation:						
Prepare tadka as explained in Insta 5 in a microwave oven safe bowl with all the ingredients other than poha, salt, sugar and lime. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 3, enter weight and press start. Remove, garnish with coriander and grated coconut. Serve hot.						

OMLETTE	Insta 3	OMLETTE	200gms	300gms	400gms	500gms
		Ingredients:				
		Eggs - Beaten	2	3	4	5
		Onion - Finely Chopped	1	1	2	2
		Green Chillies - Finely Chopped	1	2	2	3
		Red Chilli Powder	½ tsp	½ tsp	1 tsp	1 tsp
		Oil As Required				
		Coriander Leaves For Garnish				
		Salt To Taste				
Method of preparation;						
Prepare tadka in a microwave oven safe flat bowl as explained in Insta 5 with all the ingredients other than egg and coriander leaves. Remove, add the beaten eggs, but not the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta3, enter weight and press start. Remove, garnish with coriander leaves and serve						

SABUDANA KHICHDI	Insta 3	SABUDANA KHICHDI	200gms	300gms	400gms	500gms
		Ingredients:				
		Sabudana (Soaked)	100gms	150gms	200gms	250gms
		Ground Nut Powder	100gms	150gms	200gms	250gms
		Chopped Green Chillies	2	2	3	3
		Boiled & Peeled Potato	½ cup	1 cup	1 cup	1½ cup
		Oil	½ tbsp	½ tbsp	1tbsp	¾ tbsp
		Hing	a pinch	a pinch	a pinch	a pinch
		Cumin Seeds	½ tsp	¾ tsp	1 tsp	1 tsp
		Sugar	1 tsp	1½ tsp	2 tsp	2 tsp
		Lime Juice	½ tsp	¾ tsp	1 tsp	1 tsp
		Salt To Taste				
Method of preparation:						
Prepare tadka as explained in Insta 5 in a microwave oven safe glass bowl with all the ingredients other than sabudana, salt, sugar and lime. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 3, enter weight and press start. Remove and mix well and serve hot.						

BREAD CHIWDA	Insta 3	BREAD CHIWDA	200gms	300gms	400gms	500gms
		Ingredients:				
		Bread Slices	200gms	300gms	400gms	500gms
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp
		Cumin Seeds	1 tsp	1 tsp	1½ tsp	1½ tsp
		Onion Finely Chopped	1	1	2	2
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Hing	a pinch	a pinch	a pinch	a pinch
		Curry Leaves	few	few	few	Few
		Raw Peanuts	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
		Oil As Required				
		Salt To Taste				
		Coriander Leaves For Garnish				
Method of preparation;						
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than bread slices, hing and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. Remove, garnish with grated coriander and serve.						

TAMARIND PULP	Insta 3	TAMARIND PULP	200gms	300gms	400gms	500gms
		Ingredients:				
		Tamarind	200gms	300gms	400gms	500gms
		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 Insta3, enter weight & press start. Remove, and smash the tamarind smoothly to make pulp.						

VEGETABLE CHAT	Insta 3	VEGETABLE CHAT	200gms	300gms	400gms	500gms
		Ingredients:				
		Sev	40 gms	60 gms	80 gms	100gms
		Peanuts - Roasted & Crushed	40 gms	60 gms	80 gms	100gms
		Boiled Potato - Diced Into Small Cubes	40 gms	60 gms	80 gms	100gms
		Chick Peas -Boiled (Optional)	40 gms	60 gms	80 gms	100gms
		Corn Kernel - Boiled	40 gms	60 gms	80 gms	100gms
		Onion - Chopped Finely	½	½	½	½
		Green Chilli - Chopped Finely	1	1	2	2
		Tomato - Chopped Finely	½	½	½	½
		Fresh Coriander Leaves - Chopped	½ tbsp	½ tbsp	½ tbsp	½ tbsp
		Chaat Masala Powder (Optional)	1 tsp	1 tsp	1½ tsp	1½ tsp
		Red Chilli Powder	½ tsp	½ tsp	½ tsp	1 tsp
		Lemon Juice	½ tsp	½ tsp	½ tsp	1 tsp
		Tamarind Chutney	½ tbsp	½ tbsp	½ tbsp	1 tbsp
		Salt To Taste				
Method of preparation:						
Take a Microwave oven safe bowl, combine all the ingredients, mix well, keep bowl on the turn table and select Insta 3, enter weight, press start. Remove and serve.						

FENNEL (saunf) ROAST	Insta 3	FENNEL (saunf) ROAST	200gms	300gms	400gms	500gms
		Ingredients:				
		Fennel Seeds	200gms	300gms	400gms	500gms
		Method of preparation				
Take a microwave oven safe glass bowl, add fennel, place the bowl in microwave oven and select Insta 3, enter weight and press start.						

CASHEW ROAST	Insta 3	CASHEW ROAST	200gms	300gms	400gms	500gms
		Ingredients:				
		Cashew Nuts	200gms	300gms	400gms	500gms
Method of preparation						
Take a microwave oven safe bowl, add cashew nuts, place the bowl in microwave oven and select Insta 3, enter weight and press start.						

CHICKEN STOCK	Insta 3	CHICKEN STOCK	200gms	300gms	400gms	500gms
		Ingredients:				
		Fresh Chicken (Or Leftover Chicken Parts)	200gms	300gms	400gms	500gms
		Carrot (Peeled And Roughly Chopped)	½ cup	1 cup	1½ cup	2 cup
		Onion (Peeled And Quartered)	1	1	2	2
		Water As Required				
		Bay Leaf	1	2	3	3
		Celery (Roughly Chopped)	½ tbsp	½ tbsp	1 tbsp	1 tbsp
		Fresh Parsley	½ tbsp	½ tbsp	1 tbsp	1 tbsp
		Fresh Thyme	½ tsp	½ tsp	1 tsp	1 tsp
		Peppercorns	few	few	few	Few
		Salt To Taste				
		Method of preparation				
		Take a Microwave oven safe bowl and put the chicken, vegetables, salt, peppercorns, water, bay leaf, parsley, thyme stir and place the bowl on the turn table select Insta 3, enter weight, press start				

MURMURA	Insta 3	MURMURA	200gms	300gms	400gms	500gms
		Ingredients:				
		Murmura (Puffed Rice)	100gms	150 gms	200gms	250 gms
		Peanuts	100gms	150 gms	200gms	250 gms
		Almonds	few	few	few	Few
		Cashew Nuts	few	few	few	Few
		Black Raisins	few	few	few	Few
		Coconut Flakes	few	few	few	Few
		Chopped Green Chillies	2	2	3	4
		Curry Leaves	few	few	few	Few
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Sugar	½ tsp	1 tsp	1½ tsp	2 tsp
		Oil As Required				
		Salt To Taste				
		Method of preparation;				
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than murmura, almonds, cashew and raisins. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start.				

EGG KURMA	Insta 3	EGG KURMA	200gms	300gms	400gms	500gms
		Ingredients:				
		Beaten Eggs	3	4	5	6
		Grated Coconut	½ cup	¾ cup	1 cup	1½ cup
		Onion, Chopped	½ cup	¾ cup	1 cup	1½ cup
		Milk	2 tbsp	2 tbsp	3 tbsp	4 tbsp
		Cashew Nuts	2 tbsp	2 tbsp	3 tbsp	4 tbsp
		Green Chilies, Chopped	2	3	4	5
		Coriander Powder	1 tsp	1½ tsp	2 tsp	2 tsp
		Cloves	2	3	4	5
		Cinnamon	2	3	4	5
		Cardamoms	1 stick	2 stick	3 stick	4 stick
		Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Ghee As Required				
		Salt To Taste				
		Method of preparation				
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than egg and milk. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. Remove, and serve hot.				

MASHED POTATO SALAD	Insta 3	MASHED POTATO SALAD	200gms	300gms	400gms	500gms
		Ingredients:				
		Mashed Potatoes	200gms	300gms	400gms	500gms
		Chopped Celery	1 cup	1½ cup	2 cup	2½ cup
		Onion Paste	1 cup	1½ cup	2 cup	2½ cup
		Milk	1 cup	1½ cup	2 cup	2½ cup
		Dry Mustard	¼ tsp	¾ tsp	1 tsp	1 tsp
		Green Bell Pepper Rings	few	few	few	Few
		Pepper To Taste				
		Salad Dressing As Required				
		Salt To Taste				
		Method of preparation;				
		Take a microwave oven safe bowl, add potatoes. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. After beep, remove and mash the potatoes with milk and onion. Prepare tadka as explained in Insta 5 with mashed potato and all the ingredients. Remove, warm and serve.				

