

Corn Masala Peanut Omelette Garam Masala Roast Tadka Tea Coffee Tomato Soup Milk Hot Chocolate Veg Chicken S
Sweet Potato Baigan Bhartha Egg Paneer Bhurji Gaajar Halwa Milk Pudding Pizza Burger Samosa Wada Chapati Pure Papad Fry Corn Chat Sprouts Spices Dry Fruit Onion Coconut Rawa Paneer Tikka Veg Chicken Kabab
Veg Chicken Kabab Chicken Tandoori Honey Chicken Wings Mutton Mince Balls Grilled Prawns Grilled Crabs Lobster
Grilled Crabs Lobster Pizza Fish Roast Chicken Lollypops Cookies Dal Bhati Baked Fish Honey Ginger Garlic Whole Chicken
Garlic Whole Chicken Spaghetti Pasta Macaroni Noodles Steamed Jeera Rice Dal Tadka Channa Masala Butter



Chicken Spaghetti Pasta Macaroni Noodles Steamed Jeera Rice Dal Tadka Channa Masala Butter
Chicken Grilled Sandwich Grilled Prawns Nan Katai Veg Cutlets Popcorn Masala Peanuts
Omelette Garam Masala Roast Tadka Tea Coffee Tomato Soup Milk Hot Chocolate Veg Chicken S
Leafy vegetables Idly Sheera Poha Sabudana kichdi Potato Beet Root Sweet Potato Baigan Bharthi
Egg Paneer Bhurji Gaajar Halwa Milk Pudding Pizza Burger Samosa Wada Chapati Pure Papad
Fry Corn Chat Sprouts Spices Dry Fruit Onion Coconut Rawa Paneer Tikka Veg Chicken Kabab
Chicken Tandoori Honey Chicken Wings Mutton Mince Balls Grilled Prawns Grilled Crabs Lobster
Pizza Fish Roast Chicken Lollypops Cookies Dal Bhati Baked Fish Honey Ginger Garlic Whole Chicken
Spaghetti Pasta Macaroni Noodles Steamed Jeera Rice Dal Tadka Channa Masala Butter
Chicken Grilled Sandwich Grilled Prawns Nan Katai Veg Cutlets Popcorn Masala Peanuts
Omelette Garam Masala Roast Tadka Tea Coffee Tomato Soup Milk Hot Chocolate Veg Chicken S
Leafy vegetables Idly Sheera Poha Sabudana kichdi Potato Beet Root Sweet Potato Baigan Bharthi
Egg Paneer Bhurji Gaajar Halwa Milk Pudding Pizza Burger Samosa Wada Chapati Pure Papad
Fry Corn Chat Sprouts Spices Dry Fruit Onion Coconut Rawa Paneer Tikka Veg Chicken Kabab
Chicken Tandoori Honey Chicken Wings Mutton Mince Balls Grilled Prawns Grilled Crabs Lobster
Pizza Fish Roast Chicken Lollypops Cookies Dal Bhati Baked Fish Honey Ginger Garlic Whole Chicken
Spaghetti Pasta Macaroni Noodles Steamed Jeera Rice Dal Tadka Channa Masala Butter

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



User Manual GMX 30CA1 SIM 30 ltr. Microwave, Grill, Combination & Convection

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

Chicken Grilled Sandwich Grilled Prawns Nan Katai Veg Cutlets Popcorn Masala Peanuts
Omelette Garam Masala Roast Tadka Tea Coffee Tomato Soup Milk Hot Chocolate Veg Chicken S
Leafy vegetables Idly Sheera Poha Sabudana kichdi Potato Beet Root Sweet Potato Baigan Bharthi
Egg Paneer Bhurji Gaajar Halwa Milk Pudding Pizza Burger Samosa Wada Chapati Pure Papad
Fry Corn Chat Sprouts Spices Dry Fruit Onion Coconut Rawa Paneer Tikka Veg Chicken Kabab
Chicken Tandoori Honey Chicken Wings Mutton Mince Balls Grilled Prawns Grilled Crabs Lobster
Pizza Fish Roast Chicken Lollypops Cookies Dal Bhati Baked Fish Honey Ginger Garlic Whole Chicken
Spaghetti Pasta Macaroni Noodles Steamed Jeera Rice Dal Tadka Channa Masala Butter

Thank you for purchasing Godrej Microwave Oven

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

Staple your receipt here for proof of purchase.

Model No: _____

Serial No: _____

Dealer: _____

Dealer Phone No: _____

SPECIFICATIONS

Power Consumption:	230V/50Hz, 1450W (Microwave)
	1100W (Grill)
	2500W (Convection)
Rated Microwave Output:	900W
Operation Frequency:	2450MHz
Product Dimensions :	33.5 cm (H) × 52.0 cm (W) × 48.0 cm (D)
Oven Capacity:	30 Litres
Cooking Uniformity:	Turntable System
Net Weight:	Approx. 19.3 Kg

TABLE OF CONTENT

IMPORTANT SAFETY INSTRUCTIONS	3
UTENSIL GUIDE	5
INSTALLATION INFORMATION	5
GROUNDING INSTRUCTIONS	5
ELECTRICAL REQUIREMENTS	6
RADIO INTERFERENCE	6
EXTENSION CORD INFORMATION	6
PART NAMES	6
CONTROL PANEL	7
OPERATION INSTRUCTIONS	8
INSTACOOK MENUS	14
CLEANING AND CARE	107
TROUBLESHOOTING	108
FAQs	109
WARRANTY CARD	110

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE USE

Important Safety instructions

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

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

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

Precautions to avoid possible exposure to excessive microwave energy:

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

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

These items may explode.

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

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

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

UTENSIL GUIDE

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

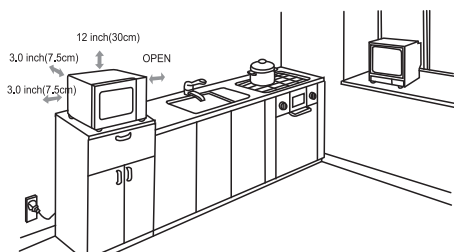
The list below is a general guide to help you select the correct utensils.

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

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

INSTALLATION INFORMATION

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



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

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

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

d) Place the oven as far away from radios and TV as possible

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

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

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

GROUNDING INSTRUCTIONS

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

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

Note:

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

The wires in this mains cable are colored in accordance with the following code:
Green and/or Yellow = EARTH, Blue and/or Black = NEUTRAL, Brown and/or Red = LIVE

ELECTRICAL REQUIREMENTS

The oven is designed to operate on a standard 230V-50Hz household outlet. Be sure the circuit is at least 15A or 20A and the

microwave oven is the **only appliance on the circuit**

RADIO INTERFERENCE

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment.

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

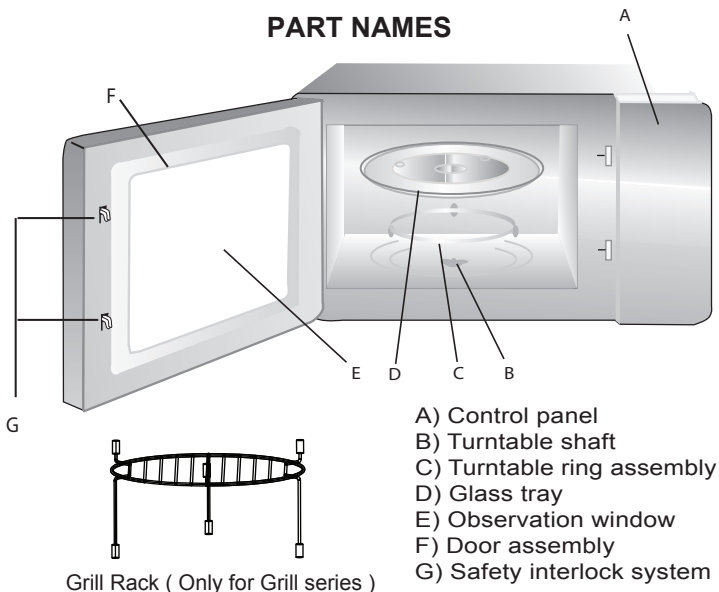
1. Clean door and sealing surface of the oven.
2. Reorient the receiving antenna of radio or television.

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

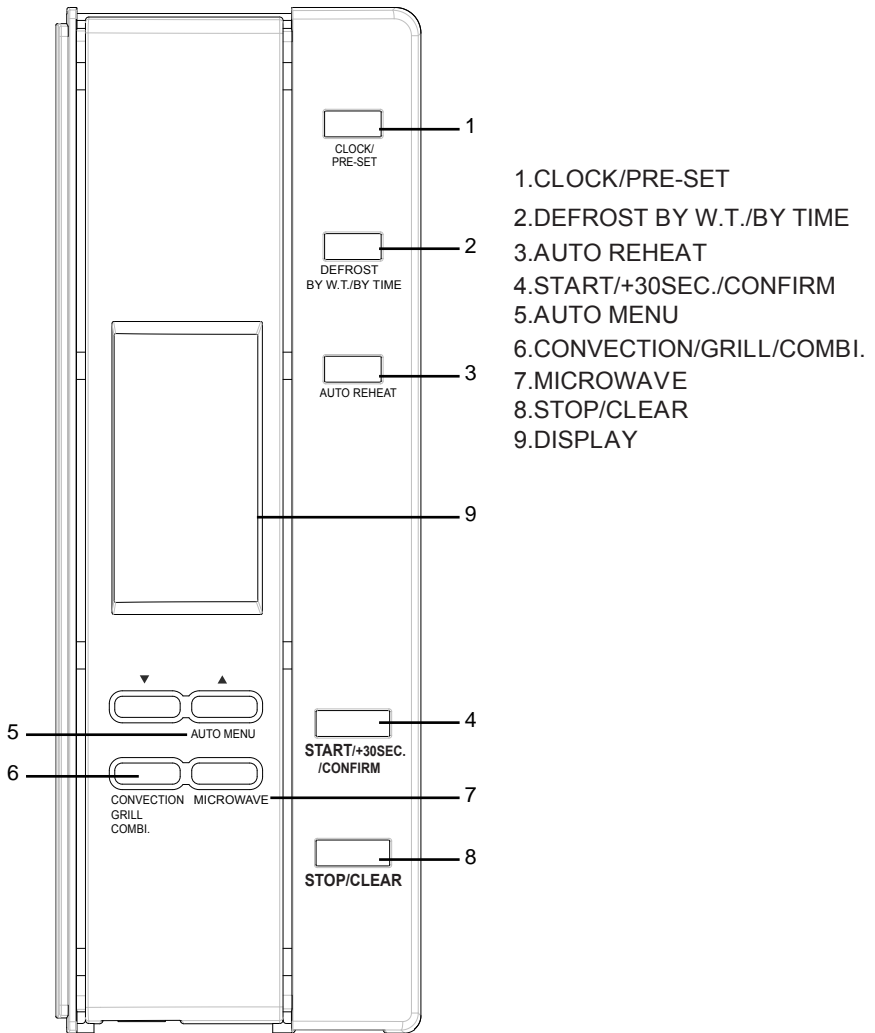
EXTENSION CORD INFORMATION

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

2. DO NOT USE AN EXTENTION CORD



Control Panel and Features



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

Operation Instructions

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

1. Clock Setting

When the microwave oven is electrified, the LED will display "0:00", buzzer will ring once.

1) Press "**Clock/Pre-Set**" once or twice to choose 24 hours or 12 hours system, and 24H or 12H will be displayed.

2) Press " ▲ " or " ▼ " to adjust the hour figures, the input time should be within 0--23(for 24H) or 1--12(for 12H).

3) Press "**Clock/Pre-Set**", the minute figures will flash.

4) Press " ▲ " or " ▼ " to adjust the minute figures, the input time should be within 0--59.

5) Press "**Clock/Pre-Set**" to finish clock setting. ":" will flash and the time will light.

6) If you want to reset the clock, just to follow the above steps. If the "**Clock/Pre-set**" is not pressed to confirm, press "Stop/ Clear" or no operation within 1 minute, the clock that has been set will be canceled.

Note: 1. When power is supplied, time will not count (show 0:00) if clock is not set.
2. During setting the clock, if you press "**Stop/Clear**" key, the clock setting will be exit .

2. Microwave Cooking

Press "**Microwave**" different times to choose different microwave power, and "P100, P80, P50, P30, P10" will be displayed in cycle. Then press "▲" or "▼" to adjust the cooking time (up to 95 minutes). Press "**Start/ +30SEC./ Confirm**" to start cooking.

Example: If you want to use 50% power to cook for 20 minutes, you can operate the oven as the following steps.

1) Keep pressing "**Microwave**" till "P50" displays. And " 📶 " will light.

2) Press " ▲ " or " ▼ " to adjust the cooking time till the oven displays "20:00".


3) Press "**Start/ +30SEC./ Confirm**" to start cooking. ":" will light and " 📶 " will flash. Five beep will sound when cooking finishes.

Power	100%	80%	50%	30%	10%
Display	P100	P80	P50	P30	P10

Note: the step amount of the pressing of " ▲ " and " ▼ " keys are:

0----1 min	:	step 5 seconds
1----5 min	:	step 10 seconds
5----10 min	:	step 30 seconds
10----30 min	:	step 1 Minute
30----95 min	:	step 5 Minutes

3. Convection Cooking(with preheating function)


1) Press " **Convection/ Grill/ Combi.**", "140", "°C" will flash in the display, and "  " will light. Choose different temperature by pressing "▲" or "▼" from 140°C to 230°C.

2) Press "**Start/ +30SEC./ Confirm**" to confirm the temperature.

3) Press "**Start/ +30SEC./ Confirm**" again to start preheating.

4) The temperature figure will flash when temperature arrives in advance and buzzer will ring twice reminding you to put food in, then close the door.

5) Press " ▲ " or " ▼ " to adjust the cooking time, the maximum time that can be set is 95 minutes.


6) Press "**Start/ +30SEC./ Confirm**" to start cooking, and the cooking time counts down. At the same time, ":" will light, "  " will flash.

Note: a. Cooking time cannot be input until the preheating temperature arrives.

If the temperature arrives, door must be opened to input the cooking time.


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

4. Convection Cooking(without preheating function)

1) Press " **Convection/ Grill/ Combi.**", "140" will flash in the display, and "  " will light. Choose different temperature by pressing "▲" or "▼" from 140°C to 230°C.