MIRCHI SALAN	KA	Insta 3	MIRCHI KA SALAN	200gms	300gms	400gms	500gms
			Ingredients:				
			Deep Fried Green Chillies	200gms	300gms	400gms	500gms
			Onion Paste	1 cup	1½ cup	2 cup	2½ cup
			Ginger Garlic Paste	1 tsp	1 tsp	1½ tsp	1½ tsp
			Mustard Seeds	1 tsp	1 tsp	1½ tsp	1½ tsp
			Cloves	few	few	few	Few
			Curry Leaves	few	few	few	Few
			Tamarind Pulp	1 cup	1½ cup	2 cup	2½ cup
			Oil As Required				
			Coriander Leaves For Garnish				
			Salt				
			Salan Paste				
			Grated Coconut As Required				
			Roasted Peanuts As Required				
			Coriander Seeds As Required				
			Sesame Seeds As Required				
			Cumin Seeds As Required				
			Peppercorns As Required				
			Red Chillies As Required				
			Method of preparation;				
			Grind all salan paste ingredients to make fine paste. Prepare tadka in a microwave oven safe bowl as explained in Insta5 with all the ingredients other than green chillies, tamarind pulp and coriander leaves. After beep, remove; add the remaining ingredients other than the coriander leaves and mix smoothly. Place the bowl in the microwave oven selects Insta 3. enter weight and press start. Remove, garnish with grated coriander and serve.				

IDLY	Insta 4	IDLY	200gms	300gms	400gms	500gms	600gms
			Ingredients:				
			Idly Batter	200 gms	300 gms	400gms	500gms
							600gms
			Method of preparation				
			Pour idly batter in lightly greased microwave safe idly stand. Pour some water in the bottom of the idly bowl and cover the bowl with lid. Place the bowl in the microwave oven, select Insta 4, enter weight & press start. Remove after beep & serve hot with sambhar and coconut chutney.				

PULISSERI	Insta 4	PULISSERI	200gms	300gms	400gms	500gms	600gms
			Ingredients:				
			Grated Coconut	2 cup	2½ cup	3 cups	3½ cup
			Onion, Finely Chopped	1	1	2	2
			Curds	3 cup	4 cup	4 cup	5 cup
			Cumin Seeds (Jeera)	½ tsp	½ tsp	¾ tsp	¾ tsp
			Coriander Powder	½ tsp	½ tsp	¾ tsp	¾ tsp
			Fenugreek Seeds (Methi)	¼ tsp	½ tsp	½ tsp	¾ tsp
			Garlic Paste	¼ tsp	½ tsp	½ tsp	¾ tsp
			Turmeric Powder	¼ tsp	¼ tsp	¾ tsp	¾ tsp
			Mustard Seeds	½ tsp	½ tsp	¾ tsp	¾ tsp
			Curry Leaves	few	few	few	Few
			Green Chilli, Cut	1	2	2	3
			Method of preparation				
			Grind coconut to a fine paste with cumin seeds, coriander powder, fenugreek, garlic, onion and turmeric. Beat curds until smooth and mix in the coconut paste. Add water, if required, to make curry. Set aside. Prepare tadka in a microwave oven safe bowl in Insta 5 with oil, mustard seeds, green chillies, curry leaves. After beep, remove and add the curry and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and serve hot.				

DHOKLA	Insta 4	DHOKLA	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Besan (Gram Flour)	1 cup	1½ cup	2 cup	2½ cup	3 cups
		Corn Flour	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Sugar	½ tsp	1 tsp	1½tsp	2 tsp	2½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Curd	¼ cup	½ cup	¾ cup	1 cup	1 cup
		Soda-Bi-Carb	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Lemon Juice	1 tsp	1½ tsp	2 tsp	1½ tsp	1½ tsp
		Mustard Seeds	½ tbsps	½ tbsps	¾tbsp	¾ tbsps	1 tbsps
		Green Chillies - Finely Chopped	1 tsp	1½ tsp	2 tsp	1½ tsp	2 tsp
		Salt To Taste					
		Oil As Required					
		Grated Coconut For Garnish					
		Coriander Leaves For Garnish					
		Water As Required					
		Curry Leaves For Garnish					
		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,turmeric,lime juice,oil,soda-bi-carb and mix into a smooth batter. Pour into microwave oven safe lightly greased bowl, place in the microwave oven, select Insta 4, enter weight, and press start. For tadka,use curry leaves,mustard seeds, oil and green chillies. Garnish with coriander leaves and grated coconut. Serve with chutney.					

KHANDVI	Insta 4	Ingredients:	200gms	300gms	400gms	500gms	600gms
		Besan	1 cup	1½ cup	2 cup	2½ cup	3 cups
		Butter Milk	2 cup	3 cup	4 cup	5 cup	6 cups
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Sesame Seeds	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Mustard Seeds	¼ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Coconut Scraped	½ tbsps	½ tbsps	¾tbsp	¾ tbsps	1 tbsps
		Chopped Coriander	½ tbsps	½ tbsps	¾tbsp	¾ tbsps	1 tbsps
		Hing	a pinch	a pinch	pinch	a pinch	a pinch
		Chopped Green Chillies	2	2	3	3	4
		Oil As Required					
		Salt To Taste					
		Water As Required (Optional)					
		Method of preparation;					
		Take butter milk in a microwave oven safe bowl, add besan, turmeric powder, oil, salt, sesame seeds, mustard, hing, coconut, coriander, green chillies & mix well to avoid lump formation. Place the bowl on the turn table in the microwave oven, select Insta 4, 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.					

COCONUT LADOO	Insta 4	COCONUT LADOO	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Grated Coconut	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Suji - Roasted	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Condensed Milk	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Powdered Sugar As Required					
		Method of preparation;					
		Take a microwave oven safe bowl; add condensed milk, suji, coconut, sugar and mix well. Place in the microwave oven, select Insta 4, enter weight and press start. Remove and let the mixture cool a bit. Make small balls of the mixture, roll the ladoo in the extra dry coconut. Keep in refrigerator once done and serve whenever required					

SAUNF LEAF CURRY	Insta 4	SAUNF LEAF CURRY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Saunf Leaves, Finely Chopped	2 cup	2½ cup	3 cups	3½cups	4 cups
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Moong Dal	¼ cup	½ cup	¾cup	1cup	1½cup
		Garam Masala	1 tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Garlic Paste	¼ tsp	¼ tsp	½ tsp	1 tsp	1tsp
		Ginger Paste	¼ tsp	¼ tsp	½ tsp	1 tsp	1tsp
		Oil As Required					
		Salt To Taste					
Method of preparation							
Prepare tadka in a microwave oven safe bowl as explained in Insta5 with all the ingredients other than saunf leaves and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta4, enter weight and press start. Remove and serve hot.							

METHI CHUTNEY	Insta 4	METHI CHUTNEY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Fenugreek Leaves	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Dried Red Chillies (Cut Into Pieces)	2	3	4	5	6
		Urad Dal Boiled	1 tbsp	1½ tbsp	1½tbsp	2 tbsp	2 tbsp
		Tamarind (Soaked)	½ tbsp	½ tbsp	¾ tbsp	¾tbsp	1 tbsp
		Jaggery	1"slab	1½"slab	2"slab	2"slab	2"slab
		Garlic (Crushed)	3	3	4	5	6
		Sesame Seeds	1 tsp	1½ tsp	2 tsp	2½tsp	3 tsp
		Salt To Taste					
		Oil As Required					
		Water As Required					
Method of preparation;							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than fenugreek leaves, tamarind, jaggery, water. Remove, add the remaining ingredients other than tamarind, jaggery and water, mix well. Place the bowl on the turn table in the microwave oven, select Insta 4, enter weight and press start. Remove and set aside to cool. After it cools, grind the fenugreek leaves mixture, jaggery and tamarind into a fine paste. While grinding use water if required.							

GUJARATI KADHI	Insta 4	GUJARATI KADHI	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Curd	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Besan	4 tsp	4 tsp	5 tsp	6 tsp	6 tsp
		Green Chillies	2	2	3	3	4
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
		Ginger Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Cinnamon Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Coriander Leaves	few	few	few	Few	Few
		Curry Leaves	few	few	few	Few	Few
		Oil As Required					
		Salt To Taste					
Method of preparation							
<p>Make a paste of ginger, green chillies, cinnamon and coriander leaves. In a mixing bowl, add two cups of water, curd, besan and salt and turmeric powder. Mix well. Add the paste with curd, mix well and set aside. Prepare tadka in a microwave oven safe bowl in Insta 5 with oil, mustard seeds, curry leaves, cumins seeds and hing. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and serve hot.</p>							

STUFFED TOMATOES	Insta 4	STUFFED TOMATOES	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Tomatoes	125 gms	200 gms	275gms	350gms	400 gms
		Paneer Grated	75 gms	100 gms	125gms	150gms	200 gms
		Onion Chopped	1	1	1½	1½	2
		Chopped Coriander Leaves	½ tbsp	½ tbsp	¾ tbsp	1 tbsp	1½ tbsp
		Green Chilli Chopped	1	1	2	2	3
		Red Chilli Powder	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Garam Masala	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Grated Cheese	½ tbsp	½ tbsp	¾ tbsp	1 tbsp	1½ tbsp
		Oil As Required					
		Salt To Taste					
Method of preparation							
<p>Cut the top of tomatoes and gently scoop out the centers. Keep aside. Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than tomato and cheese. After beep, remove, stuff the tadka ingredients into the tomato and sprinkle cheese on the tomatoes. Place the tomatoes in the microwave oven select Insta 4, enter weight and press start. Remove and serve hot.</p>							

CORN CHAT	Insta 4	CORN CHAT	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Sweet Corn Kernels	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Tomato Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Cooked Potato Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Cucumber Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Chopped Coriander	½ tbsp	½ tbsp	½ tbsp	1 tbsp	1 tbsp
		Lime Juice	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Chat Masala	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Cumins Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Red Chilli Powder	1 tsp	1 tsp	1 tsp	1 tsp	1½ tsp
		Salt To Taste					
		Method of preparation					
		Take a microwave oven safe bowl, add all ingredients, mix well and select Insta 4, enter weight and press start. Remove and serve hot.					

BANANA HALWA	Insta 4	BANANA HALWA	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Banana Ground To A Paste	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Wheat Flour	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Milk	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Cardamom Powder	a pinch	a pinch	a pinch	a pinch	a pinch
		Sugar	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Cashews	few	few	few	few	Few
		Almonds	few	few	few	few	Few
		Ghee As Required					
		Method of preparation					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than banana, cardamom, milk, sugar, cashew and almonds. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 4, enter weight and press start. Remove and serve hot.					

PUMPKIN SOUP	Insta 4	PUMPKIN SOUP	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Pumpkin Cut Into Pieces	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Evaporated Milk	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Coconut Milk	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Chicken Broth	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Chopped Onion	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Garlic Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Curry Powder	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Black Pepper	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Sugar	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Curry Leaves	few	few	few	few	Few
		Chopped Up Green Chillies	1	2	2	3	3
		Butter As Required					
		Salt To Taste					
		Method of preparation					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than chicken broth, coconut milk and evaporated milk. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start.					

PITLA	Insta 4	PITLA	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Besan	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Chopped Tomato	1	1	2	2	3
		Chopped Coriander Leaves	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
		Chopped Onion	1	1	2	2	3
		Curry Leaves	few	few	few	few	Few
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp	½tsp	1 tsp
		Cumins Powder	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		Lemon Juice / Tamarind Juice	½ tbsp	½ tbsp	1 tbsp	1tbsp	1½ tbsp
		Red Chilli Powder	1tsp	1½tsp	2tsp	2½tsp	3tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½tsp	½tsp
		Salt To Taste					
Method of preparation							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than besan, tomato, tamarind juice and coriander. Remove, add the remaining ingredients other than the coriander and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with coriander leaves and serve.							

FRITTATA	Insta 4	FRITTATA	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Eggs	3	3	3	3	3
		Bell Pepper	½ cup	½ cup	½ cup	½ cup	½ cup
		Yellow Bell Pepper	½ cup	½ cup	½ cup	½ cup	½ cup
		Zucchini	½ cup	½ cup	½ cup	½ cup	½ cup
		Fresh Basil	few	few	few	few	Few
		Crushed Pepper	few	few	few	few	Few
		Oil As Required					
		Salt To Taste					
Method of preparation							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than eggs and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with coriander leaves and serve.							

DRUMSTICK LEAVES CURRY	Insta 4	DRUMSTICK LEAVES CURRY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Drum Stick Leaves	2 cup	2½ cup	3cup	3½ cup	4 cup
		Coconut Grated	1 tbsp	1 tbsp	1½ tbsp	1½tbsp	2 cup
		Masoor Dal	1 tbsp	1 tbsp	1½ tbsp	1½tbsp	2 tbsp
		Cumins Seeds	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Oil As Required					
		Salt To Taste					
Method of preparation							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than drumstick leaves. After beep, remove, add the drumstick leaves and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, and serve hot.							

MIX VEGETABLES	Insta 4	MIX VEGETABLES	200gms	300gms	400gms	500gms	600gms
		Ingredients;					
		Potato	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Carrot	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Cauliflower	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Beans	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Peas	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Tomato Sliced	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Coconut Grated	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Ginger Grated	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Garlic Crushed	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Green Chillies	2	2	3	3	4
		Sesame Seeds	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp	1tsp	1½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Lemon Juice	½ tbsps	½ tbsps	½ tbsps	1 tsp	1 tbsps
		Cloves	few	few	few	few	Few
		Cinnamon	1" piece	1" piece	2" piece	2"piece	3" piece
		Butter As Required					
		Salt To Taste					
Method of preparation:							
Prepare tadka as explained in Insta 5 in a microwave oven safe bowl with all the ingredients other than nutmeg powder, pepper powder, milk, vegetable stock and lemon juice. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Remove and make puree of the sweet potato mixture. Serve hot.							

CHANNA CHAT	Insta 4	CHANNA CHAT	200gms	300gms	400gms	500gms	600gms
		Ingredients;					
		Green Chana / Kabuli Chana	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Potato Chopped	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Tomato Chopped	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Onion Chopped	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		Grated Raw Mango(Optional)	few	Few	few	few	Few
		Green Chili Finely Chopped	few	Few	few	few	Few
		Garam Masala	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Cumin Powder	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Chili Powder	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		Lime Juice	1 tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Coriander Leaves For Garnish					
		Salt To Taste					
Method of preparation:							
Take a microwave oven safe bowl; add all the ingredients other than raw mango, hing and coriander leaves. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. After the beep, remove and add all remaining ingredients, mix well. Garnish with coriander leaves and serve.							

BESAN KA LADOO	KA	Insta 4	BESAN KA LADOO	200gms	300gms	400gms	500gms	600gms
			Ingredients:					
Besan			1 cup	1½ cup	2 cup	2½ cup	3 cup	
Sugar (Grinded)			¾ cup	1cup	1½cup	2 cup	2½ cup	
Ghee			½ cup	¾ cup	1cup	1½ cup	2 cup	
Almonds (Roasted)			few	few	Few	few	1¼ cup	
Pistachios			few	few	Few	few	Few	
Cashew Nuts (Roasted)			few	few	Few	few	Few	
Method of preparation;								
Take a microwave oven safe glass bowl, add ghee and besan, mix well and place the bowl in the microwave oven select Insta 4, enter weight and press start. (stir twice in-between to avoid lumps).After beep, remove and add all the ingredients to the flour, mix thoroughly and form small balls like ladoo.								

MASALA CORN	Insta 4	MASALA CORN	200gms	300gms	400gms	500gms	600gms	
		Ingredients:						
Whole Sweet Corn			200gms	300gms	400gms	500gms	600gms	
Red Chilli Powder			few	few	few	few	Few	
Lime Juice			few	few	few	few	Few	
Butter As Required								
Salt To Taste								
Method of preparation								
Remove the husk until three layers remain. Arrange the sweet corn on the turn table, Select Insta 4, enter weight & press start. Remove the remaining husk and set to cool. Deseed and mix with the remaining ingredients. Serve hot.								

SPICY BANANA FRY	Insta 4	SPICY BANANA FRY	200gms	300gms	400gms	500gms	600gms	
		Ingredients:						
Raw Bananas (Cubed)			2 no's	3 no's	4 no's	5no's	6 no's	
Turmeric Powder			¼ tsp	¼ tsp	¼ tsp	¼ tsp	½ tsp	
Red Chilly Powder			1tsp	1½tsp	2tsp	2½ tsp	3 tsp	
Shahjeera			1tsp	1½tsp	2tsp	2½ tsp	3 tsp	
Coriander Powder			1tsp	1½tsp	2tsp	2½ tsp	3 tsp	
Curry Leaves			few	few	few	few	Few	
Salt To Taste								
Oil As Required								
Method of preparation								
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than coriander powder and salt. After beep, Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 4, enter weight and press start. Serve hot.								