2) Press "**Start/ +30SEC./ Confirm**" to confirm the temperature.

3) Press " ▲ " or " ▼ " to adjust the cooking time, the maximum time that can be set is 95 minutes.

4) Press "**Start/ +30SEC./ Confirm**" to start cooking, and the cooking time counts down. At the same time, ":" will light, "  " will flash.

5. Grill Cooking

1) Press "**Convection/ Grill/ Combi.**", "140" will flash in the display, and "☼" will light. Choose grill function by pressing "▲" or "▼", and "G-1" will flash "∩∩" will display.

2) Press "**Start/ +30SEC./ Confirm**" to confirm the grill function.

3) Press "▲" or "▼" to adjust the cooking time, the maximum time that can be set is 95 minutes.

4) Press "**Start/ +30SEC./ Confirm**" to start cooking, and the cooking time counts down. At the same time, ":" will light, "∩∩" will flash.

Note: If half the grill time passes, the oven sounds twice to tell you to input the time.

You can just leave it continue. But 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 there is no operation, the oven will not pause and continue working.

6. Combination Cooking

1) Press "**Convection/ Grill/ Combi.**", "140" will flash in the display, and "☼" will light. Choose combination function by pressing "▲" or "▼", and "C-1, C-2, C-3, or C-4" will flash under this function. The related indicators will light.

2) Press "**Start/ +30SEC./ Confirm**" to confirm the combination function.

3) Press "▲" or "▼" to adjust the cooking time, the maximum time that can be set is 95 minutes.

4) Press "**Start/ +30SEC./ Confirm**" to start cooking, and the cooking time counts down. At the same time, ":" will light, and the related indicator will flash.

Function	Display	Microwave	Grill	Convection
Combi.1	C-1	●		●
Combi.2	C-2	●	●	
Combi.3	C-3		●	●
Combi.4	C-4	●	●	●

7. Defrost By Weight

- 1) Press "**Defrost By W.T/ By Time**" once. "d-1" will be displayed.

- 2) Press " ▲ " or " ▼ " to adjust defrost weight. The "g" indicator will light, "☺" and "✳✳" indicators light. And the weight input should be 100-2000g.

- 3) Press "**Start/ +30SEC./ Confirm**" to start defrosting. The buzzer sounds once, and "☺", "✳✳" indicators will flash.

8 Defrost By Time

- 1) Press "**Defrost By W.T./By Time**" twice. "d-2" will be displayed.

- 2) Turn " ▲ " or " ▼ " to select the cooking time. "☺" and "✳✳" will light. The time input should be 00:05-95:00.

- 3) Press "**Start/ +30SEC./ Confirm**" to start defrosting. Buzzer sounds once, and "☺", "✳✳" will flash.

9. Multi-section cooking

At most 3 sections can be input for cooking. In multi-section cooking, if one section is defrosting, then defrosting shall be placed in the first section. When one stage finish, buzzer sounds once and the next stage begins.

Note: Auto menu cooking cannot work in the multi-section cooking.

Example: If you want to use "20 minutes of 100% microwave power + 5 minutes of 80% microwave power" to cook.

- 1) Press "**Microwave**" once, the screen display "P100".

- 2) Press " ▲ " or " ▼ " to choose the cooking time of 20 minutes.

- 3) Keep on pressing "**Microwave**" pad till "P80" is displayed.

- 4) Press " ▲ " or " ▼ " to choose the cooking time of 5 minutes.

- 5) Press "**Start/ +30SEC./ Confirm**" to start cooking.

10. Pre-set Function

- 1) Set the clock first (Consult the instruction of clock setting.)

- 2) Input the cooking program. Three stages can be set at most. Defrosting should not be set under this function. Please do not press "Start/ +30SEC./ Confirm" at the last step.

- 3) Press "**Clock/Pre-Set**", the current time is displayed, and the hour figures will flash.

4) Press " ▲ " or " ▼ " to adjust the hour figures, the input time should be within 0--23(for 24H) or 1--12(for 12H).

5) Press "**Clock/Pre-Set**", the minute figures will flash.

6) Press " ▲ " or " ▼ " to adjust the minute figures, the input time should be within 0--59.

7) Press "**Start/ +30SEC./ Confirm**" to finish setting, and the current time will be displayed, ":" will not flash.

8) Buzzer sounds twice when time arrives. If the door is not closed well, the unit will wait.

Note: 1. Clock must be set first. Otherwise, preset cooking will not work.

2. Auto menu cooking and memory cooking can be set as one stage cooking only, but not multi-section cooking.

11. Auto Reheat

1) Press "**Auto Reheat**" for times to choose the kind of food referred to the auto reheat chart, and "h-1", "h-2", "h-3" or "h-4" will display in cycle for each added press.

2) Press " ▲ " or " ▼ " to choose the weight or portions, and "AUTO", " ☺ " will light.

3) Press "**Start/ +30SEC./ Confirm**" to start cooking, cooking time counts down, and "AUTO" and " ☺ " will flash.

Auto Reheat Chart

Kind	Weight(g)	Display
h-1 Auto Reheat	150	150
	250	250
	350	350
	450	450
	600	600
h-2 Dinner Plate	250	250
	350	350
	450	450
h-3 Beverage/Cooffee	1(about 240g)	1
	2(about 480g)	2
	3(about 720)	3
h-4 Roll/Muffin	1(about 70g)	1
	2(about 140g)	2
	3(about 210g)	3

12. Speed cooking

In waiting state, start operation at 100% microwave power for 30 seconds by pressing the "**Start/ +30SEC./ Confirm**" key. And 30 seconds will be increased by each pressing. The maximum cooking time is 95 minutes.

Note: in defrost, auto menu cooking, and multi-section cooking, time cannot be increased by pressing "**Start/ +30SEC./ Confirm**".

13. Child Lock Function

Lock: Press "**Stop/Clear**" key 3 seconds, after a long "beep". it shows the current time or "0:00", and "🔒" will be displayed.

Unlock: Press "**Stop/Clear**" key 3 seconds, "🔒" disappears and machine returns to normal status.

14. Inquiring Function

(1) In cooking state, press "**Microwave**" or "**Convection/Grill/Combi.**" to check the microwave power or cooking type.

(2) In pre-set state, press "**Clock/Pre-Set**" to inquire the time for delay start cooking.

(3) In cooking state, press "**Clock/Pre-Set**" to check the current time.

15. Specification

(1) Buzzer will sound five times when operation finish;

(2) "**Start/ +30SEC./ Confirm**" must be pressed to continue cooking if the door is opened during cooking process;

(3) Once the cooking state has been set, "**Start/ +30SEC./ Confirm**" key is not pressed within 5 minutes, LED displays the current clock, the setting procedure will not work;

(4) Buzzer sounds once by efficient pressing and no response by inefficient pressing.

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.

To set menu cook program, please follow steps below:

1. In standby mode, Press "Auto menu" button once and then press "▲" or "▼" to choose food code below). Press "Start" button to select.
2. Press "▲" or "▼" button to choose food weight.
3. Press "Start" button to start cooking.

InstaCook Food/cooking mode	Notes
Insta1 (g)	<ol style="list-style-type: none"> 1. Weight parameters are used to determine the time needed to do the job. As you press CLOCK/WEIGHT, the pre-set weight parameters will be displayed, when it comes up of the right figure which matches the weight of the food you have placed into the oven, press TIME/MENU. 2. InstaCook Recipe mentioned below you will require to decide the ingredients & their quantities as per your taste. 3. In Instacook10, the weight corresponding to the number displayed on the screen are as given below. <ul style="list-style-type: none"> • 1 = 230gms • 2 = 460gms • 3 = 690gms
Insta2 (ml)	
Insta3 (g)	
Insta4 (g)	
Insta5 (g)	
Insta6 (g)	
Insta7 (g)	
Insta8 (g)	
Insta9 (g)	
Insta10 (g)	

INSTACOOK MENUS

IDLI	INSTA1	IDLI	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		idli batter	150 gms	250 gms	350 gms	450 gms	650 gms

Method of preparation: Pour idly batter in lightly greased microwave safe idly stand. Pour some water in the bottom of the idly bowl and cover the bowl with lid. Place the bowl in the microwave oven, select Insta1, enter weight & press start. Remove after beep & serve hot with sambar and coconut chutney

DOKHLA	INSTA1	DOKHLA	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		besan (gram flour)	1 cup	1½ cup	2 cup	2½ cup	3 cup
		corn flour	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		sugar	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp	¾ tsp
		citric acid	½ tsp	1 tsp	1 tsp	1½ tsp	2 tsp
		soda-bi-carb	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		lemon juice	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		mustard seeds	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		green chilies - finely chopped	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		amchoor powder	¼ tsp	¼ tsp	½ tsp	1 tsp	1 tsp
		salt to taste					
		oil as required					
		grated coconut for garnish					
		coriander leaves for garnish					
		water as required					

Method of preparation

Take gram flour, curd, water, salt, mix well into a batter. Cover it and set aside for 4 hours to marinate. Add green chilies, ginger paste, turmeric, lime juice, oil, soda-bi-carb and mix into a smooth batter. Pour into microwave oven safe lightly greased bowl, place in the microwave oven, select Insta1, enter weight, and press start. For tampering use curry leaves, mustard seeds, oil, and green chilies. garnish with coriander leaves and grated coconut. Serve with chutney.

MASALA PEANUTS	INSTA1	MASALA PEANUTS	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		peanuts	150 gms	250 gms	350 gms	450 gms	650 gms
		red chili powder	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		gram flour (besan)	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		rice flour	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		coriander powder (dhania)	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp	¾ tsp
		salt to taste					
		water as required					

Method of preparation

Take peanuts in a Microwave Oven safe glass bowl, add all ingredients, mix well and set aside for 15 minutes. Drain out the water; place the glass bowl on the turn table in the Microwave oven. Select Insta1, enter the weight and press start. Mix twice in between. Set aside for some time to cool and serve.

MUSHROOM MASALA	INSTA1	MUSHROOM MASALA	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		mushrooms (sliced)	150 gms	250 gms	350 gms	450 gms	650 gms
		bread Crumbs	¼ tbsp	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
		sour Cream	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		flour	¼ tbsp	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
		red chili powder	½ tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		lemon juice	¼ tsp	½ tsp	1 tsp	1½ tsp	2 tsp
		butter	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		salt to taste					
		cheese (grated) for garnish					

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta3 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 Insta1, enter weight and press start. Remove, garnish with grated cheese and serve.

PANEER MASALA	INSTA1	PANEER MASALA	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		paneer (cut into cubes)	100 gms	150 gms	250 gms	450 gms	650 gms
		tomatoes (chopped)	50 gms	100 gms	100 gms	150 gms	250 gms
		oil	½ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
		green chili	2	3	4	4	5
		cumin seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
		garlic ginger paste	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
		cloves	2	3	4	4	5
		turmeric powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	1 tsp
		red chili powder	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		pepper powder	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
		cardamom powder	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
		salt to taste					
		water as required					
		coriander leaves for garnish					

Method of preparation: Prepare tadka as explained in Insta3 with the all the ingredients other than paneer, water and coriander leaves. Remove, add paneer and water and mix well. Place the bowl back in the microwave oven, select Insta 1, enter weight and press start. Remove, garnish with coriander and serve.

MIX VEGETABLE SUBJI	INSTA1	MIX VEGETABLE SUBJI	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		carrots (cut into pieces)	¼ cup	¼ cup	½ cup	½ cup	½ cup
		potatoes (cut into pieces)	¼ cup	¼ cup	½ cup	¾ cup	1 cup
		french beans (chopped)	¼ cup	¼ cup	½ cup	¾ cup	1 cup
		green peas (chopped)	¼ cup	¼ cup	½ cup	¾ cup	1 cup
		tomato (chopped)	¼ cup	¼ cup	½ cup	¾ cup	1 cup
		onion (chopped)	1	2	2	3	3
		mustard	¼ tsp	¼ tsp	½ tsp	½ tsp	¾ tsp
		garlic ginger paste	½ tsp	½ tsp	½ tsp	1 tsp	1 tsp
		red chili powder	½ tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	1 tsp
		bay leaves	1	2	3	3	4
		cinnamon	1" stick	2" stick	2" stick	3" stick	4" stick
		cloves	few	few	few	few	few
		cumins	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp
		garam masala	½ tsp	1 tsp	1 tsp	1 tsp	1 tsp
		oil as required					
		salt to taste					
		coriander leaves for garnish					

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than carrots, potato, beans, green peas, tomato and coriander leaves. Remove, add the remaining ingredients other than the coriander and mix well. Place the bowl in the microwave oven selects Insta1, enter weight and press start. Remove, garnish with coriander leaves and serve.

KHANDVI	INSTA1	KHANDVI	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		besan	1 cup	1½ cup	2 cup	2½ cup	3 cup
		butter milk	2 cup	3 cup	4 cup	5 cup	6 cup
		turmeric powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	1 tsp
		oil	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		sesame seeds	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		mustard seeds	¼ tsp	½ tsp	¾ tsp	¾ tbsp	1 tbsp
		coconut scraped	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		chopped coriander	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		hing	a pinch	a pinch	a pinch	a pinch	a pinch
		chopped green chilies	2	2	3	3	4
		salt to taste					

Method of preparation: Take butter milk in a microwave oven safe bowl, add besan, turmeric powder, oil, salt, sesame seeds, mustard, hing, coconut, coriander, green chilies & mix well to avoid lump formation. Place the bowl on the turn table in the microwave oven, select insta1, enter weight & press start. When done, pour a cup full in a large flat plate. Spread as thin as possible with the back of a large flat spoon using circular outward movements. Allow to cool & cut into 1½ inch wide strips. Carefully roll each strip & Serve with chutney.

METHI CHUTNEY	INSTA1	METHI CHUTNEY	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		fenugreek leaves	2 cup	2½ cup	3 cup	4 cup	5 cup
		dried red chilies, cut into pieces	2	3	3	4	5
		urad dal boiled	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	2½ tbsp
		tamarind (soaked)	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		jaggery	1" block	1½" block	1½" block	2" block	2" block
		garlic (crushed)	3	3	4	4	5
		sesame seeds	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		salt to taste					
		oil as required					
		water as required					

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta3 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 selects Insta1, enter weight and press start. Remove, and set a side to cool. After get cool grind the fenugreek leaves mixture, jaggery, tamarind into a fine paste. While grinding use water if required. coriander leaves for garnish

DRUM STICK LEAVES CURRY	Insta 1	DRUM STICK LEAVES CURRY	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		Drum Stick Leaves	2 cup	3 cup	4 cup	3 cup	5 cup
		Coconut Grated	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp
		Masoor Dal	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	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 Chili Powder	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	tsp
		Oil As Required					
		Salt To Taste					

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than drumstick leaves. After beep, remove, add the drumstick leaves and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve hot.

MIRCHI KA SALAN	Insta 1	MIRCHI KA SALAN	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		Deep fried Green chilies	150 gms	250 gms	350 gms	450 gms	650 gms
		Onion paste	½ cup	1 cup	1½ cup	2 cup	2½ cup
		Ginger garlic paste	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
		Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Cloves	few	few	few	few	few
		Curry leaves	few	few	few	few	few
		Tamarind pulp	½ cup	1 cup	1½ cup	2 cup	2½ cup
		Oil as required					
		Coriander leaves for garnish					
		Salt to taste					
		Salan Paste					
		Grated Coconut					
		Roasted Peanuts					
		Coriander seeds					
		Sesame seeds					
		Cumin seeds					
		Peppercorns					
		Red Chilies					

Method of preparation: Grind all salan paste ingredients to make fine paste. Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than green chilies, 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 1, enter weight and press start. Remove, garnish with grated coriander and serve.

STIR FRIED OATS	Insta 1	STIR FRIED OATS	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		oats	150 gms	250 gms	350 gms	450 gms	650 gms
		raisins	few	few	few	few	few
		flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
		cinnamon	1 stick	2 stick	3 stick	3 stick	3 stick
		sugar	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		butter as required					
		salt to taste					
Method of preparation;							
Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than raisins and flour. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 1, enter weight and press start.							

WHEAT FLOUR/ ATTA KA LADOO	Insta 1	WHEAT FLOUR/ ATTA KA LADOO	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		Wheat flour/ Atta	1½ cups	2 cups	2½ cups	3 cups	3½ cups
		sugar (grinded)	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		ghee	¾ cup	1 cup	1 cup	1½ cup	1½ cup
		almonds (roasted)	few	few	few	few	few
		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 wheat flour/ atta, mix well and place the bowl in the microwave oven select Insta 1, 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.							

NOODLES BOILING	Insta 1	NOODLES BOILING	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		Noodles	150 gms	250 gms	350 gms	450 gms	650 gms
Method of preparation:							
Take a microwave oven safe bowl, add noodles, and mix well. Place the bowl in the microwave oven selects Insta 1, enter weight and press start. For better result stir twice in-between.							

BREAD CHIVDA	Insta 1	BREAD CHIVDA	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		bread slices	150 gms	250 gms	350 gms	450 gms	650 gms
		mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		cumin seeds	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		onion finely chopped	1	1	2	2	2
		turmeric powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		hing	a pinch	a pinch	a pinch	a pinch	a pinch
		curry leaves	few	few	few	few	few
		raw peanuts	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
		oil as required					
		salt to taste					
		coriander leaves for garnish					

Method of preparation

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than bread slices, hing and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaf and mix well. Place the bowl in the microwave oven selects Insta 1, enter weight and press start. Remove, garnish with grated coriander and serve.

APPLE JAM	INSTA 1	APPLE JAM	150gms	250gms	350gms	450gms	650gms
		Ingredients;					
		Apples cut into slices	150gms	250gms	350gms	450gms	650gms
		Sugar	100gms	200gms	300gms	400gms	500gms
		Lemon juice or Citric acid	½ tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Water as required					

Method of preparation;

Take a microwave oven safe bowl; add all the ingredients other than water. Select tadka option Insta 3, enter weight and press start. After the beep, remove and add water, mix well and place the bowl in the microwave oven, select Insta 1, enter weight and press start. After beep, remove, set to cool and pour into jar, seal tightly. Serve after one day.

PRAWNS VINDALOO	Insta 1	PRAWNS VINDALOO	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		Shelled Prawns	150 gms	250 gms	350 gms	450 gms	650 gms
		Tomatoes, Chopped	1 cup	1½ cup	2 cup	2½ cup	2½ cup
		Cumin Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Ginger, Garlic Paste	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		Curry Leaves	few	few	few	few	few
		Chili Powder	1 tsp	1½ tsp	2 tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¼ tsp	½ tsp
		Vinegar	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	1½ tbsp
		Corn Flour	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp
		Sugar	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		Salt To Taste					

Method of preparation

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than prawns, tomato and vinegar. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 1, enter weight and press start. Remove and serve hot.

CHANA CHAT	INSTA 1	CHANA CHAT	150gms	250gms	350gms	450gms	650gms
		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 leave. Place the bowl in the microwave oven. Select Insta 1, enter weight and press start. After the beep, remove and add all remaining ingredients, mix well. Garnish with coriander leaves and serve.

PIZZA TOPPINGS	INSTA1	PIZZA TOPPINGS	150gms	250gms	350gms	450gms	650gms
		Ingredients;					
		finely chopped cabbage	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		finely chopped capsicum	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		finely chopped tomatoes	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		finely chopped onion	¼ cup	½ cup	¾ cup	1cup	1¼ cup
		tomato puree	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp
		cumins powder	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		grated cheese	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp
		pepper powder	½ tsp	½ tsp	1 tsp	1½ tsp	1½ tsp
		butter as required					
		salt as required					

Method of preparation

Take a microwave oven safe bowl; add all the ingredients other than grated cheese. Mix well and place the bowl in the microwave oven. Select Insta 1, enter weight and press start. After the beep, remove and spread the cooked vegetables on the top of the pizza base and add grated cheese over the top of the vegetables to make pizza.

EGG- BHURJI	INSTA 1	EGG- BHURJI	150 gms	250 gms	350 gms	450 gms	650 gms
		Ingredients:					
		eggs (beated)	2	3	4	5	6
		onion (chopped)	2	3	4	5	5
		green chilies (chopped)	2	2	3	4	4
		turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp	¾ tsp
		red chili powder	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		ginger paste	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		garam masala	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		green peas	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		tomato (chopped)	1	2	2	3	3
		oil as required					
		salt to taste					
		coriander leaves for garnish					

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than eggs, tomato and coriander leaves. Remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven selects Insta1, enter weight and press start. (stir twice in-between) Remove, garnish with coriander leaves and serve.

CRAB CURRY RECIPE	INSTA 1	CRAB CURRY RECIPE	150 g	250 g	350 g	450 g	650 g
		Ingredients:	3;10	4;20	5;00	6;30	8;00
		big size crabs	2	3	4	5	6
		big size onion sliced	1	2	2	3	3
		red chilies whole	1	2	2	3	3
		tamarind pulp	1/2 tbsp	1 tblsp	1 tblsp	2 tbsp	2 tbsp
		cumin seeds	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		coconut scraped	1/2 tbsp	1 tblsp	1 tblsp	2 tbsp	2 tbsp
		garam masala powder	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
		garlic & ginger paste	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		turmeric powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
		oil as required					
		water as required					
		salt to taste					

Method of preparation:-

Clean the crabs, only the body and claws are used (the crab claws can be lightly cracked and the body cut into half, to facilitate eating). Grind the scraped coconut with red chilies, cumin seeds, turmeric powder and garlic to a fine paste. Take a microwave oven safe bowl, Add all ingredients other than tamarind pulp and water. mix well and keep the bowl in oven , select Insta 3, enter weight and press start. After beep, remove and add tamarind pulp, water, mix well and select Insta 1, enter weight and press start. Serve hot.

COCONUT BURFI	INSTA 1	Coconut Barfi	150 g	250 g	350 g	450 g	650 g
		Ingredients:	3;10	4;20	5;00	6;30	8;00
		fresh dessicated coconut	1 cup	1½ cup	2 cup	2½ cup	3 cup
		condensed milk					
		150 g	200 g	250 g	300 g	400 g	
		sugar	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		cardamom powder	¼ tsp	¼ tsp	½ tsp	½ tsp	1 tsp
		ghee	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	4 tbsp
		cashews, broken into coarse pieces	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	4 tbsp
		almonds blanched and cut into slivers	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	4 tbsp
		A few strands of saffron to garnish (optional)					

Method of preparation:-

Take a microwave oven safe bowl, add ghee, coconut, condensed milk, cardamom powder and sugar. Mix well and place the bowl in oven and select Insta 1, enter weight and press start. After beep, remove and add the cashews and stir well. Grease a large platter, put the fudge on it and smooth out into a thick layer. Top the entire surface with the slivered almonds and saffron strands. Allow to cool a little and cut into squares while still warm.

HONEY CHILI POTATO	INSTA1	Honey Chili Potato	150 g	250 g	350 g	450 g	650 g
		Ingredients:	3;10	4;20	5;00	6;30	8;00
		potatoes, sliced	1 cup	1½ cup	2 cup	2½ cup	3 cup
		onion, finely chopped	½ cup	1 cup	1 cup	1½ cup	1½ cup
		spring onions, chopped round	¼ cup	¼ cup	½ cup	½ cup	1 cup
		tomatoes, chopped	¼ cup	½ cup	½ cup	1 cup	1 cup
		garlic & ginger paste	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		soya sauce	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Tomato ketchup	¼ tsp	¼ tsp	½ tsp	¾ tsp	1 tsp
		½ tbsp	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	2½ tsp
		chilie sauce	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		honey	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
		maida	½ tbsp	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp
		corn flour	½ tbsp	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp
		parsley	½ tbsp	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp
		oregano	¼ tsp	¼ tsp	½ tsp	½ tsp	1 tsp
		red chili powder	½ tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		salt to taste					
		oil as required					

Method of preparation:-

Take a microwave oven safe bowl, add oil, sliced potatoes, maida, corn flour, mix well and select Insta 1, enter weight and press start. After beep, remove and add some more oil and all remaining ingredients, mix well and select Insta 3, enter weight and press start. Serve hot.

SWEET CORN SOUP	INSTA1	Sweet corn soup	150 g	250 g	350 g	450 g	650 g
		Ingredients:	3;10	4;20	5;00	6;30	8;00
		corn kernels	1 cup	1½ cup	2 cup	2½ cup	3 cup
		potato finely chopped	¼ cup	¼ cup	½ cup	½ cup	1 cup
		green peas	¼ cup	¼ cup	½ cup	½ cup	1 cup
		chopped carrots	¼ cup	¼ cup	½ cup	½ cup	1 cup
		chopped beans	¼ cup	¼ cup	½ cup	½ cup	1 cup
		spring onions chopped	¼ cup	¼ cup	½ cup	½ cup	1 cup
		corn starch	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	4 tbsp
		butter as required					
		water as required					
		salt / sugar to taste					

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than water and corn starch, mix well select Insta 3, enter weight and press start. After beep, remove and add corn starch and water, mixwell, select Insta 1, enter weight and press start. Serve warm with pepper.

BABY POTATO SOUP	Insta 1	Baby Potato Soup	150 g	250 g	350 g	450 g	650 g
		Ingredients:	3;10	4;20	5;00	6;30	8;00
		butter	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp
		onion, thinly sliced	½ cup	1 cup	1 cup	1½ cup	1½ cup
		Baby Potatoes	1 cup	2 cup	2½ cup	3 cup	4 cup
		chicken stock or broth	2 cup	2½ cup	3 cup	4 cup	5 cup
		parsley	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp
		sherry	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Salt and pepper to taste					

Method of preparation:-

Take a microwave oven safe bowl, Add butter, onion, baby potatoes, mix well and select Insta 3, enter weight and press start. After beep, remove and add all other ingredients, mix well and select Insta 1, enter weight and press start. Serve warm.

TOMATO RASAM	Insta 1	TOMATO RASAM	150 g	250 g	350 g	450 g	650 g
		Ingredients;					
		red gram dal	1½ tbsp	2 tbsp	2 tbsp	2½ tbsp	3 tbsp
		tomatoes	1	2	3	4	5
		garlic paste	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		garlic grated	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		ginger chopped	½ inch	½ inch	½ inch	¾ inch	1 inch
		green chillies chopped	1	2	2	3	3
		turmeric powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	¾ tsp
		musturd seeds	½ tsp	¾ tsp	¾ tsp	1 tsp	1½ tsp
		cumin seeds	½ tsp	¾ tsp	¾ tsp	1 tsp	1½ tsp
		dried red chillies	2	3	3	4	4
		hing	a pinch	a pinch	a pinch	a pinch	a pinch
		curry leaves	few	few	few	few	few
		pepper powder	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		oil	1 tbsp	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
		salt to taste					
		water					
		coriander leaves for garnish					

Method of preparation: In a microwave oven safe bowl, add all ingredients other than tomatoes, water, coriander, mix well. Place in the microwave, select Insta 3, enter weight, press start. After beep, remove & add remaining ingredients and mix well. Place in the microwave, select Insta 1, enter weight, press start. serve hot garnished with coriander leaves.

SPINACH SOUP	INSTA 2	SPINACH SOUP	200 gms	400 gms	600 gms
		Ingredients:			
		Spinach	2 cup	3 cup	4 cup
		Mint leaves	few	few	few
		pepper to taste			
		salt to taste			

Method of preparation: Keep spinach in a microwave oven safe bowl; add salt, mint, mix well and select Insta2, enter weight & press start. Remove after beep, when cool; blend the spinach in a mixer. Strain and serve hot.

POHA	INSTA 2	POHA	200 gms	400 gms	600 gms
		Ingredients:			
		poha	200 gms	400 gms	600 gms
		green peas	½ tbsp	¾ tbsp	1 tbsp
		channa dhal	1 tsp	1½ tsp	2 tsp
		urad dhal	1 tsp	1½ tsp	2 tsp
		onions (chopped)	1	2	3
		green chili (small chopped)	2	3	4
		carrot (chopped)	½ tbsp	¾ tbsp	1 tbsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		cumin seeds	½ tsp	1 tsp	1 tsp
		salt to taste			
		oil as required			
		grated coconut for garnish;			
		fresh coriander for garnish;			

Method of preparation: Prepare tadka as explained in Insta3 in a microwave oven safe bowl with all the ingredients other than pohe, salt, sugar and lime. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta2, enter weight and press start. Remove, garnish with coriander and grated coconut. Serve hot.