TADKA VAGHAR TALIMPU	/ / /	Insta 5	TADKA / VAGHAR/ TALIMPU	200 gms	300 gms	400 gms	500gms	600 gms
Ingredients:								
Oil / Ghee As Required								
Green Chillies								
Chopped Onions								
Jeera								
Garlic								
Ginger								
Hing								
Mustard Seeds								
Turmeric Powder								
Red Chilli Powder								
Curry Leaves								
Cinnamon								
Cardamom								
Bay Leaves								
Coriander								
Cloves								
Pepper Corns								
Method of preparation								
Take a microwave oven safe bowl, add any ingredients according to the recipe, mix well, select Insta 5, enter weight and press start.								

SHEERA	Insta 5	SHEERA	200 gms	300 gms	400 gms	500gms	600 gms
Ingredients:							
Suji - Roasted							
Milk							
Sugar							
Ghee							
Cardamom Powder							
Cashews							
Almonds							
Raisins							
Water As Required							
Method of preparation							
Take a microwave oven safe bowl; add the roasted suji, water, milk, sugar, cardamom powder, cashew, almonds, ghee, raisins and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Add water if required. Stir twice							

MUSHROOM MASALA	Insta 5	MUSHROOM MASALA	200 gms	300 gms	400 gms	500gms	600 gms
		Ingredients:					
		Mushrooms (Sliced)	200 gms	300 gms	400 gms	500gms	600 gms
		Bread Crumbs	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
		Sour Cream	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Flour	½ tbsp	½ tbsp	¾ tbsp	1 tsp	1½ tsp
		Red Chilly Powder	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Lemon Juice	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Butter	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		Salt To Taste					
		Cheese For Garnish					
Method of Preparation							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than bread crumbs, sour cream, flour and cheese. Remove, add the remaining ingredients other than the cheese and mix well. Place the bowl in the microwave oven selects Insta 5, enter weight and press start. Remove, garnish with grated cheese and serve.							

TOMATO CURRY	Insta 5	TOMATO CURRY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Tomato	200gms	300gms	400gms	500gms	600gms
		Onion Chopped	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Green Chilli	2	2	3	3	4
		Ginger Garlic Paste	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Red Chilli Powder	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Mustard Seeds	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Cumin Seeds	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							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than water and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 5, enter weight and press start. Serve hot.							

GREEN CHANNA MASALA	Insta 5	GREEN CHANNA MASALA	200 gms	300 gms	400 gms	500gms	600 gms
		Ingredients:					
		Hara Chana	200 gms	300 gms	400 gms	500gms	600 gms
		Ginger Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Green Chilly, Chopped	2	2	3	3	4
		Asafetida	a pinch	a pinch	a pinch	a pinch	a pinch
		Cloves	2	2	3	3	4
		Bay Leaf	2	2	3	3	4
		Garam Masala Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Sugar	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Lemon Juice	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Oil As Required					
		Chopped Coriander For Garnish					
		Salt To Taste					
Method of preparation							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than hara channa, hing, lemon juice, salt and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, garnish with coriander leaves and serve hot.							

MATAR PANEER	Insta 5	MATAR PANEER	200 gms	300 gms	400 gms	500gms	600 gms
		Ingredients:					
		Matar	100 gms	150 gms	200 gms	250gms	300 gms
		Paneer	50 gms	75 gms	100 gms	125gms	150 gms
		Tomatoes(Peeled & Sliced)	50 gms	75 gms	100 gms	125gms	150 gms
		Garlic Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Green Chillies (Chopped)	2	2	3	3	4
		Onion Chopped	1	1	2	2	3
		Curd	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Coriander Seeds	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Bay Leaves	2	2	3	3	4
		Garam Masala Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Ghee As Required					
		Coriander Leaves For Garnish					
		Salt To Taste					
Method of preparation							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than curd, salt and coriander leaves. After beep, remove, add remaining ingredients other than coriander leaves; mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, garnish with coriander leaves and serve hot.							

CHICKEN CURRY	Insta 5	CHICKEN CURRY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Chicken	200gms	300gms	400gms	500gms	600gms
		Chopped Onion	½ cup	¾cup	1 cup	1¼ cup	1½ cup
		Garlic & Ginger Paste	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Red Chilli Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Garam Masala	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Corn Starch	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Chicken Stock	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Milk	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Salt To Taste					
		Butter As Required					
Method of preparation							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than chicken stock, corn starch and milk. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 5, enter weight and press start. Remove and serve hot.							

DOI MACHCH	Insta 5	DOI MACHCH	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Fish (Rohu)-Sliced And Rubbed With Turmeric & Salt	200gms	300gms	400gms	500gms	600gms
		Curd	½ cup	¾cup	1 cup	1¼ cup	1½ cup
		Onion Paste	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Garlic Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Turmeric	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Chilli Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Bay Leaves	2	2	3	3	4
		Cumin Seeds	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Cardamoms	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Cloves	few	few	few	few	Few
		Cinnamon-Broken	few	few	few	few	Few
		Sugar	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Mustard Oil As Required					
		Salt To Taste					
Method of preparation							
Prepare tadka in a microwave oven safe bowl in Insta 5 with fish and oil. After beep, remove and add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove and serve hot.							

TAMARIND RICE	Insta 5	TAMARIND RICE	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Cooked Rice	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Tamarind Juice	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Channa Dal	2 tsp	2½ tsp	3 tsp	3½ tsp	4 tsp
		Dried Red Chilli	3	3	4	4	5
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp	½ tsp	½ tsp
		Curry Leaves	few	few	few	few	Few
		Jaggery Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Fenugreek	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Mustard	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Sesame Oil	1 tbsp	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
		Peanuts	2 tsp	2½ tsp	3 tsp	3½ tsp	4 tsp
		Salt To Taste					
Method of preparation							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than tamarind juice and cooked rice. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start.							

POMFRET FRY	Insta 5	POMFRET FRY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Pomfret Fish	200gms	300gms	400gms	500gms	600gms
		Egg	1	1	2	2	3
		Onion Paste	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Ginger Garlic Paste	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Turmeric	¼ tsp	½ tsp	¾ tsp	½ tsp	½ tsp
		Chilli Sauce	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Soy Sauce	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Corn Flour	¼ cup	¼ cup	½ cup	½ cup	¾cup
		Salt To Taste					
Method of preparation							
Marinate the fish with the all ingredients other than corn flour for 30 minutes. Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than corn flour. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start.							

BOMBAY CHIWDA	Insta 5	BOMBAY CHIWDA	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Flat Poha	1½ cup	2 cup	2½ cup	3 cup	3½ cup
		Peanuts	¼ cup	½ cup	¾ cup	1 cup	1¼ cup
		Cashew	few	few	few	few	Few
		Almonds	few	few	few	few	Few
		Pista	few	few	few	few	Few
		Pumpkin Seeds	few	few	few	few	Few
		Raisins	few	few	few	few	Few
		Khajoor	few	few	few	few	Few
		Saunf	few	few	few	few	Few
		Green Chillies Sliced	2	2½	3	3	4
		Curry Leaves	few	few	few	few	Few
		Moong Dal	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Ghee	1 tbsp				
		Sugar	½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Deep Fried Sev Noodles For Garnish					
		Coriander Leaves For Garnish					
		Salt To Taste					
Method of preparation:							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than poha, cashew, almonds, pista, khajoor, sev and coriander. After beep, remove; add the all ingredients other than sev and coriander mix well. Place the bowl in the microwave oven selects Insta 5, enter weight and press start. Remove, garnish with sev and coriander leaves, serve hot.							

BABY MASALA	CORN	Insta 5	BABY CORN MASALA	200gms	300gms	400gms	500gms	600gms
			Ingredients:					
			Baby Corn	200gms	300gms	400gms	500gms	600gms
			Tomatoes Chopped	1 cup	1½ cup	2 cup	2½ cup	2½ cup
			Onion Chopped	1 cup	1½ cup	2 cup	2 cup	2½ cup
			Roasted Groundnut Powder	¼ cup	½ cup	¾ cup	1 cup	1 cup
			Chilli Powder	1 tsp	1½ tsp	1½ tsp	2 tsp	1½ tsp
			Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
			Mustard Seeds	½ tsp	¾ tsp	1 tsp	1½ tsp	1½ 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								
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than baby corn, tomatoes and coriander leaves. After beep, remove, add the all ingredients other than coriander leave and mix well. Place the bowl in the microwave oven select Insta 5 enter weight and press start. Remove, garnish with coriander leaves and serve hot.								