TOMATO PUREE	INSTA 2	TOMATO PUREE	200 gms	400 gms	600 gms
		Ingredients:			
		tomatoes	200 gms	400 gms	600 gms

Method of preparation: Pierce the outer skin of the tomatoes in a few places and take them in a microwave oven safe bowl. Place the bowl in the microwave oven, select Insta2, enter weight and press start. Smash or grind the tomatoes for puree.

GARAM MASALA	INSTA 2	GARAM MASALA	200 gms	400 gms	600 gms
		Ingredients:			
		coriander seeds	2 tbsp	3 tbsp	4 tbsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		black peppercorns	½ tsp	¾ tsp	1 tsp
		black cumin seeds (shahjeera)	¾ tsp	1 tsp	1 ½ tsp
		dry ginger	¾ tsp	1 tsp	1 ½ tsp
		black cardamom	½ tsp	¾ tsp	¾ tsp
		cloves	½ tsp	½ tsp	¾ tsp
		cinnamon	½ tsp	¾ tsp	¾ tsp
		crushed bay leaves	few	few	few

Method of preparation: Prepare tadka as explained in Insta3 in a microwave oven safe glass bowl with all the ingredients other than cardamom, cloves and bay leaves. Remove; add the remaining ingredients and mix well and place it in the microwave oven. Select Insta2, enter weight and press start. Remove, set a side to cool. grind all the ingredients combine in to a fine powder.

SABUDANA KICHDI	INSTA 2	SABUDANA KICHDI	200 gms	400 gms	600 gms
		Ingredients:			
		sabudana (soaked)	100 gms	200 gms	300 gms
		ground nut powder	1½ tbsp	2 tbsp	2½ tbsp
		chopped green chilies	2	2	3
		boiled & peeled potato	½ cup	1 cup	1½ cup
		oil	½ tbsp	½ tbsp	1tbsp
		hing	a pinch	a pinch	a pinch
		cumin seeds	½ tsp	¾ tsp	1 tsp
		sugar	1 tsp	1½ tsp	2 tsp
		lime juice	½ tsp	¾ tsp	1 tsp
		salt to taste			

Method of preparation: Prepare tadka as explained in Insta3 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 Insta2, enter weight and press start. Remove and mix well and serve hot.

SWEET CORN	INSTA 2	SWEET CORN	200 gms	400 gms	600 gms
		Ingredients:			
		whole sweet corn			

Method of preparation: Remove the husk until three layers remain. Arrange the sweet corn of the turn table, Select Insta2, enter weight & press start. Remove the remaining husk and set to cool. Deseed and serve.

TAMARIND PULP	INSTA 2	TAMARIND PULP	200 gms	400 gms	600 gms
		Ingredients:			
		tamarind	200 gms	400 gms	600 gms
		water as required			

Method of preparation: Take a microwave oven safe bowl, add tamarind and water, keep aside for some time. Place the bowl on the turn table in the microwave oven, select insta2, enter weight & press start. Remove and smatch the tamarind smoothly to make pulp.

CASHEW ROAST	INSTA 2	CASHEW ROAST	200 gms	400 gms	600 gms
		Ingredients:			
		cashew nuts	200 gms	400 gms	600 gms

Method of preparation: Take a microwave oven safe glass bowl, add cashew. Place the bowl in the microwave oven, select Insta2, enter weight and press start. Remove and serve hot.

FENNEL ROAST	INSTA 2	FENNEL ROAST	200 gms	400 gms	600 gms
		Ingredients:			
		fennel (saunf)	200 gms	400 gms	600 gms

Method of preparation:

Take a microwave oven safe glass bowl, add fennel. Place the bowl in the microwave oven, select Insta2, enter weight and press start. Remove and serve.

MASHED POTATO SALAD	Insta 2	MASHED POTATO SALAD	200 gms	400 gms	600 gms
		Ingredients:			
		mashed potatoes	200 gms	400 gms	600 gms
		chopped celery			
		onion paste	½ cup	1 cup	1½ cup
		milk	½ cup	1 cup	1½ cup
		dry mustard	½ tsp	½ tsp	1 tsp
		green bell pepper rings	few	few	few
		pepper to taste			
		salad dressing as required			
		salt to taste			

Method of preparation: 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 2 with mashed potato and all the ingredients. Remove, warm and serve.

ROTI KA CHIVDA	Insta 2	ROTI KA CHIVDA	200 gms	400 gms	600 gms
		Ingredients:			
		left over roti (break into small pieces)	200 gms	400 gms	600 gms
		onions finely chopped	1	1	1½
		green chilies finely chopped	2	2	2
		cumin seeds	½ tsp	½ tsp	1 tsp
		mustard seeds	½ tsp	½ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	¼ tsp
		curry leaves	few	few	few
		roasted ground nuts	few	few	few
		lemon juice	½ tsp	½ tsp	1 tsp
		chopped coriander leaves			
		oil as required			
		salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe flat bowl as explained in Insta 3 with all the ingredients other than roti, lime juice and coriander leaves. After beep, remove and add all the ingredients other than coriander leaves and lime juice, mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, pour lime juice and garnish with coriander leaves.

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

Method of preparation: Take a microwave oven safe glass bowl, add all ingredients other than cardamom seeds and pistachios, mix well and select Insta 2, enter weight, press start After beep, remove and set to cool. When set well, make peda shape and garnish with cardamom seeds and pistachios on top and serve.

CURRY LEAVES ROAST	Insta 2	CURRY LEAVES ROAST	200 gms	400 gms	600 gms
		Ingredients;			
		curry leaves	200 gms	400 gms	600 gms

Method of preparation: Take a microwave oven safe glass bowl, add curry leaves and place the bowl in the microwave oven. Select Insta 2, enter weight and press start. stir once in-between

DHANIA ROAST	Insta 2	DHANIA ROAST	200 gms	400 gms	600 gms
		Ingredients;			
		Dania	1½ cup	2 cups	3 cup
Method of preparation: Take a microwave oven safe glass bowl, add Dania, place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Stir once in-between.					

JEERA ROAST	Insta 2	JEERA ROAST	200 gms	400 gms	600 gms
		Ingredients;			
		jeera	1½ cup	2 cup	3 cup
Method of preparation: Take a microwave oven safe glass bowl, add jeera, place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Stir once in-between.					

OMELETTE	INSTA 2	OMELETTE	200 gms	400 gms	600 gms
		Ingredients:			
		eggs - beaten	2	3	4
		onion - finely chopped	1	2	2
		green chilies - finely chopped	½ tsp	½ tsp	1 tsp
		red chili powder	½ tsp	½ tsp	1 tsp
		oil	2 tsp	2 tsp	3 tsp
		coriander leaves for garnish			
		salt To Taste			
Method of preparation: Prepare tadka in a microwave oven safe flat bowl as explained in Insta3 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 Insta2, enter weight and press start. Remove, garnish with coriander leaves and serve					

BESAN KA LADOO	INSTA 2	BESAN KA LADOO	200 g	400 g	600 g
		Ingredients:	2;00	3;50	5;30
		besan	1 cup	2 cup	2½ cup
		sugar powder	½ cup	1 cup	1½ cup
		elaichi powder	a pinch	¼ tsp	½ tsp
		ghee (if needed)	1 tbsp	1½ tbsp	2 tbsp
		roasted cashews chopped	¼ cup	¼ cup	½ cup
		raisins (optional)	1 tbsp	1½ tbsp	2 tbsp
Method of preparation:- Take a microwave oven safe glass bowl, Add ghee, besan, mix well and select Insta 3, enter weight and press start. (stir twice inbetween). After beep, remove and add sugar,cardamom, add the ghee if needed, mix well and select Insta 1, enter weight and press start. Afetr beep, remove and add cashew, raisins. Take small portions and roll to balls. Serve warm.					

KAJU KATLI	INSTA 2	KAJU KATLI	200 g	400 g	600 g
		Ingredients:	2;00	3;50	5;30
		roasted cashew nuts powder	1 cup	1½ cup	2 cup
		sugar	½ cup	¾ cup	1 cup
		rose water	½ tsp	1 tsp	1½ tsp
		cardamom powder	⅓ tsp	¼ tsp	½ tsp
		water as required			
Method of preparation:- Take a microwave oven safe bowl, Add sugar, cardamom powder and rose water, mix well and select Insta 3, enter weight, press start. When the sugar melts off completely add the cashew nuts powder in to it. mix well and select Insta 2, enter weight, press start. After beep, remove, mix well and blend the sugar syrup and powder. The mixture must be smooth. pour the mixture in to a lightly greased baking dish. set to cool and cut to desired shapes.					

B ADAM HALWA	INSTA 2	BADAM HALWA	200 g	400 g	600 g
		Ingredients:	2;00	3;50	5;30
		almonds (soaked & peeled)	1 cup	1½ cup	2 cup
		sugar	¾ cup	1 cup	1½ cup
		ghee	1 tbsp	1½ tbsp	2 tbsp
		cardamom powder	⅛ tsp	¼ tsp	½ tsp
		milk as required			
		few drops of rose water (optional)			
		pinch of saffron (optional)			

Method of preparation:-

Blend badam, sugar, cardamoms, saffron with milk to a smooth paste.

Take a microwave oven safe bowl. Add ghee, add the ground paste, rose water and select Insta 2, enter weight, press start. Serve hot.

HAKKA NOODLES	INSTA 2	HAKKA NOODLES	200 g	400 g	600 g
		Ingredients:	2;00	3;50	5;30
		boiled noodles	1 cup	1½ cup	2 cup
		spring onions	1 tbsp	1½ tbsp	2 tbsp
		carrot chopped	¼ cup	¼ cup	½ cup
		garlic chopped	¼ tsp	½ tsp	1 tsp
		capsicum chopped	1 tbsp	1½ tbsp	2 tbsp
		pepper powder	¼ tsp	½ tsp	1 tsp
		chili sauce	1 tsp	1½ tsp	1½ tsp
		soya sauce	1 tsp	1½ tsp	1½ tsp
		white vinegar	1 tsp	1½ tsp	1½ tsp
		beans chopped (optional)	¼ cup	¼ cup	½ cup
		finely shredded cabbage (optional)	¼ cup	¼ cup	½ cup
		mushrooms chopped (optional)	¼ cup	¼ cup	½ cup
		Salt to taste			
		oil as required			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than noodles. mix well and select Insta 3, enter weight, press start. After beep, remove and add noodles. mix well, select Insta 2, enter weight, press start. Serve hot.

TADKA / CHOWK /VAGHAR	INSTA 3	TADKA / CHOWK /VAGHAR	150 gms	300 gms	450 gms	600 gms	650 gms
		oil / ghee	15 ml	20 ml	25 ml	30 ml	250 gms
		green chilies	2	3	3	4	2 tbsp
		chopped onions	1	2	2	3	5
		jeera	½ tsp	1 tsp	1 tsp	1 tsp	1½ tsp
		garlic	¼ tsp	½ tsp	½ tsp	1 tsp	1½ tsp
		ginger	¼ tsp	½ tsp	½ tsp	1 tsp	5
		hing	¼ tsp	½ tsp	½ tsp	½ tsp	1 tsp
		mustard seeds	½ tsp	½ tsp	½ tsp	½ tsp	2½ tsp
		turmeric powder	¼ tsp	½ tsp	½ tsp	½ tsp	1½ tsp
		red chili powder	1 tsp	1½ tsp	2 tsp	2 tsp	1½ tsp
		curry leaves	few	few	few	few	
		cinnamon	2	3	3	3	
		cardamom	3	4	4	5	
		bay leaves	2	3	3	3	
		coriander	few	few	few	few	
		cloves	2	3	3	4	
		pepper corns	5	6	6	6	

Method of preparation:

Take a microwave oven safe bowl, add the ingredients according to the recipe, mix well select Insta3, enter weight and press start. Remove and use as per the directions of the recipe

PANEER BHURJI	INSTA 3	PANEER BHURJI	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		paneer grated	150 gms	300 gms	450 gms	600 gms
		oil	¼ tbsp	½ tbsp	1 tbsp	1tbsp
		cumin seeds	½ tsp	½ tsp	1 tsp	1 tsp
		green chilies	2	3	4	4
		onion chopped	2	2	3	3
		turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		garam masala powder	½ tsp	1 tsp	1½ tsp	2 tsp
		ginger-garlic paste	½ tsp	1 tsp	1½ tsp	1½ tsp
		tomatoes	1	2	3	3
		salt to taste				

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than grated paneer and salt. Remove, and add grated paneer, salt, mix well and select insta3, enter weight, press start. Serve hot.

LEAFY VEGETABLE	INSTA 3	LEAFY VEGETABLE	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		spinach leaves, washed & chopped	75 gms	150 gms	225 gms	300 gms
		mustard greens, washed & chopped	75 gms	150 gms	225 gms	300 gms
		cumin seeds	½ tsp	½ tsp	1 tsp	1 tsp
		green chili (minced)	½ tsp	½ tsp	1 tsp	1 tsp
		ginger paste	½ tsp	½ tsp	1 tsp	1 tsp
		garlic paste	½ tsp	½ tsp	1 tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		red chili powder	1 tsp	1 tsp	1½ tsp	2 tsp
		hing a pinch				
		oil as required				
		salt to taste				

Method of preparation: Prepare tadka as explained in Insta3 in a microwave oven safe glass bowl with all the ingredients other than spinach leaves and mustard greens. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta3, enter weight and press start. Remove, mix well and serve hot.

TEA	INSTA 3	TEA	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		milk	2 cup	3 cup	5 cup	5 cup
		tea powder	1 tsp	2 tsp	3 tsp	3 tsp
		sugar to taste				
		water as required				

Method of preparation: Take a microwave oven safe bowl, add water, milk, sugar, tea powder, mix well, select Insta cook3, enter weight and press start.

TOMATO CURRY	INSTA 3	TOMATO CURRY	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		tomatoes (chopped)	150 gms	300 gms	450 gms	600 gms
		finely chopped onion	2	2	3	3
		red chili powder	½ tsp	1 tsp	1½ tsp	2 tsp
		cumins	½ tsp	1 tsp	1 tsp	1½ tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		garam masala	½ tsp	1 tsp	1½ tsp	1½ tsp
		garlic crushed	2	3	4	5
		curry leaves	few	few	few	few
		oil as required				
		salt to taste				

Method of preparation: Prepare tadka as explained in Insta3 in a microwave oven safe bowl with all the ingredients other than tomato and garam masala. Remove, add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta3, enter weight and press start. Remove, and serve hot.

MURMURA CHIVDA	INSTA 3	MURMURA CHIVDA	150 gms	300 gms	450 gms	600 gms
		poha (thin flattened rice)	50 gms	100 gms	150 gms	200 gms
		murmura (puffed rice)	50 gms	100 gms	150 gms	200 gms
		peanuts	50 gms	100 gms	150 gms	200 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 chilies	2	3	4	5
		curry leaves	few	few	few	few
		mustard seeds	½ tsp	½ tsp	½ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp	½ 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 glass bowl as explained in Insta3 with all the ingredients other than the poha, murmura and sugar. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta3, enter weight and press start. Remove, and serve.

VEGETABLE CHAT	INSTA 3	VEGETABLE CHAT	150 gms	300 gms	450 gms	600 gms
		sev	25 gms	50 gms	75 gms	100 gms
		peanuts - roasted & crushed	25 gms	50 gms	75 gms	100 gms
		boiled potato - diced into small cubes	25 gms	50 gms	75 gms	100 gms
		chick peas (Kabuli channa) - Boiled (optional)	25 gms	50 gms	75 gms	100 gms
		corn kernel - Boiled	25 gms	50 gms	75 gms	100 gms
		tomato - chopped finely	25 gms	50 gms	75 gms	100 gms
		onion - chopped finely	1	1	1	1
		green chili - chopped finely	1	2	3	4
		fresh coriander leaves - chopped	½ tbsp	½ tbsp	1 tbsp	1 tbsp
		chaat masala powder (optional)	1 tsp	1 tsp	1 tsp	1½ tsp
		red chili powder	½ tsp	½ tsp	1 tsp	1½ tsp
		lemon juice	½ tsp	½ tsp	1 tsp	1½ tsp
		tamarind chutney	½ tbsp	½ tbsp	1tbsp	1½ tbsp
		salt to taste				

Method of preparation:

Take a Microwave oven safe bowl, combine all the ingredients, mix well, keep bowl on the turn table and select Insta3, enter weight, press start. Remove and serve.

PULISSERI	Insta 3	PULISSERI	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		grated coconut	2 cup	2½ cup	3 cup	3½ cup
		onion, finely chopped	1	1	2	2
		curds	3 cup	3½ cup	4 cup	4½ cup
		cumin seeds (jeera)	½ tsp	¾ tsp	1 tsp	1½ tsp
		coriander powder	½ tsp	¾ tsp	1 tsp	1½ tsp
		fenugreek seeds (methi)	½ tsp	¾ tsp	1 tsp	1½ tsp
		garlic paste	½ tsp	¾ tsp	1 tsp	1½ tsp
		turmeric powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		mustard seeds	½ tsp	¾ tsp	1 tsp	1½ tsp
		curry leaves	few	few	Few	few
		green chili, broken	1	2	3	3

Method of Preparation:

Prepare tadka in a microwave oven safe bowl in Insta 3 with oil, mustard seeds, green chilies, curry leaves. After beep, Remove and add the curry and mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. Remove, and serve hot.

PUMPKIN SOUP	Insta 3	PUMPKIN SOUP	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		pumpkin	150 gms	300 gms	450 gms	600 gms
		chopped onion	1 cup	1 cup	2 cup	2 cup
		green chilies	2	2	3	3
		garlic, finely chopped	2	3	4	4
		curry powder	½ tsp	1 tsp	1½ tsp	2 tsp
		chili powder	1 tsp	1½ tsp	2 tsp	2 tsp
		black pepper	few	few	few	few
		sugar	1 tsp	1½tsp	2 tsp	2½ tsp
		curry leaves	few	few	few	few
		chicken broth	½ cup	1 cup	1½ cup	2 cup
		evaporated milk	½ cup	1 cup	1½ cup	2 cup
		coconut milk	½ cup	1 cup	1½ cup	2 cup
		butter as required				
		salt to taste				

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than pumpkin, chicken broth, evaporated milk and coconut milk. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start.

MUMPHALI ROAST	Insta 3	MUMPHALI ROAST	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		mumpalli (raw peanuts)	150 gms	300 gms	450 gms	600 gms

Method of preparation:

Take a microwave oven safe glass bowl, add mumpally. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. For better result stir once in-between.

PAKODA CURRY	Insta 3	PAKODA CURRY	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		pakodas	150 gms	300 gms	450 gms	600 gms
		tomato puree	1 cup	1½ cup	1½ cup	2 cup
		green chili	2	2	3	3
		ginger paste	½ tsp	½ tsp	1 tsp	1 tsp
		curry leaves	few	few	Few	few
		mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp
		cumin seeds	½ tsp	½ tsp	1 tsp	1 tsp
		hing	a pinch	a pinch	a pinch	a pinch
		coriander powder	½ tsp	½ tsp	1 tsp	1 tsp
		red chili powder	½ tsp	½ tsp	1 tsp	1 tsp
		sugar	1 tsp	1½ tsp	2 tsp	2 tsp
		turmeric	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 3 with all the ingredients other than pakodas, tomato puree and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaf and mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. Remove, garnish with grated coriander and serve.

SESAME SEEDS ROAST	Insta 3	SESAME SEEDS ROAST	150 gms	300 gms	450 gms	600 gms
		Ingredients				
		Sesame seeds	150 gms	300 gms	450 gms	600 gms

Method of preparation:

Take a microwave oven safe glass bowl, add sesame seeds and mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. For better result stir twice in-between.

PEANUTS CHUTNEY	Insta 3	PEANUTS CHUTNEY	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		peanuts	150 gms	300 gms	450 gms	600 gms
		red chilies	2	2	3	3
		onion	1 cup	1½ cup	1½ cup	2 cup
		Garlic paste	½ tsp	½ tsp	1 tsp	1 tsp
		tamarind pulp	½ cup	1 cup	1½ cup	1½ cup
		cumin	½ tsp	½ tsp	1 tsp	1 tsp
		curry leave	few	few	Few	few
		mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp
		urad dal	1 tsp	1½ tsp	2 tsp	2 tsp
		salt to taste				

Method of preparation

Take a microwave oven safe glass bowl, add peanuts and place the bowl in the microwave oven select Insta 3, enter weight and press start. After beep, remove the peanuts and rub the skins off and make a fine paste of the peanuts. Prepare tadka as explained in Insta 3 with peanuts paste and all the ingredients. Remove the chutney and serve.

KHUS KHUS ROAST	Insta 3	KHUS KHUS ROAST	150 gms	300 gms	450 gms	600 gms
		Ingredients;				
		khus khus	2 cups	3 cups	4 cups	4 cups

Method of preparation:

Take a microwave oven safe glass bowl, add khus khus and place the bowl in the microwave oven. Select Insta 3, enter weight and press start. Stir once in-between.

BOMBIL FRY	Insta 3	BOMBIL FRY	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		Bombay duck fish	150 gms	300 gms	450 gms	600 gms
		ginger, garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp
		red chili powder	½ tsp	1 tsp	1½ tsp	2 tsp
		garam masala powder	¼ tbsp	½ tbsp	¾ tbsp	1 tbsp
		rice flour	½ tbsp	¾ tbsp	1 tbsp	1½ tbsp
		salt to taste				
		oil as required				
		coriander leaves for garnish				

Method of preparation:

Marinate bombil with all ingredients other than oil and coriander leaves for 20 minutes. Take a microwave oven safe bowl, add oil and marinated bombil, mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. Remove, garnish with coriander leaves, serve hot.

PRAWNS CURRY	INSTA 3	PRAWNS CURRY	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		prawn - shelled	150 gms	300 gms	450 gms	600 gms
		onions cut into small pieces	1	2	3	3
		garlic paste	¼ tsp	¼ tsp	½ tsp	1 tsp
		ginger paste	¼ tsp	¼ tsp	½ tsp	1 tsp
		chili powder	½ tsp	½ tsp	1 tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		mustard seeds	¼ tsp	¼ tsp	½ tsp	½ tsp
		oil	½ tbsp	½ tbsp	1 tbsp	1½ tsp
		salt to taste				

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than the prawns. Remove, add the prawns and mix well. Place the bowl in the microwave oven, select Insta3, enter weight and press start. Remove, and serve.

FISH CURRY	INSTA 3	FISH CURRY	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		fish - washed & sliced	150 gms	300 gms	450 gms	600 gms
		coriander leaves - chopped	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
		tomatoes - finely chopped	1	2	2	3
		garlic cloves	4	5	6	7
		green chilies - chopped	2	2	3	4
		methi seeds	1 tsp	1 tsp	1½ tsp	2 tsp
		coriander powder	1 tsp	1 tsp	1½ tsp	1½ tsp
		turmeric powder	¼ tsp	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, methi seeds, garlic and green chilies into a paste. Prepare tadka as explained in Insta3 with all the ingredients other than the fish and above paste. Remove; add fish & coriander, methi seeds, green chili, garlic paste to the tadka and mix smoothly. Place the bowl in the microwave oven, select Insta3, enter weight and press start. Remove and serve hot.

FRITTATA (ITALIAN)	Insta 3	FRITTATA (ITALIAN)	150 gms	300 gms	450 gms	600 gms
		Ingredients:				
		eggs	2	3	4	5
		bell pepper	½ cup	1 cup	1½ cup	1½ cup
		yellow bell pepper	½ cup	1 cup	1½ cup	1½ cup
		zucchini	½ cup	1 cup	1½ cup	1½ cup
		fresh basil	few	few	few	few
		crushed pepper	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 3 with all the ingredients other than eggs and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 3, enter weight and press start. Remove, garnish with coriander leaves and serve.

VEGETABLE MIX	Insta 3	VEGETABLE MIX	150 g	300 g	450 g	600 g
		Ingredients:	2;30	4;00	5;40	7;30
		mix chopped veggies- cauliflower,carrots, potatoes, french beans,capsicum, peas.	1 cup	2 cup	2½ cup	3 cup
		onion chopped finely	¾ cup	1 cup	1½ cup	2 cup
		green chili chopped	¼ tsp	½ tsp	1 tsp	1½ tsp
		ginger-garlic paste	¼ tsp	½ tsp	1 tsp	1½ tsp
		coriander powder	¼ tsp	½ tsp	1 tsp	1½ tsp
		turmeric powder	⅛ tsp	¼ tsp	½ tsp	½ tsp
		chili powder	½ tsp	1 tsp	1½ tsp	1½ tsp
		garam masala powder	¼ tsp	½ tsp	1 tsp	1 tsp
		cumin seeds	¼ tsp	½ tsp	1 tsp	1 tsp
		oil as required				
		water as required				
		salt as per taste				
		coriander leaves for garnish				

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredints other than water, coroander leaves, mix well and select Insta 3, enter weight and press start. After beep, remove and add water, mix well and select Insta 3, enter weight and press start. garnish with conander leaves. Serve hot.

ASPARAGUS SOUP	Insta 3	ASPARAGUS SOUP	150 g	300 g	450 g	600 g
		Ingredients:	2;30	4;00	5;40	7;30
		Asparagus (chopped)	½ cup	¾ cup	1 cup	1½ cup
		carrots chopped	½ cup	¾ cup	1 cup	1½ cup
		celery chopped	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
		garlic paste	¼ tsp	½ tsp	1 tsp	1 tsp
		corn starch	1 cup	2 cup	2½ cup	3 cup
		sugar	½ tsp	1 tsp	1½ tsp	1½ tsp
		bay leaves	2	2	3	4
		oil as required				
		water as required				

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than water, corn starch, sugar, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select Insta 3, enter weight and press start. Blend and strain the soup. Serve hot.

HOT AND SOUR SOUP	INSTA 3	HOT AND SOUR SOUP	150 g	300 g	450 g	600 g
		Ingredients:	2;30	4;00	5;40	7;30
		shredded cabbage	¼ cup	½ cup	¾ cup	1 cup
		grated carrot	¼ cup	½ cup	¾ cup	1 cup
		chopped cauliflower	¼ cup	½ cup	¾ cup	1 cup
		spring onions with the greens	¼ cup	½ cup	¾ cup	1 cup
		chopped garlic	¼ tsp	½ tsp	1 tsp	1 tsp
		chopped coriander	½ tbsp	1 tbsp	1 tbsp	1½ tbsp
		vegetable stock	1 cup	2 cup	2½ cup	3 cup
		vinegar	½ tbsp	1 tbsp	1 tbsp	1½ tbsp
		soy sauce	½ tbsp	1 tbsp	1 tbsp	1½ tbsp
		chili sauce	½ tbsp	1 tbsp	1 tbsp	1½ tbsp
		ground black pepper	¼ tsp	½ tsp	1 tsp	1 tsp
		cornflour dissolved in water	¼ cup	½ cup	¾ cup	1 cup
		water as required				
		oil as required				
		salt to taste				
		For Serving				
		chilies in vinegar	few	few	few	few
		soya sauce	1 tsp	1½ tsp	1½ tsp	2 tsp
		chili sauce	1 tsp	1½ tsp	1½ tsp	2 tsp

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than vegetable stock, vinegar, water, soya sauce, chili sauce, corn flour, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select Insta 3, enter weight and press start. Serve hot with the serving ingredients.

EGG CURRY	INSTA 3	EGG CURRY	150 g	300 g	450 g	600 g
		Ingredients:	2;30	4;00	5;40	7;30
		boiled eggs	2	3	4	5
		chopped onions	¾ cup	1 cup	1½ cup	2 cup
		tomato puree	½ cup	¾ cup	1 cup	1 cup
		ginger garlic paste	½ tsp	1 tsp	1 tsp	1½ tsp
		cumin	½ tsp	1 tsp	1 tsp	1½ tsp
		chili powder	½ tsp	1 tsp	1 tsp	1½ tsp
		curry leaves	few	few	few	few
		mint leaves	few	few	few	few
		garam masala				
		½ tsp	1 tsp	1 tsp	1½ tsp	
		oil as required				
		Salt to taste				
		coriander leaves for garnish				

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than eggs, tomato puree, coriander leaves, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients other than coriander leaves, mix smoothly and select Insta 3, enter weight and press start. garnish with coriander leaves. Serve hot.