BREAD UPMA	Insta 5	BREAD UPMA	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Bread Slice Cut Into Pieces	1 cup	1½ cups	2 cups	2½ cups	3 cups
		Mustard Seeds	¼ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		Onion Chopped	1	1	2	2	2
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Hing	a pinch	a pinch	pinch	a pinch	a pinch
		Curry Leaves	few	few	few	few	Few
		Raw Peanuts	½ tbsp	½ tbsp	1 tbsp	1 tbsp	1½ tbsp
		Oil As Required					
		Salt To Taste					
		Coriander Leaves For Garnish					
Method of preparation;							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than bread slices, hing and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven. Select Insta 5, enter weight and press start. Garnish with coriander leaves							

PANEER PEAS CURRY	Insta 5	PANEER PEAS CURRY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Paneer Cubed	100gms	150gms	200gms	250gms	300gms
		Green Peas	100gms	150gms	200gms	250gms	300gms
		Onions	1½ cup	1½ cup	1½ cup	1½ cup	1½ cup
		Tomato Puree	1 cup	1½ cup	1½ cup	2 cup	2 cup
		Ginger, Garlic Paste	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Coriander Powder	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Cumin Powder	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Garam Masala	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		Green Chillies Chopped	2	3	4	3	4
		Heavy Cream	¼ cup	½ cup	1 cup	1½ cup	2 cup
		Oil As Required					
		Salt To Taste					
		Coriander Leaves For Garnish					
Method of preparation;							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than paneer, tomato puree, heavy cream and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, garnish with grated coriander and serve.							

STIR FRIED OATS	Insta 5	STIR FRIED OATS	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
Oats		200gms	300gms	400gms	500gms	600gms	
Raisins		few	few	few	few	Few	
Flour		½ tsp	1 tsp	1½ tsp	2 tsp	2 tsp	
Cinnamon		1 stick	1½ stick	2 stick	2½ stick	3 stick	
Sugar		1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp	
Butter As Required							
Salt To Taste							
Method of preparation;							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than raisins and flour. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start.							

MUSHROOM CHILLIE FRY	Insta 5	MUSHROOM CHILLIE FRY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
Mushrooms Cut Into Halves		200gms	300gms	400gms	500gms	600gms	
Mustard Seeds		½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	
Red Chillies		2	2	3	3	4	
Butter To Taste							
Salt To Taste							
Method of preparation;							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 5, enter weight and press start.							

PAKODA CURRY	Insta 5	PAKODA CURRY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
Pakodas		200gms	300gms	400gms	500gms	600gms	
Tomato Puree		1 cup	1½ cup	1½ cup	2 cup	2 cup	
Green Chilli		2	2	3	3	4	
Ginger Paste		½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	
Curry Leaves		few	few	few	few	Few	
Mustard Seeds		½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	
Cumin Seeds		½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	
Hing		a pinch	a pinch	a pinch	a pinch	a pinch	
Coriander Powder		½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	
Red Chili Powder		½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	
Sugar		1 tsp	1 tsp	1 tsp	1½ tsp	2 tsp	
Turmeric		a pinch	a pinch	a pinch	a pinch	a pinch	
Salt To Taste							
Coriander Leaves For Garnish							
Method of preparation;							
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than pakodas, tomato puree and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, garnish with grated coriander and serve.							

PEANUTS CHUTNEY	Insta 5	PEANUTS CHUTNEY	200gms	300gms	400gms	500gms	600gms
		Ingredients:					
		Peanuts	200gms	300gms	400gms	500gms	600gms
		Red Chillies	2	2	3	3	4
		Onion	1 cup	1½ cup	1½ cup	2 cup	2 cup
		Garlic	½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Tamarind Pulp	½ cup	½ cup	¾ cup	¾ cup	1 cup
		Cumin	½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		Curry Leave	few	few	few	few	Few
		Mustard Seeds	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Urad Dal	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Salt To Taste					
Method of preparation:							
Take a microwave oven safe glass bowl, add peanuts and place the bowl in the microwave oven, select Insta 5, enter weight and press start. After beep, remove the peanuts and rub the skins off and make a fine paste of the peanuts. Prepare tadka as explained in Insta 5 with peanuts paste and all the ingredients. Remove the chutney and serve.							

TEA	Insta 6	TEA	200gms	400gms	600gms
		Ingredients:			
		Tea		1½ tsp	2 tsp
		Milk		2 cups	3 cups
		Sugar To Taste			4 cups
		Water As Required			
Method of preparation:					
Take a microwave oven safe large bowl, add water, milk, sugar, tea, mix well and place the bowl in microwave oven, select Insta 6, enter weight, press start.					

TOMATO PUREE	Insta 6	TOMATO PUREE	200gms	400gms	600 gm
		Ingredients:			
		Tomatoes		200 gm	400 gm
Method of preparation:					
Take a microwave oven safe bowl, add tomatoes, and place the bowl in the microwave oven. Select Insta 6, set weight and press start. Set aside to cool, remove the top cover, mash and use.					

COCONUT ROAST	Insta6	COCONUT ROAST	200gms	400gms	600gms
		Ingredients:			
		Grated coconut		2 cups	3 cups
					4 cups
Method of preparation:					
Take a microwave oven safe glass bowl, add grated coconut and place the bowl in the microwave oven. Select Insta 6, enter weight, press start. Stir once in between.					

PEDA	Insta6	PEDA	200gms	400gms	600gms
		Ingredients;			
		Soft Khoya	200 gm	400 gm	600 gm
		Sugar Powdered	1 cup	1½ cup	2 cups
		Cardamom Powder	¼ tsp	¼ tsp	½ tsp
		Cardamom Seeds (Crushed)	¼ tsp	¼ tsp	½ tsp
		Pistachios	few	few	Few
		Method of preparation:			
		Take a microwave oven safe glass bowl, add all ingredients other than cardamom seeds and pistachios, mix well and select Insta 6, enter weight, press start After beep, remove and set to cool. When set well, make peda shape and garnish with cardamom seeds and pistachios on top and serve.			

GARAM MASALA	Insta6	GARAM MASALA	200gms	400gms	600gms
		Ingredients;			
		Dried Ginger Powder	1 tsp	1½ tsp	2 tsp
		Cardamom Seeds	½ tbsp	¾ tbsp	1 tbsp
		Cumin Seeds	½ tbsp	¾ tbsp	1 tbsp
		Black Cumin (Shahjeera)	½ tbsp	¾ tbsp	1 tbsp
		Dried Coriander Seeds	½ tbsp	¾ tbsp	1 tbsp
		½"Cinnamon Sticks	3	5	6
		Black Peppercorns	½ tsp	½ tsp	1 tsp
		Cloves	3	4	5
		Star Anise	1	2	2
		Nutmeg	½	¾	1
		Mace Powder (Javantari)	½ tsp	½ tsp	½ tsp
		Bay Leaf	2	3	4
		Method of preparation:			
		Take a microwave oven safe glass bowl, add all ingredients, mix well and place the bowl in the microwave oven. Select Insta 6, enter weight and press start.			

RICE	Insta 7	RICE	50gms	100gms	150gms
		Ingredients:			
		Rice	1½ cups	2 cups	3 cups
		Ghee As Required			
		Water As Required			
		Salt To Taste			
		Method of preparation			
		Take a microwave oven safe bowl, add all the ingredients other than ghee and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, add ghee and serve hot. Note; for better result, stir twice in between.			

DAL TADKA	Insta 7	DAL TADKA	50gms	100gms	150gms
		Ingredients:			
		Red Lentils (Masoor Dal)	¾ cup	1 cup	1½cup
		Yellow Lentils (Moong Dal)	¾ cup	1 cup	1½cup
		Tomato Chopped	1	2	3
		Onion Chopped	1	1½	2
		Red Chilli Powder	1 tsp	1½tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Green Chillies Chopped	2	3	4
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp
		Dried Red Chillies	2	3	4
		Oil As Required			
		Coriander Leaves For Garnish			
		Salt To Taste			
		Water As Required			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than red lentils, yellow lentils, tomato, water and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot. Note; for better result, stir twice in between.			