KALAKAND	INSTA 3	KALAKAND	150 g	300 g	450 g	600 g
		Ingredients:	2;30	4;00	5;40	7;30
		condensed milk	½ cup	¾ cup	1 cup	1½ cup
		crumbled paneer	¾ cup	1 cup	1½ cup	2 cup
		milk	¼ cup	½ cup	¾ cup	1 cup
		cardamom powder	⅛ tsp	¼ tsp	½ tsp	½ tsp
		nuts for garnish	few	few	few	few

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than cardamom powder, nuts, mix well and select Insta 3, enter weight and press start. After beep, remove and add cardamom powder, mix smoothly and select Insta 3, enter weight and press start. garnish with nuts, cut to desired shapes. Serve warm.

PAPDI CHAAT	Insta 3	PAPDI CHAAT	150 g	300 g	450 g	600 g
		Ingredients:	2;30	4;00	5;40	7;30
		Flat crisp papdis	½ cup	¾ cup	1 cup	1½ cup
		tomato finely chopped	¼ cup	½ cup	¾ cup	1 cup
		carrot grated	¼ cup	½ cup	¾ cup	1 cup
		onion finely chopped	½ cup	¾ cup	1 cup	1½ cup
		chat masala powder	¼ tsp	½ tsp	¾ tsp	1 tsp
		green chili (optional)	¼ tsp	½ tsp	¾ tsp	1 tsp
		coriander leaves	few	few	few	few
		Pepper powder	¼ tsp	½ tsp	¾ tsp	1 tsp
		lemon juice	¼ tsp	½ tsp	¾ tsp	1 tsp
		salt to taste				

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients, mix well and select Insta 3, enter weight and press start. Serve hot.

BREAD BROWING	INSTA 4	BREAD BROWING	50 gms	100 gms	150 gms
		Ingredients:			
		Bread slices	50 gms	100 gms	150 gms
Method of preparation: Arrange the bread slices on the grill rack and place the grill rack on the turn table in the microwave oven, select Insta4, enter weight, press start.					

PIZZA BASE BROWING	INSTA 4	PIZZA BASE BROWING	50 gms	100 gms	150 gms
		Ingredients:			
		Pizza base	50 gms	100 gms	150 gms
Method of preparation: Arrange the pizza base on the grill rack and place the grill rack on the turn table in the microwave oven, select Insta4, enter weight, press start.					

BADAM ROAST	INSTA 4	BADAM ROAST	50 gms	100 gms	150 gms
		Ingredients:			
		Badam	50 gms	100 gms	150 gms
Method of preparation: Take Badam in a crispy plate or any steel plate, Arrange the plate on the grill rack and place the grill rack on the turn table in the microwave oven, select Insta4, enter weight, press start. Remove, and serve hot.					

SAMOSA REHEAT	INSTA 4	SAMOSA REHEAT	50 gms	100 gms	150 gms
		Ingredients:			
		Samosa	50 gms	100 gms	150 gms
Method of preparation: Arrange the samosa on the grill rack and place the grill rack on the turn table in the microwave oven, select Insta4, enter weight, press start.					

PARATHA REHEAT	INSTA 4	PARATHA REHEAT	50 gms	100 gms	150 gms
		Ingredients:			
		Paratha	50 gms	100 gms	150 gms
Method of preparation: Take paratha in a crispy plate or any steel plate, Arrange the plate on the grill rack and place the grill rack on the turn table in the microwave oven, select Insta4, enter weight, press start. Remove, and serve hot.					

CHEESE TOAST	INSTA 4	CHEESE TOAST	50 g	100 g	150 g
		Ingredients:	3;10	3;30	3;45
		cheese grated	½ cup	¾ cup	1 cup
		bread slices	2	3	4
		butter	1 tsp	1½ tsp	1½ tsp
		black pepper powder	¼ tsp	¼ tsp	½ tsp
Method of preparation:- Apply butter to the bread slices, sprinkle the pepper over it and pour grated cheese. Arrange all the bread slices on the grill mesh rack. place the rack in the oven. select Insta 4, enter weight, press start.					

TOFU BUTTER CAKE	INSTA 5	TOFU BUTTER CAKE	200 gms	300 gms	400 gms
		Ingredients:			
		Tofu grinded	200 gms	300 gms	400 gms
		condensed milk	½ cup	½ cup	1 cup
		full fat cream	½ cup	½ cup	1 cup
		almond powder	2 tsp	3 tsp	4 tsp
		cooking chocolate	2 tsp	3 tsp	4 tsp
		milk	½ cup	½ cup	1 cup
		butter	2 tsp	3 tsp	4 tsp

Method of preparation:

Take a mixing bowl, add butter, condensed milk, tofu, almond powder and cream, chocolate, milk, stir it well in bowl for 5 minutes. Transfer it to lightly greased microwave oven safe glass bowl place on the turn table and select Insta5, enter weight, press start. Remove and serve.

DUM ALOO	INSTA 5	DUM ALOO	200 gms	300 gms	400 gms
		Ingredients:			
		aloo (potatoes)	200 gms	300 gms	400 gms
		ghee	1 tbsp	1½ tbsp	2 tbsp
		tomato puree	1 cup	1½ cup	2 cup
		curd	½ cup	½ cup	1 cup
		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 chilies	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 3 with all the ingredients other than potato, tomato puree, curd and all paste items. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 5, enter weight and press start. Remove and serve.

VEGETABLE CUTLET	Insta 5	VEGETABLE CUTLET	200 gms	300 gms	400 gms
		Ingredients:			
		Potatoes boiled	1 cup	1½ cup	2 cup
		Green Peas boiled	¼ cup	½ cup	½ cup
		Beans boiled	¼ cup	½ cup	½ cup
		Beetroot boiled	¼ cup	½ cup	½ cup
		Corn flour	¼ cup	½ cup	½ cup
		Dry Mango Powder	1 tsp	1½ tsp	2 tsp
		Red chili powder	1 tsp	1½ tsp	2 tsp
		Oil as required			
		Salt to taste			
		Coriander leaves for garnish			

Method of preparation:

Blend all boiled ingredients together. Mash them lightly. Add all remaining ingredient mix well shape as medium sized cutlets. Arrange cutlets in a lightly greased crusty plate, place the crusty plate on the mesh rack in the microwave oven, select Insta 5, enter weight and press start. Turn once in-between.

ALOO TIKKI	Insta 5	ALOO TIKKI	200 gms	300 gms	400 gms
		Ingredients:			
		boiled aloo	200 gms	300 gms	400 gms
		green peas cooked	1 cup	1½ cup	2 cup
		black pepper powder	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		garam masala	1 tsp	1½ tsp	2 tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		cumins powder	1 tsp	1½ tsp	2 tsp
		oil as required			
		salt or to taste			

Method of preparation:

Mash potatoes and green peas together. Add all remaining ingredient mix well and shape as a medium sized tikki. Arrange tikki in a lightly greased crusty plate, place the crusty plate on the mesh rack in the microwave oven, select Insta 5, enter weight and press start. Turn once in-between.

PODO PITTA	Insta5	PODO PITTA	200 gms	300 gms	400 gms
		Ingredients:			
		Rice soaked	1 cup	1½ cup	2 cup
		Urad Dal soaked	1 cup	1½ cup	2 cup
		Grated coconut	1 cup	1½ cup	2 cup
		Sugar	1 cup	1½ cup	2 cup
		Ginger paste	1 tsp	1½ tsp	2 tsp
		Black pepper powder	1 tsp	1½ tsp	2 tsp
		Ghee as required			
		Salt to taste			

Method of preparation:

Wash the dal and rice cleanly and grind it. The paste should be fine and thick. Add salt and mix well. Keep aside for 2 hours. Add all remaining ingredients to the rice and dal paste. Mix well and pour in a lightly greased baking dish and place the baking dish in the microwave oven, select Insta 5, enter weight and press start.

BAKED MUSHROOM	Insta 5	BAKED MUSHROOM	200 gms	300 gms	400 gms
		Ingredients:			
		Mushrooms	1½ cup	2 cup	2½ cup
		Pepper Powder	1 tsp	1½ tsp	2 tsp
		Bread crumbs	1 cup	1½ cup	2 cup
		Cheese grated	1 tbsp	1½ tbsp	2 tbsp
		Coriander leaves	1 tbsp	1½ tbsp	2 tbsp
		Lemon Juice	1 tsp	1½ tsp	2 tsp
		Garlic paste	½ tsp	½ tsp	¾ tsp
		Olive Oil			
		Salt to taste			

Method of preparation:

Mix all ingredients to the mushrooms and marinate for 20 minutes. Arrange the marinated mushrooms in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven, select Insta 5, enter weight and press start. Turn once in-between.

CHEESE CORN BALLS	Insta 5	CHEESE CORN BALLS	200 gms	300 gms	400 gms
		Ingredients:			
		boiled sweet corn kernels,	1½ cup	2 cup	2½ cup
		cheese grated	½ cup	½ cup	1 cup
		potatoes, boiled and mashed	½ cup	½ cup	1 cup
		capsicum,	½ cup	½ cup	1 cup
		breadcrumbs	1 cup	1½ cup	2 cup
		maida	1 tbsp	1 tbsp	1½ tbsp
		corn flour,	1 tbsp	1 tbsp	1½ tbsp
		oregano,	few	few	few
		oil as required			
		salt to taste,			

Method of preparation:

Blend all ingredients together. Make corn balls. Arrange corn balls in a crusty plate and place the crusty plate on the mesh rack in the microwave oven, select Insta 5, enter weight and press start. Turn once in-between.

CARAMEL PUDDING	INSTA 5	CARAMEL PUDDING	200gms	300gms	400gms
		Ingredients;			
		Milk	3 cup	4 cup	5 cup
		Sugar	1 cup	2 cup	3 cup
		Eggs	3	4	5
		Vanilla extract	½ tsp	¾ tsp	1 tsp
		water as required			

Method of preparation:

Prepare tadka in a microwave oven safe glass wide bowl as explained in Insta 3 with all the ingredients other than milk and eggs. After beep, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, set to cool and refrigerate. Serve chilled.

APPLE PIE	INSTA 5	APPLE PIE	200gms	300gms	400gms
		Ingredients;			
		Apples cut into slices	3 cup	4 cup	5 cup
		Corn starch	2 tbsp	3 tbsp	4 tbsp
		Honey	2 tbsp	3 tbsp	4 tbsp
		Raisins (optional)	2 tbsp	3 tbsp	4 tbsp
		Nutmeg to taste			
		Cinnamon to taste			
		Butter as required			

Method of preparation:

Marinate the apples with the all ingredients for ½ hour. Arrange the marinate apples in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven, select Insta 5, enter weight and press start. Turn once in-between.

FISH ROAST	INSTA 5	Ingredients:	200 gms	300 gms	400 gms
		Pomfret - washed and cleaned	200 gms	300 gms	400 gms
		garlic	½ tsp	½ tsp	1 tsp
		lemon juice	½ tsp	½ tsp	1 tsp
		chili powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		pepper powder	1 tsp	1½ tsp	2 tsp
		garam masala	1 tsp	1½ tsp	2 tsp
		rice flour	½ tbsp	½ tbsp	1 tbsp
		oil	2 tsp	2 tsp	3 tsp
		salt to taste			

Method of preparation:

Mix all the ingredients to make a paste. Toss the fish into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in a flat base glass bowl. Place the bowl in the microwave oven, select Insta5, enter weight and press start. Remove and serve.

FISH CUTLET	Insta 5	FISH CUTLET	200 gms	300 gms	400 gms
		Ingredients:			
		Fish boiled & bones removed	200 gms	300 gms	400 gms
		Egg	1	2	2
		Bread slices soaked in water	2	3	4
		Garlic paste	½ tsp	½ tsp	¾ tsp
		Ginger paste	½ tsp	½ tsp	¾ tsp
		Bread Crumbs	1 tbsp	1½ tbsp	2 tbsp
		Green Chilies	2	3	3
		Corn Flour	1 tbsp	1½ tbsp	2 tbsp
		Garam Masala	1 tbsp	1½ tbsp	2 tbsp
		Turmeric Powder	¼ tbsp	½ tsp	½ tsp
		Coriander Leaves	1 tbsp	1½ tbsp	2 tbsp
		Salt to taste			
		Oil as required			

Method of preparation:

Mash the fish and bread slices gently with the hands and adds all ingredients together other than eggs, bread crumbs and mash them lightly. Add all remaining ingredient mix well shape as medium sized cutlets. Arrange cutlets in a lightly greased crusty plate, place the crusty plate on the mesh rack in the microwave oven, select Insta 5, enter weight and press start. Turn once in-between.

LOBSTER	INSTA 5	LOBSTER	200 gms	300 gms	400 gms
		Ingredients:			
		lobster (cut into lengthwise)	200 gms	300 gms	400 gms
		pepper powder	1 tsp	1½ tsp	2 tsp
		soya sauce	½ tbsp	½ tbsp	1 tbsp
		salt to taste			
		oil as required			

Method of preparation:

Take a microwave oven safe glass bowl, apply all ingredients to lobster and set aside for 1hours to marinate. Place the bowl on the turn table in the microwave oven, select Insta5, enter weight, and press start. Remove and serve hot.

CRABS	INSTA 5	CRABS	200 gms	300 gms	400 gms
		Ingredients:			
		king crab,	200 gms	300 gms	400 gms
		onion paste	¼ cup	½ cup	1 cup
		garlic paste	½ tsp	½ tsp	1 tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		ginger paste	½ tsp	½ tsp	1 tsp
		cornstarch	¼ cup	½ cup	1 cup
		tomato sauce	1 tsp	1½ tsp	2 tsp
		soy sauce	1 tsp	1½ tsp	2 tsp
		fish sauce	1 tsp	1½ tsp	2 tsp
		oil as required			

Method of preparation:

Take a microwave oven safe glass bowl, apply all ingredients to crabs and set aside for 1hours to marinate. Place the bowl on the turn table in the microwave oven, select Insta5, enter weight, and press start. Remove and serve hot.

PRAWNS	INSTA 5	PRAWNS	200 gms	300 gms	400 gms
		Ingredients:			
		prawns	200 gms	300 gms	400 gms
		onion paste	½ cup	1 cup	1 cup
		ginger, garlic paste	1 tsp	1½ tsp	2 tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		pepper powder	1 tsp	1½ tsp	2 tsp
		salt to taste			
		oil as required			

Method of preparation:

Take a microwave oven safe glass bowl, apply all ingredients to prawns and set aside for 30 minutes to marinate. Place the bowl on the turn table in the microwave oven, select Insta5, enter weight, and press start. Remove and serve hot.