SAMBHAR	Insta 7	SAMBHAR	50 gms	100gms	150gms
		Ingredients:			
		Red Gram Dal	50 gms	100 gms	150 gms
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Bitter Gourd (Sliced Into Long Pieces)	50 gms	100 gms	150 gms
		Brinjal (Sliced Into Long Pieces)	2	3	4
		Drum Stick (Sliced Into Long Pieces)	½ stick	¾ stick	1 stick
		Ladies Finger (Sliced Into Long Pieces)	3	4	5
		Dried Red Chillies	4	4	5
		Curry Leaves	1 sprig	1 sprig	2 sprig
		Tamarind	20 gms	30 gms	40 gms
		Hing	¼ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Oil	½ tbsp	¾ tbsp	1 tbsp
		White Gram Dal (Fried)	1 tsp	1½ tsp	2 tsp
		Coriander Seeds (Fried)	½ tsp	¾ tsp	1 tsp
		Mustard Seeds (Fried)	½ tsp	¾ tsp	1 tsp
		Coriander Leaves For Garnish			
		Mustard Seeds For Tadka			
		Water As Required			
		Salt To Taste			
		Method of preparation			
		Make a paste of fried white gram dal, coriander seeds, mustard seeds, keep aside. Mash the tamarind in a cup of water and strain. Keep aside. Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than red gram dal and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove and serve hot. Note; for better result stir twice in between.			

RASAM	Insta 7	RASAM	50gms	100gms	150gms
		Ingredients:			
		Red Gram Dal	1½ cup	2 cup	3 cup
		Tomatoes	1	2	3
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Green Chillies Chopped	1	2	2
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	¼ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Dried Red Chillies	2	3	3
		Hing	a pinch	a pinch	a pinch
		Curry Leaves	few	few	Few
		Pepper Powder	½ tsp	¾ tsp	1 tsp
		Oil As Required	1 tbsp	1 tbsp	1½ tbsp
		Salt To Taste			
		Coriander Leaves For Garnish			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than tomato, hing and coriander. Remove. Add the remaining ingredients other than coriander and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.			

VEG - PULAO	Insta7	VEG - PULAO	50gms	100gms	150gms
		Ingredients:			
		Rice (Soaked)	1 cup	2 cup	3 cup
		Potato Cut Into Cubes	½ cup	¾ cup	1cup
		Carrot Cut Into Cubes	½ cup	¾ cup	1cup
		Cauliflower Cut Into Florets	½ cup	¾ cup	1cup
		Peas	½ cup	¾ cup	1cup
		Cashew Nuts	½ tbsp	¾ tbsp	1 tbsp
		Raisins	1 tsp	1½ tsp	2 tsp
		Onions	1	1	1½
		Ghee	1 tbsp	1 tbsp	1½ tbsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Green Chilli Paste	½ tsp	¾ tsp	1 tsp
		Cinnamon Stick	1	2	3
		Cloves	3	4	5
		Mint Leaves	¼ tbsp	½ tbsp	¾ tbsp
		Cardamom	3	4	5
		Oil As Required			
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than rice, cashew and raisins. Remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start.			

PARSI DAL	Insta 7	PARSI DAL	50 gms	100gms	150gms
		Ingredients:			
		Soaked Red Gram (Tur Dal)	1½ cup	2 cup	3 cup
		Butter	1 tbsp	1 tbsp	1½ tbsp
		Garlic	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	½ tsp	½ tsp	¾ tsp
		Salt To Taste			
		Water As Required			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than red gram dal, water, and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot.			

CURD RICE	Insta7	CURD RICE	50 gms	100gms	150gms
		Ingredients;			
		Rice	1½ cup	2 cup	3 cup
		Dahi / Yogurt	200 gms	300 gms	400 gms
		Milk	1 cup	1½ cup	1½ cup
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumins Seeds	½ tsp	½ tsp	1 tsp
		Dry Red Chilly (Cut Into Small)	2	3	4
		Ghee	1 tbsp	1 tbsp	1½ tbsp
		Medium Size Cucumber Grated	½	¾	1
		Seedless Grapes (Chopped)	50 gms	75 gms	100 gms
		Pomegranate (Dalim) Seeds	¼ cut	½ cut	¾ cut
		Water As Required			
		Salt To Taste			
		Method of preparation			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than rice, yogurt, milk, cucumber, grapes, dalim and water. Remove; add the remaining ingredients other than grapes and dalim, mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, add grapes, dalim and serve hot.			

RICE KHICHDI	Insta 7	RICE KHICHDI	50 gms	100gms	150gms
		Ingredients:			
		Rice	1½ cup	2 cup	3 cup
		Toor Dal	½ cup	¾ cup	1 cup
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Oil	1 tbsp	1 tbsp	1½ tbsp
		Cardamom	½ inch	¾ inch	1 inch
		Cinnamon	3	4	5
		Cloves	3	4	5
		Sliced Onion	1	2	2
		Chopped Tomatoes	2	3	3
		Slitted Green Chillies	2	3	4
		Mint Leaves	few	few	Few
		Curry Leaves	few	few	Few
		Salt To Taste			
		Water As Required			
		Coriander Leaves For Garnish			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than rice, toor dal, water, tomatoes and coriander leaves. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot.					

DALCHA	Insta 7	DALCHA	50gms	100gms	150gms
		Ingredients:			
		Soaked Channa Dal	100 gms	200 gms	300 gms
		Lauki (Cut Into Pieces)	1½ cup	2 cup	3 cup
		Oil	1 tbsp	1 tbsp	1½ tbsp
		Onion Paste	1 cup	1 cup	1½ cup
		Curry Leaves	few	few	Few
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Tamarind Juice	½ cup	¾ cup	1 cup
		Salt To Taste			
		Water As Required			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5, with all the ingredients other than channa dal, Lauki, tamarind juice and water. Remove, add the remaining ingredients except coriander leave and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish with coriander and serve hot.					

JEERA RICE	Insta 7	JEERA RICE	50gms	100gms	150gms
		Ingredients:			
		Rice	1½ cup	2 cup	3 cup
		Jeera (Cumin Seeds)	2 tsp	2 tsp	3 tsp
		Cashew Nuts	2 tbsp	2 tbsp	3 tbsp
		Peppercorns	4	5	6
		Bay Leafs	2	3	4
		Cloves	3	4	4
		Cinnamon Sticks	2	3	4
		Onions, Sliced	1	2	2
		Ghee As Required			
		Salt To Taste			
		Water As Required			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than rice and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot.					

BISI BELE RICE	Insta 7	BISI BELE RICE	50gms	100gms	150gms
		Ingredients:			
		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					
Prepare tadka in a microwave oven safe bowl in Insta 5 with the paste ingredients. Remove. Add the remaining ingredients and powdered ingredients also in it, mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove and serve hot.					

PONGAL	Insta 7	PONGAL	50gms	100gms	150gms
Ingredients:					
Rice			1 cup	1½ cup	2 cup
Moong Dal			¼ cup	½ cup	½ cup
Cashew Nuts			few	few	Few
Black Peppers			few	few	Few
Grated Ginger			½ tsp	½ tsp	1 tsp
Ghee As Required					
Salt To Taste					
Water As Required					
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5, with all the ingredients other than rice and water. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. For better result, stir twice in between.					

KOOTTU CURRY	Insta 7	KOOTTU CURRY	50gms	100gms	300gms
Ingredients:					
Channa Dal			½ cup	¾ cup	1 cup
Urad Dal			1 tbsp	1 tbsp	1½ tbsp
Pumpkin chopped			½ cup	¾ cup	1 cup
Snake Gourd chopped			½ cup	¾ cup	1 cup
French Beans chopped			½ cup	¾ cup	1 cup
Yam chopped			½ cup	¾ cup	1 cup
Cucumber chopped			½ cup	¾ cup	1 cup
Drum Stick Pieces			½ cup	¾ cup	1 cup
Grated Coconut Paste			½ cup	¾ cup	1 cup
Turmeric Powder			¼ tsp	½ tsp	¾ tsp
Green Chillies Paste			½ tsp	¾ tsp	1 tsp
Mustard Seeds			¼ tsp	½ tsp	¾ tsp
Dried Red Chillies			3	4	5
Curry Leaves			few	few	Few
Ghee Or Coconut Oil			1 tbsp	1½ tbsp	2 tbsp
Salt To Taste					
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than all dal and all vegetable ingredients. After beep, remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta7, enter weight and press start.					

YAM CHANNA PORIYAL	Insta 7	YAM CHANNA PORIYAL	50gms	100gms	150gms
		Ingredients:			
		Yam	1 cup	1½ cup	2 cup
		Channa	1 cup	1½ cup	2 cup
		Tomato	1	1	1½
		Urad Dal	1 tsp	1½ tsp	2 tsp
		Onion	2	2½	3
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than yam and tomato. Remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start.					

RICE KHEER	Insta 7	RICE KHEER	50 gms	100 gms	150 gms
		Ingredients:			
		Rice	2 cup	3 cup	4 cup
		Milk	2 cup	3 cup	4 cup
		Cardamom Seeds	few	few	Few
		Almonds	few	few	Few
		Saffron Threads, Soaked	a pinch	a pinch	a pinch
		Pistachio Nuts	few	few	Few
		Raisins (Optional)	few	few	Few
		Sugar			
Method of preparation					
Take a microwave oven safe bowl, add all the ingredients other than saffron, and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start.					

EGGPLANT DAL	Insta 7	EGGPLANT DAL	50 gms	100 gms	150 gms
		Ingredients:			
		Toor Dal	1½ cup	2 cup	3 cup
		Eggplants Chopped	2 cup	3 cup	4 cup
		Dried Coconut	1tbsp	1tbsp	1½ tbsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Green Chillies	3	4	5
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Oil As Required			
		Salt To Taste			
Method of preparation					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than dal and eggplants. Remove. Add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot.					

LENTIL SOUP	Insta 7	LENTIL SOUP	50 gms	100 gms	150 gms
		Ingredients:			
		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	¾ tsp
		Green Chili, Chopped	2	3	3
		Salt To Taste			
		Coriander Leaves For Garnish			
		Water As Required			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than lentil, water and coriander leaves. Remove. Add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.					

KASHMIRI PULAO	Insta 7	KASHMIRI PULAO	50 gms	100 gms	150 gms
		Ingredients:			
		Rice	1½ cup	2 cup	2½ cup
		Cinnamon	2 stick	3 stick	4 stick
		Cardamom	4	5	6
		Cloves	3	4	5
		Turmeric powder	¼ tsp	½ tsp	¾ tsp
		Saffron	a pinch	a pinch	a pinch
		Milk	½ cup	¾ cup	¾ cup
		Walnut for garnish	few	few	Few
		Cashew nut for garnish	few	few	Few
		Onion fried for garnish			
		Water as required			
		Oil as required			
		Salt to taste			
Method of preparation:					
Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than rice, water and all garnished ingredients. Remove. Add the remaining ingredients other than garnish ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish and serve hot.					

CHANNA BIRYANI	Insta 7	CHANNA BIRYANI	50 gms	100 gms	150 gms
		Ingredients:			
		Rice	1½ cup	2 cup	2½ cup
		Channa	¾ cup	1 cup	1½ cup
		Onion	1	2	2
		Tomato	1	2	2
		Potato	1	2	2
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Green Chillies	2	3	4
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Ginger Garlic Paste	1 tsp	1½ tsp	2 tsp
		Cinnamon	2 stick	3 stick	4 stick
		Curry Leaves	few	few	Few
		Bay Leaf	2	3	4
		Cloves	3	4	5
		Salt – To Taste			
		Butter As Required			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than rice, water and tomato. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start.			

BEANS RICE	Insta 7	BEANS RICE	50 gms	100 gms	150 gms
		Ingredients:			
		Rice	1½ cup	2 cup	2½ cup
		Black Beans	¾ cup	1 cup	1½ cup
		Onion, Chopped	1	2	2
		Capsicum, Thinly Sliced	1	2	2
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Pepper Powder	1 tsp	1½ tsp	2 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Coriander Leaves For Garnish			
		Salt As Required			
		Method of preparation:			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 5 with all the ingredients other than rice, black beans and coriander leaves. After beep, remove and add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta7, enter weight and press start. Remove, garnish with coriander leaves. Serve hot.			

POP-CORN	Insta 8	Ingredients	50 gms	100gms
		Popcorn Seeds	50 gms	100 gms
		Butter	1 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Salt To Taste		
		Method of preparation:		
		Take a microwave oven safe glass bowl; add butter, popcorn seeds, turmeric powder and salt, mix well, cover it with lid. Place the bowl in the microwave oven, select Insta 8, enter weight and press start.		

HOT CHOCOLATE	Insta 8	Ingredients	50 gms	100gms
		Condensed Milk	1 cup	2 cups
Sugar		½ cup	1 cup	
Unsweetened Cocoa		1 tsp	1½ tsp	
Cinnamon - Ground		a pinch	a pinch	
Salt To Taste				
Water				
Method of preparation				
In a Microwave oven safe bowl, combine the condensed milk, sugar, cocoa, cinnamon, salt and water. Stir until milk powder is dissolved completely. Keep the bowl on the turn table and select Insta 8, enter weight, press start. Remove and serve hot.				

MILK BOILING	Insta 8	MILK BOILING	50 gms	100gms
		Ingredients:		
Milk		3 cup	4 cup	
Method of preparation:				
Take a microwave oven safe bowl, add milk, mix well. Place the bowl in the microwave oven selects Insta 8, enter weight and press start. For better result, stir twice in-between.				

MASALA PEANUTS	Insta 8	MASALA PEANUTS	50 gms	100 gms
		Ingredients:		
Shelled Peanuts		50 gms	100 gms	
Red Chilli Powder		½ tsp	1 tsp	
Soda Bi-Carb		1 pinch	1 pinch	
Oil		¼ tbsp	¼ tbsp	
Plain Flour		½ tbsp	1 tbsp	
Rice Flour		¼ cup	½ cup	
Chat Masala		½ tsp	1 tsp	
Salt To Taste				
Method of preparation:				
Take oil in a microwave oven safe glass bowl, add peanuts, red chilli powder, plain flour, rice flour, soda bi-carb, chat masala, salt & mix well. Make sure that the peanuts are evenly coated. Place the bowl in the Microwave oven, select Insta 8, enter weight & press start. For better result, stir twice in-between.				

COFFEE	Insta 8	COFFEE	50gms	100gms
		Ingredients;		
Coffee Powder		1 tsp	1½ tsp	
Milk		1½ cups	2 cups	
Sugar To Taste				
Water As Required				
Method of preparation:				
Take a microwave oven safe large bowl, add water, milk, sugar, coffee powder, mix well and place the bowl in microwave oven, select Insta 8, enter weight, press start.				

ROTI CHIWDA	Insta 8	ROTI CHIWDA	50gms	100gms
		Ingredients:		
		Left Over Roti (Break Into Small Pieces)	1 cup	1½ cup
		Onions Finely Chopped	1	1
		Green Chillies Finely Chopped	2	2
		Cumin Seeds	½ tsp	½ tsp
		Mustard Seeds	½ tsp	½ tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Curry Leaves	few	Few
		Roasted Ground Nuts	few	Few
		Lemon Juice	½ tsp	½ tsp
		Chopped Coriander Leaves		
		Oil As Required		
		Salt To Taste		
		Method of preparation:		
		Prepare tadka in a microwave oven safe flat bowl as explained in Insta 5 with all the ingredients other than roti, lime juice and coriander leaves. After beep, remove and add all the ingredients other than coriander leaves and lime juice, mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start. Remove, pour lime juice and garnish with coriander leaves.		

KHUS KHUS ROAST	Insta 8	KHUS KHUS ROAST	50gms	100gms
		Ingredients;		
		Khus Khus	1 cup	1½ cup
		Method of preparation:		
		Take a microwave oven safe glass bowl, add khus khus, place the bowl in the microwave oven. Select Insta 8, enter weight and press start. Stir once in-between.		

CURRY LEAVES ROAST	Insta 8	CURRY LEAVES ROAST	50 gms	100gms
		Ingredients;		
		Curry Leaves	1 cup	1½ cup
		Method of preparation:		
		Take a microwave oven safe glass bowl, add curry leaves and place the bowl in the microwave oven. Select Insta 8, enter weight and press start. Stir once in-between.		

CUMINS (JEERA) ROAST	Insta 8	CUMINS (JEERA) ROAST	50gms	100gms
		Ingredients;		
		Cumin seeds	1 cup	1½ cup
		Method of preparation:		
		Take a microwave oven safe glass bowl, add curry leaves and place the bowl in the microwave oven. Select Insta 8, enter weight and press start. Stir once in-between.		

SESAME (TIL)SEEDS ROAST	Insta 8	SESAME (TIL)SEEDS ROAST	50 gms	100gms
		Ingredients;		
		Sesame seeds	1 cup	1½ cup
		Method of preparation:		
		Take a microwave oven safe glass bowl, add sesame seeds and place the bowl in the microwave oven. Select Insta 8, enter weight and press start. Stir once in-between.		