CHICKEN 65	INSTA 5	CHICKEN 65	200 gms	300 gms	400 gms
		Ingredients:			
		chicken breast - boneless	200 gms	300 gms	400 gms
		red chili Powder	1 tsp	1 tsp	1½ tsp
		pepper powder	1 tsp	1 tsp	1½ tsp
		egg whites	2	2	3
		corn flour	½ tbsp	½ tbsp	1 tbsp
		wheat flour	½ tbsp	½ tbsp	1 tbsp
		butter milk	½ cup	½ cup	1 cup
		ginger paste	1 tsp	1 tsp	1½ tsp
		garlic paste	½ tsp	½ tsp	1 tsp
		orange food color	½ tsp	½ tsp	1 tsp
		oil	½ tbsp	½ tbsp	1 tbsp
		lemon juice	1 tsp	1 tsp	1½ tsp
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than egg whites, corn flour, wheat flour and butter milk and lemon juice. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove and serve.

CHICKEN SAUSAGES	INSTA 5	CHICKEN SAUSAGES	200 gms	300 gms	400 gms
		Ingredients:			
		chicken sausage sliced	200 gms	300 gms	400 gms
		garlic paste	½ tsp	½ tsp	1 tsp
		onion - chopped	1	2	3
		pepper powder	½ tsp	½ tsp	1 tsp
		carrots - chopped	1	2	3
		garam masala	½ tsp	½ tsp	1 tsp
		soya sauce	1 tsp	1½ tsp	2 tsp
		oil	½ tbsp	½ tbsp	1 tbsp

Method of preparation: Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than chicken sausage and soya sauce. 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.

CHICKEN ROAST	INSTA 5	Ingredients:	200 gms	300 gms	400 gms
		chicken	200 gms	300 gms	400 gms
		ground black pepper	1 tsp	1½ tsp	2 tsp
		lemon juice	1 tsp	1½ tsp	2 tsp
		garlic	1 tsp	1½ tsp	2 tsp
		thyme	1 tsp	1½ tsp	2 tsp
		oil as required			
		salt to taste			

Method of preparation: In a mixing bowl add oil, chicken, salt, pepper, garlic, lemon, thyme and mix well and set aside for marinate. Take a microwave oven safe glass bowl, add marinate chicken, select Insta 5, enter weight, and press start. Remove and serve hot.

CHICKEN LOLLIPOPS	Insta 5	CHICKEN LOLLIPOPS	200 gms	300 gms	400 gms
		Ingredients:			
		chicken wings	200 gms	300 gms	400 gms
		maida	1 tbsp	1½ tbsp	2 tbsp
		eggs	1	2	2
		soya sauce	1 tbsp	1½ tbsp	2 tbsp
		green chili paste	1 tsp	1½ tsp	2 tsp
		ginger, garlic paste	½ tsp	½ tsp	¾ tsp
		garam masala	1 tsp	1½ tsp	2 tsp
		pepper powder	1 tsp	1½ tsp	2 tsp
		chili sauce	1 tbsp	1½ tbsp	2 tbsp
		red color			
		oil as required			
		salt to taste			

Method of preparation: Marinate the chicken with the all ingredients for 1 hour. Arrange the marinate chicken in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven, select Insta 5, enter weight and press start. Turn once in-between.

RESHMI KABAB	Insta 5	RESHMI KABAB	200 gms	300 gms	400 gms
		Ingredients:			
		boneless chicken	200 gms	300 gms	400 gms
		garlic paste	1 tsp	1½ tsp	2 tsp
		ginger paste	1 tsp	1½ tsp	2 tsp
		coriander leaves paste	1 tbsp	1½ tbsp	2 tbsp
		onions paste	1 tbsp	1½ tbsp	2 tbsp
		yoghurt	1 cup	1½ cup	2 cup
		almonds grated	1 tbsp	1½ tbsp	2 tbsp
		Juice of lemon	½	1	1
		salt to taste			
		oil as required			

Method of preparation: Marinate the chicken with the all ingredients for 2 hour. Arrange the marinate chicken in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven, select Insta 5, enter weight and press start. Turn once in-between.

ACHARI MUTTON	Insta 5	ACHARI MUTTON	200 gms	300 gms	400 gms
		Ingredients:			
		mutton	1½ cup	2 cup	3 cup
		tomatoes	1	1	2
		onions	1	1	2
		fenugreek seeds	½ tsp	¾ tsp	1 tsp
		fennel seeds	½ tsp	¾ tsp	1 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		turmeric powder	¼ tsp	½ tsp	½ tsp
		dried red chili	2	2	3
		red chili powder	1 tsp	1½ tsp	2 tsp
		cloves	2	3	4
		ginger, garlic paste	1 tsp	1½ tsp	2 tsp
		mustard seeds	½ tsp	¾ tsp	1 tsp
		coriander leaves for garnish			
		oil as required			
		salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than mutton, tomato and coriander leaves. Remove. Add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.

FLAN (SPANISH)	Insta5	FLAN (SPANISH)	200 gms	300 gms	400 gms
		Ingredients:			
		sugar	1 cup	1½ cup	2 cup
		eggs	3	4	5
		sweetened condensed milk	¼ ltr	¼ ltr	½ ltr
		evaporated milk (thick)	¼ ltr	¼ ltr	½ ltr
		vanilla extract	¼ tsp	½ tsp	½ tsp
		water as required			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than eggs, condensed milk, evaporated milk & vanilla extract. Remove, add all remaining ingredients in to melted sugar and blend all ingredients until smooth. Pour the egg mixture in a lightly greased glass wide bowl, select Insta5, enter weight and press start. Remove and let cool completely to serve.

BAKED FISH (SPANISH)	Insta5	BAKED FISH (SPANISH)	200 gms	300 gms	400 gms
		Ingredients:			
		Fish	200 gms	300 gms	400 gms
		butter	½ tbsp	1 tbsp	1½ tbsp
		sour cream	1½ tbsp	2 tbsp	2 tbsp
		bread crumbs	1½ tbsp	2 tbsp	2 tbsp
		grated cheese	1½ tbsp	1 tbsp	2 tbsp
		Parsley (for garnish)			
		Salt to taste			

Method of preparation:

Marinate fish with butter and sour cream for 30 minutes. Toss the marinated fish in the bread crumbs and place the fish microwave oven safe wide glass bowl and sprinkle the grated cheese over it. Place the bowl on the turn table in the oven and select insta5, enter weight, press start. Garnish with parsley.

TOFU (THAI)	Insta5	TOFU (THAI)	200 gms	300 gms	400 gms
		Ingredients:			
		Tofu (cut in to cubes)	200 gms	300 gms	400 gms
		chopped onion	½ cup	½ cup	1 cup
		soya sauce	2 tsp	2 tsp	3 tsp
		grated ginger	½ tsp	1 tsp	1tsp
		peanut butter	¼ cup	¼ cup	½ cup
		grated coconut	½ tbsp	1 tbsp	1½ tbsp
		Sesame seeds	¼ cup	¼ cup	½ cup
		sesame oil	1½ tsp	2 tsp	3 tsp
		olive oil as required	1½ tsp	2 tsp	3 tsp

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than Tofu and soya sauce, Remove, add all remaining ingredients, stir carefully not to break the tofu, until well incorporated, and select Insta5, enter weight, press start. Serve hot.

MOO GOO GAI PAN (CHINESE)	Insta5	MOO GOO GAI PAN (CHINESE)	200 gms	300 gms	400 gms
		Ingredients:			
		chicken breast (skinned and sliced)	200 gms	300 gms	400 gms
		sliced mushrooms	1cup	1½ cup	2 cup
		chopped cabbage	1cup	1½ cup	2 cup
		onions (chopped)	1cup	1½ cup	2 cup
		pepper	1 tsp	1 tsp	2 tsp
		garlic paste	½ tsp	½ tsp	1 tsp
		corn starch	1½ tbsp	2 tbsp	2½ cup
		sugar	½ tbsp	1 tbsp	1½ tbsp
		soya sauce	½ tbsp	½ tbsp	1tbsp
		oil as required			
		water as required			
		salt to taste			

Method of preparation: In a bowl toss chicken with salt and pepper, garlic and cornstarch mixture. Set a side for 30 minutes for marinate. Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with oil, onions, mushrooms, cabbage & sugar. Remove, Add marinated chicken, soya sauce, mix well and select Insta5, enter weight, press start.

SZECHUAN CHICK-EN (CHINESE)	Insta5	SZECHUAN CHICKEN (CHINESE)	200 gms	300 gms	400 gms
		Ingredients:			
		boneless chicken breast (cut into thin strips)	200 gms	300 gms	400 gms
		egg whites	2	3	4
		cornstarch	1½ tbsp	2 tbsp	2½ cup
		oil as required			
		Sauce:			
		chili sauce	1 tsp	1½ tsp	2 tsp
		tomato ketchup	½ tbsp	1 tbsp	1½ tbsp
		soy sauce	½ tbsp	½ tbsp	1 tbsp
		dry sherry or cooking wine	½ tbsp	1 tbsp	1½ tbsp
		brown sugar	½ tbsp	1 tbsp	1½ tbsp
		pepper powder	½ tsp	½ tsp	1 tsp
		crushed dried red chilies	2	3	4
		ginger	½ tsp	½ tsp	1 tsp
		Other:			
		carrots cut into strips	½ cup	1 cup	1½ cup
		red bell pepper, sliced	¼ cup	½ cup	½ cup
		green bell pepper, sliced	¼ cup	½ cup	½ cup
		green onions, chopped	¼ cup	½ cup	½ cup
		oil as required			

Method of preparation: Take a microwave oven safe bowl, add oil, chicken strips, egg whites, cornstarch mix well and set a side for 1 hour for marinate. Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all ingredients other than sauce ingredients. Remove, add all remaining ingredients, mix well and select Insta5, enter weight, press start. Serve with rice.

CHICKEN BALLS (THAI)	Insta5	Ingredients:	200 gms	300 gms	400 gms
		ground chicken	200 gms	300 gms	400 gms
		dry bread crumbs	2 tbsp	3 tbsp	4 tbsp
		green onions (sliced)	½ cup	1 cup	1 cup
		coriander powder	1 tsp	1½ tsp	2 tsp
		chopped coriander leaves	½ cup	1 cup	1 cup
		sweet chili sauce	2 tsp	2½ tsp	3 tsp
		fresh lemon juice	1½ tsp	2 tsp	2½ tsp
		oil as required			

Method of preparation: In a mixing bowl mix together the chicken with all the ingredients, mix well and using damp hands, prepare balls form mixture in to evenly shaped balls that are either small enough to eat with your fingers, or large enough to use as burgers. Apply oil lightly to all the balls from out side well and place all the balls in a Microwave oven safe wide glass bowl. Select Inst5, enter weight and press start. Remove, Serve hot.

SHRIMPS ON BARBIE (ENGLAND)	Insta5	SHRIMPS ON BARBIE ENGLAND)	200 gms	300 gms	400 gms
		Ingredients:			
		giant prawns (shelled heads and tails intact)	200 gms	300 gms	400 gms
		orange juice	1tbsp	1½ tbsp	2 tbsp
		sherry (vinegar, lime, sugar mix syrup)	1tbsp	1½ tbsp	2 tbsp
		orange zest (grated)	¼ tsp	¼ tsp	½ tsp
		chopped green onions (tops & whites)	½ cup	1 cup	1 cup
		ginger paste	½ tsp	½ tsp	½ tsp
		melted butter as required			
		salt to taste			

Method of preparation: Take an oven safe glass bowl; add all ingredients to giant prawns, mix well and set a side for 1 hour for marinate. Place marinated prawns on the turn table, select Insta5, enter weight, press start. Serve hot.

QUICHE (FRENCH)	Insta5	QUICHE (FRENCH)	200 gms	300 gms	400 gms
		Ingredients:			
		palak (cauliflower or green peas are optional)	200 gms	300 gms	400 gms
		bacon (cooked & crumbled)	2 slices	3 slices	4 slices
		chopped onions	¼ cup	½ cup	1 cup
		eggs	2	3	4
		light cream	½ cup	½ cup	1 cup
		nut mug	Pinch	Pinch	Pinch
		pepper powder	¼ tsp	¼ tsp	½ tsp
		grated cheese	¼ cup	½ cup	½ cup
		salt to taste			

Method of preparation: Mix all ingredients together and pour in to lightly greased oven safe glass bowl, place the bowl in the microwave oven on the turn table, select Insta5, enter weight, press start. Let stand for 5 minutes and serve hot.

APPLE SOUFFLE (FRENCH)	Insta5	APPLE SOUFFLE (FRENCH)	200 gms	300 gms	400 gms
		Ingredients:			
		apples (mashed)	2	2½	3
		eggs (divide in to yolks& white)	2	2	3
		sugar	2 tbsp	2½ tbsp	3 tbsp
		lime juice	1 tsp	½ tsp	2 tsp
		lemon rind	¼ tsp	¼ tsp	½ tsp
		melted butter as required			

Method of preparation:

Take a mixing bowl add Apple mash with butter, mix well. Beat the yolks of eggs with sugar and add with Apple mash stir and add lime juice, rind of lemon, mix well and add the eggs white in to it, mix properly and pour into oven safe lightly greased wide glass bowl. Place it on the turn table, select Insta5, enter weight and press start.

CHICKEN ALFREDO (MEXICAN)	Insta5	CHICKEN ALFREDO (MEXICAN)	200 gms	300 gms	400 gms
		Ingredients:			
		chicken breasts (skinless, boneless)	200 gms	300 gms	400 gms
		eggs	2	2	2
		milk	½ cup	½ cup	1 cup
		grated cheese	½ cup	½ cup	½ cup
		Parsley	½ tbsp	½ tbsp	1 tbsp
		heavy cream	½ cup	½ cup	½ cup
		butter as required			

Method of preparation:

Take chicken in to a microwave oven safe glass bowl and add beaten eggs, milk, butter, And parsley, mix well and Set a side 3 hours for marinade. Place the bowl on the turn table, Prepare tadka as explained in Insta3, enter weight, press start. Take out Chicken pieces from the mixture and roll in bread crumbs and set all Pieces in a glass baking dish and top with grated cheese, select Insta5, enter weight, press start. Serve hot.