CAKE	Insta 9	CAKE	475gms
		Ingredients:	
		Maida	3 cup
		Ground Sugar	2 cup
		Eggs	3
		Ghee	1½ cup
		Baking Powder	1 tsp
		Condensed Milk	1 cup
		Chocolate Powder	3 tsp
		Vanilla Essence	½ tsp
		Method of preparation:	
		Prepare soft batter of all the ingredients, mix well. Pour the mixture in the lightly greased baking dish, place the baking dish in the microwave oven select Insta 9, enter weight and press start.	

APPLE CAKE	Insta 9	APPLE CAKE	475gms
		Ingredients:	
		Finely Grated Apples	3 cup
		Sugar	2 cup
		Egg (Beaten)	3
		Flour	2 cup
		Cinnamon	1 tsp
		Baking Powder	1½ tsp
		Vanilla	1 tsp
		Raisins (Kismis)	1 cup
		Nuts (Chopped)	1 cup
		Method of preparation:	
		Place apples in large mixing bowl, add sugar, stir and let it stand for ½ hour. Add egg, flour, cinnamon, baking powder, nuts, and raisins, blend well. Pour the mixture into a lightly greased glass bowl, place the bowl in the oven and select Insta 9, enter weight, press start.	

CARROT CAKE	Insta 9	CARROT CAKE	475gms
		Ingredients:	
		Grated Carrots	3 cup
		Flour	1½ cup
		Sugar	2 cup
		Cinnamon	Few
		Nut Meg	Few
		Baking Powder	1 tsp
		Baking Soda	½ tsp
		Egg	2
		Vanilla	½ tsp
		Chopped Walnuts	½ tsp
		Oil As Required	
		Method of preparation:	
		Take a mixing bowl, add all ingredients, mix well and set aside for 20 minutes. Pour the mixture into a lightly greased glass bowl, place the bowl in oven and select Insta 9, enter weight, press start.	

PANEER CAKE	Insta 9	PANEER CAKE	475gms		
		Ingredients:			
		Paneer	3 cups		
		Maida	1½ cup		
		Suji	2 tsp		
		Milk	1 cup		
		Sugar	1½ cup		
		Butter As Required	1½ tsp		
		Cardamom Powder	½ tsp		
		Cooking Soda	a pinch		
		Method of preparation:			
Place the mashed paneer in a large mixing bowl, add maida and sugar. Add the remaining ingredients and blend well. Pour the mixture into a lightly greased glass bowl, place the bowl in oven and select Insta 9, enter weight, press start.					

MUTTON ROAST	Insta 10	MUTTON ROAST	750gms	1000gms	1250gms	
		Ingredients:				
		Mutton, Cut Into Pieces	750 gms	1000gms	1250gms	
		Curd	2 cup	2½ cup	3 cup	
		Ginger Paste	2 tsp	2½ tsp	3 tsp	
		Coriander Powder	2 tsp	2½ tsp	3 tsp	
		Black Pepper Powder	2 tsp	2½ tsp	3 tsp	
		Cloves	5	6	7	
		Red Chilly Powder	3 tsp	3 tsp	3½ 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 glass baking dish, Place the baking dish in the microwave oven, select Insta 10, enter weight and press start. Remove, and serve hot.				

BREAD PUDDING	Insta 10	BREAD PUDDING	750gms	1000gms	1250gms
		Ingredients:			
		Bread Crumbs	4 cup	5cup	6cup
		Milk	1 ltr	1½ ltr	2 ltr
		Sugar	2 cup	3 cup	3 cup
		Chocolate	¼ cup	½ cup	¾cup
		Eggs (Yolks& White Separate)	3	4	4
		Butter As Required			
		Vanilla Essence	½ tsp	¾ tsp	1 tsp
Method of preparation:					
Take a microwave oven safe glass bowl, add bread crumbs, milk, butter, sugar, chocolate, egg yolks, vanilla essence, egg white, mix all ingredients, select Insta 10, enter weight, press start.					

MUTTON KEBAB	Insta 10	MUTTON KEBAB	750 gms	1000gms	1250gms
		Ingredients:			
		Mutton, Cut into 1-1½ " Pieces	750 gms	1000gms	1250gms
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Khus Khus Grinded	2 tsp	2½ tsp	3 tsp
		Cumin Powder	1 tsp	1½ tsp	2 tsp
		Curd	1½ cup	2 cup	2½ cup
		Garlic Paste	1 tsp	1½ tsp	2 tsp
		Ginger Paste	1 tsp	1½ tsp	2 tsp
		Onion Paste	1 cup	1½ cup	2 cup
		Salt To Taste			
Method of preparation:					
Marinate the mutton with all ingredients, mix well and set aside for 6 hours. Arrange the mutton in a lightly greased wide glass bowl and place the glass bowl in the microwave oven, select Insta 10, enter weight and press start.					

WHOLE CHICKEN ROAST	Insta 10	WHOLE CHICKEN ROAST	750 gms	1000gms	1250gms
		Ingredients:			
		Chicken	750 gms	1000gms	1250gms
		Ground Black Pepper	1 tsp	1½ tsp	2 tsp
		Cumins Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Onion Paste	1½ cup	2 cup	2½ cup
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp
		Lemon Juice As Required			
		Oil As Required			
		Salt To Taste			
Method of preparation:					
Marinate the chicken with all ingredients, mix well and set aside for 2 hour. Arrange the chicken in a lightly greased wide glass bowl and place the glass bowl in the microwave oven, select Insta 10, enter weight and press start.					

CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or 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 the nearest service center to have it replaced.
11. The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
12. Please do not dispose this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.

TROUBLE SHOOTING

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

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

FREQUENTLY ASKED QUESTIONS

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

MICROWAVE OVEN WARRANTY

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

INSTRUCTIONS FOR THE CUSTOMER

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

TERMS AND CONDITIONS

1. Repairs and replacement of parts will be carried out through the authorized customer service centre.
2. For units installed beyond the municipal limits of the jurisdiction of the authorized customer care centre all expenses incurred in collecting the units or parts thereof from the company's customer care centre, as well as expenses incurred with depositing of service personnel / technician's towards conveyance and other incidents will be borne by the customer.
3. The concerned customer care centre will advise the customer whether to effect the repair at site or at the customer care centre.
4. While the company will make every effort to carry out the repairs at the earliest, it however is made expressly clear that the company is under no obligation to do so in a specified period of time.
5. The company or its authorised customer care centre / service dealer reserves the right to retain any parts, components replaced at its discretion.
6. Warranty does not cover accessories to the equipment.
7. The warranty is confined to the first purchaser of MWO only and non-transferable.
8. Call registered with the centralized helpline / authorized service centre, where in only cleaning of the unit/ parts in the unit due to dust accumulation on portions of the units are not to be considered as defects.
9. **In case of any damages to the product, customer abuse, repairs by unauthorized personnel & misuse detected by the authorized service centre personnel, the warranty conditions are not applicable.**
10. If any 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
Bhubaneshwar	Highway Complex, NH-5, Rudrapur, Bhubaneshwar - 752 101
Chandigarh/Mohali	Plot No. A-40, Phase VIII-A, Industrial Area, Mohali - 160 059
Chennai	No. 1, Sidco Industrial Estate, Ambattur, Chennai - 600 098
Coimbatore	No. 585 - 590 3rd Floor, Sathya Towers, DB Road, 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 Shoppy, Ranigunj, M.G. Road, Secunderabad -500 003
Jaipur	502-506, 5th Floor, Gaurav Towers, Malviya Nagar, Jaipur - 302 017
Kochi	2nd floor, Angels Arcade, South Kalamasserry, Near CUSAT PO Kochi - 682022
Kolkata	Plot-30, Block-GN, Sector-V, Salt Lake city, Kolkata - 700 091
Lucknow	C-3/3 & C-3/4, Sanjay Complex, Near All India Radio, Vidhan Sabha Marg, Lucknow-226001
Mumbai	Appliance Division, Plant 4, Pirojshahnagar, Vikhroli, Mumbai - 400 079
Nagpur	Dr. Bhiwapurkar Chamber, 2nd Floor, Opp. Yashwant Stadium, Dhantoli, Nagpur - 440 012
Patna	Grand Plaza 6th Floor, 6001-6004, Dakbunglow Crossing. Frazer Road. Patna-800001
Pune	Apollo Building Square, Plot No. 60, Survey No. 599, Sahaney Sujan Park, Lullanagar, Bibewadi Road, Pune - 411 040
Raipur	9/1, Besides Bharat Petrol Pump, Opp. Hotel Picadelly, Mahoba Bazaar, G.E. Road, Raipur - 492 001, Chhatisgarh
Ranchi	C/o. Surya Motors, Near Krishi Bazaar Samiti Pandra, Ranchi (Jharkand) - 835 222
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