PIZZA (ITALIAN)	Insta5	PIZZA (ITALIAN)	200 gms	300 gms	400 gms
		Ingredients:			
		Pizza base	1small	1medium	1 large
		finely chopped cabbage	¼ cup	½ cup	½ cup
		finely chopped green pepper	¼ cup	½ cup	½ cup
		finely chopped mushrooms (optional)	¼ cup	½ cup	½ cup
		green peas (optional)	¼ cup	½ cup	½ cup
		finely chopped carrot	¼ cup	½ cup	½ cup
		Tomato ketch up	1tbsp,	1½ tbsp	2 tbsp
		red chili powder	1 tsp	1½ tsp	2tsp,
		grated cheese	¼ cup	½ cup	½ cup
		coriander powder	1 tsp	1½ tsp	2tsp,
		butter as required			
		Salt to taste			

Method of preparation:

Take a mixing bowl, add all ingredients other than pizza base and grated cheese. Stir all ingredients and add to pizza base, apply grated cheese on the top of the pizza base, place the pizza base on the grill mesh rack, select Insta5, enter weight, press start. Cut in to pieces and Serve hot.

NEW YEAR NOODLES (CHINISE)	Insta5	NEW YEAR NOODLES (CHINISE)	200 gms	300 gms	400 gms
		Ingredients:			
		noodles, boiled	1 cup	1½ cup	2 cup
		mushrooms (chopped)	¼ cup	½ cup	¾ cup
		chopped cabbage	¼ cup	½ cup	¾ cup
		bean sprouts	¼ cup	½ cup	¾ cup
		chopped spring onion	¼ cup	½ cup	¾ cup
		lengthwise chopped onion (for garnish)	¼ cup	½ cup	¾ cup
		vegetable broth	¼ cup	½ cup	¾ cup
		soy sauce	¼ tbsp	½ tbsp	¾ tbsp
		corn starch	¼ tbsp	½ tbsp	¾ tbsp
		garlic, ginger paste	1 tsp	1½ tsp	2 tsp
		sugar	1 tsp	1½ tsp	2 tsp
		oil as required			

Method of preparation:

Soak mushrooms in warm water for 15 minutes and cut in to bite sized pieces. While mushrooms are soaking, make sauce by mixing vegetable broth, soy sauce, Corn starch and sugar in a small bowl set a side. Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than noodles, sauce and spring onions. After beep, remove and add all remaining ingredients other than spring onions, mix well and select Insta5, enter weight, press start. Garnish with spring onions and serve.

CHENA PODA	Insta5	CHENA PODA	200 g	300 g	400 g
		Ingredients:	11;00	14;00	16;00
		paneer	1½ cup	2 cup	2½ cup
		suji	½ cup	¾ cup	1 cup
		cardamom	¼ tsp	½ tsp	¾ tsp
		raisins	few	few	few
		roasted cashews	few	few	few
		syrup:-			
		ghee	1 tbsp	1½ tbsp	2 tbsp
		sugar	1 cup	1½ cup	2 cup

Method of preparation:-

Take a mixing bowl, Add paneer , suji, cardamom, mix it and set a side for kneading, till it get a very mashed quality. Add sugar, nuts and mix it with paneer thoroughly to get a crumbly mixture finally. Take a microwave oven safe bowl, pour the ghee, sugar syrup in to a bowl, Pour in the paneer mix over the syrup and select Insta 5, enter weight, press start to bake. Serve it warm.

CHILI CHICKEN	Insta5	CHILI CHICKEN	200 g	300 g	400 g
		Ingredients:	11;00	14;00	16;00
		boneless chicken	200 g	300 g	400 g
		chili sauce	1 tsp	1½ tsp	2 tsp
		soya sauce	1 tsp	1½ tsp	2 tsp
		pepper powder	1 tsp	1½ tsp	2 tsp
		vinegar	1 tsp	1½ tsp	2 tsp
		corn flour	1 tbsp	1½ tbsp	2 tbsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		eggs	2	3	4
		Salt to taste			
		soya sauce	½ tsp	¾ tsp	1 tsp
		chili sauce	½ tsp	¾ tsp	1 tsp
		red chili powder	½ tsp	¾ tsp	1 tsp
		sugar	½ tsp	¾ tsp	1 tsp
		Veggies :-			
		onion thinly sliced	½ cup	¾ cup	1 cup
		garlic chopped	½ tsp	¾ tsp	1 tsp
		capsicum	½ cup	¾ cup	1 cup
		green chilies slit and deseeded	½ tsp	¾ tsp	1 tsp
		celery chopped finely (optional)	¼ cup	½ cup	¾ cup
		Spring onions for garnish			

Method of preparation:-

Take a microwave oven safe bowl, Add chicken, mix well and select Insta 3, enter weight and press start to cook. After beep, remove and add all ingredients other than seasoning and veggies. mix well and set a side 20 minutes for marination. Arrange marinated chicken in a flat glass bowl, place it on grill mesh rack, select Insta 5, enter weight and press start. After beep, remove. Take another microwave oven safe bowl, Add seasonings, veggies and chicken, mix well and select again Insta 3, enetr weight press start to cook. garnish with spring onions, Serve hot.

LEMON CHICKEN BREASTS	Insta5	LEMON CHICKEN BREASTS	200 g	300 g	400 g
		Ingredients:	11;00	14;00	16;00
		boneless chicken breasts	200 g	300 g	400 g
		garlic paste	1 tsp	1½ tsp	2 tsp
		grated lemon zest	½ tsp	¾ tsp	1 tsp
		lemon juice	1 tbsp	1½ tbsp	2 tbsp
		dried oregano	½ tsp	¾ tsp	1 tsp
		thyme leaves	few	few	few
		salt and pepper to taste			
		oil as required			

Method of preparation:-

Take a microwave oven safe bowl, Add chicken, mix well and select Insta 3, enter weight and press start to cook. After beep, remove and add all ingredients, mix well and set a side 20 minutes for marination. Arrange marinated chicken in a flat glass bowl, place it on grill mesh rack, select Insta 5, enter weight and press start. Serve hot.

MUSHROOM AND PEPPER PIZZA	Insta5	MUSHROOM AND PEPPER PIZZA	200 g	300 g	400 g
		Ingredients:	11;00	14;00	16;00
		pizza Base	6"size	8"size	10"size
		Pizza Sauce	2 tbsp		
		grated cheese	1/2 cup		
		sliced mushrooms	½ cup		
		green pepper, sliced	½		
		red pepper, sliced	½		
		yellow pepper, sliced	½		
		salt & pepper to taste	½		

Method of preparation:-

Keep the pizza base on the grill mesh rack, Apply pizza sauce on the base, pour ¼ cup grated cheese over it and arrange all sliced vegetables. pour remaining grated cheese over the sliced vegetable and place the grill mesh rack on the turn table in the oven. Select Insta 5, enter weight press start. Serve hot.

SPONGE CAKE	INSTA 6	SPONGE CAKE	475 gms
		Ingredients:	
		all-purpose flour	4 cup
		powdered sugar	3 cup
		butter	2 cup
		eggs	3
		vanilla extract	1 tsp
		baking powder	1 tsp
		milk	2 cup
		water if required	

Method of preparation:

In a mixing bowl, cream together the sugar and butter. Beat in the eggs, one at a time, then stir in the vanilla. Combine flour and baking powder, add to the creamed mixture and mix well. Add milk and stir until batter is smooth. Pour the mixture in a lightly greased baking dish and arrange it on grill rack and place it on microwave oven select insta6, enter weight, press start. Set to cool and serve.

APPLE CAKE	Insta 6	APPLE CAKE	475 gms
		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 6, enter weight, press start.

CARROT CAKE	Insta 6	CARROT CAKE	475 gms
		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, set aside for 20 minutes. Pour the mixture into a lightly greased glass bowl, place the bowl in oven and select Insta 6, enter weight, press start.

PANEER CAKE	Insta 6	PANEER CAKE	475 gms
		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. sugar, Add egg, flour, cinnamon, baking powder, nuts, and raisins, blend well. pour the mixture into a lightly greased glass bowl, place the bowl in oven and Select Insta 6, enter weight and press start.

PONGAL	INSTA 7	PONGAL	50 gms	100 gms	150 gms
		Ingredients:			
		rice	1½ cup	2 cup	3 cup
		moog dal	¼ cup	½ cup	1 cup
		ghee (melted)	¼ tbsp	½ tbsp	1tbsp
		cashews	4	6	8
		black peppers	½ tsp	1/3 tsp	1 tsp
		grated ginger	½ tsp	1/3 tsp	1 tsp
		water as required			
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than rice, moog 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.

VEG - PULAO	INSTA 7	VEG - PULAO	50 gms	100 gms	150 gms
		Ingredients:			
		rice (soaked)	50 gms	100 gms	150 gms
		potato cut into cubes	½ cup	¾ cup	1 cup
		carrot cut into cubes	½ cup	¾ cup	1 cup
		cauliflower cut into florets	½ cup	¾ cup	1 cup
		peas	½ cup	¾ cup	1 cup
		cashew nuts	½ tbsp	¾ tbsp	1 tbsp
		raisins	1 tsp	1½ tsp	2 tsp
		onions	1	1	1½
		ghee	1 tbsp	1 tbsp	1½ tbsp
		oil	1tsp	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
		green chili 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
		water as required			
		salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than rice, 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.

DAL TADKA	INSTA 7	DAL TADKA	50 gms	100 gms	150 gms
		Ingredients:			
		red lentils (masoor dal)	1 cup	1½ cup	2 cup
		yellow lentils (moong dal)	1 cup	1½ cup	2 cup
		tomato chopped	2	3	3
		onion chopped	1	1½	2
		oil	1 tbsp	1 tbsp	1½ tbsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		green chilies chopped	2	3	4
		mustard seeds	¼ tsp	¼ tsp	½ tsp
		dried red chilies	2	3	4
		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 3 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.

CURD RICE	INSTA 7	CURD RICE	50 gms	100 gms	150 gms
		Ingredients:			
		rice	2 cups	3 cups	4 cups
		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 chili (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 3 with all the ingredients other than rice, yogurt, milk, cucumber, grapes, dalim and water. Remove; add the remaining ingredients other than grapes, and dalim, mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, add grapes, dalim and serve hot.

CHANA MASALA	INSTA 7	CHANA MASALA	50 gms	100 gms	150 gms
		Ingredients:			
		soaked chick peas	1cup	1½ cup	2 cup
		oil	¼ tbsp	½ tbsp	¾ tbsp
		minced onion	1	1	2
		minced tomato	1	1	2
		minced green chili	1	1	2
		garlic paste	½ tsp	½ tsp	¾ tsp
		ginger paste	½ tsp	½ tsp	¾ tsp
		bay leaves	1	1	2
		cinnamons	2	2	3
		cardamoms	2	2	3
		red chili powder	1 tsp	1 tsp	1½ tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		coriander powder	½ tsp	½ tsp	¾ tsp
		garam masala	½ tsp	½ tsp	¾ tsp
		salt to taste			
		coriander leaves for garnish			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than yam, chana. Tomato, coriander leaves and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta7, enter weight and press start. Remove, and serve hot.

DALCHA	INSTA 7	DALCHA	50 gms	100 gms	150 gms
		Ingredients:			
		soaked channa dal	50 gms	100 gms	150 gms
		Lauki (cut into pieces)	1½cup	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 chili 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 3 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.

YAM, CHANA PORIYAL	INSTA 7	YAM, CHANA PORIYAL	50 gms	100 gms	150 gms
		Ingredients:			
		yam (suran) (cut into pieces)	1½cup	2 cup	3 cup
		chana (soaked)	1 cup	1½ cup	2 cup
		tomato	2	3	3
		urad dal	2 tsp	2½ tsp	3 tsp
		onion chopped	2	2½	3
		garlic paste	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		oil	1 tbsp	1 tbsp	1½ tbsp
		mustard seeds	¼ tsp	¼ tsp	½ tsp
		curry leaves	few	few	few
		salt to taste			
		water as required			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than chick peas, chana, tomato 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.

RASAM	INSTA 7	RASAM	50 gms	100 gms	150 gms
		Ingredients:			
		red gram dal	1½ cup	2 cup	3 cup
		tomatoes	2	3	4
		garlic paste	½ tsp	¾ tsp	1 tsp
		garlic grated	½ tsp	¾ tsp	1 tsp
		ginger chopped	½ inch	½ inch	¾ tsp
		green chilies chopped	1	2	2
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		mustard seeds	½ tsp	¾ tsp	1 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		dried red chilies	2	3	3
		hing	a pinch	a pinch	a pinch
		curry leaves	few	few	Few
		pepper powder	½ tsp	¾ tsp	1 tsp
		oil	1 tbsp	1 tbsp	1½ tbsp
		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 3 with all the ingredients other than red gram dal, tomato, water and coriander leaves. Remove, add the remaining ingredients other than coriander leave and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish with coriander leaves and serve hot.

SAMBAR	INSTA 7	SAMBAR	50 gms	100 gms	150 gms
		Ingredients:			
		red gram dal	1½ cup	2 cup	3 cup
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		bitter gourd (sliced into long pieces)	100 gms	150 gms	200 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 chilies	4	5	6
		curry leaves	1 spring	1 spring	2 spring
		tamarind	20 gms	30 gms	40 gms
		hing	¼ tsp	½ tsp	½ tsp
		red chili 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 tbsp	¾ tbsp	1 tbsp
		mustard seeds (fried)	½ tsp	¾ tsp	1 tsp
		coriander leaves for garnish			
		mustard seeds for tadka			
		water			
		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 3 with all the ingredients other than red gram dal and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot.

JEERA RICE	INSTA 7	JEERA RICE	50 gms	100 gms	150 gms
		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 leaves	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 3 with all the ingredients other than rice and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot.

PARSI DAL	INSTA 7	PARSI DAL	50 gms	100 gms	150 gms
		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 3 with all the ingredients other than red gram dal, water, and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot.

KOOTTU CURRY	INSTA 7	KOOTTU CURRY	50 gms	100 gms	150 gms
		Ingredients:			
		bengal gram dal (channa dal)	½ cup	¾ cup	1 cup
		white gram dal (urad dal)	1 tbsp	1 tbsp	1½ tbsp
		pumpkin (cut into small pieces)	½ cup	¾ cup	1 cup
		snake gourd (cut into small pieces)	½ cup	¾ cup	1 cup
		french beans (cut into small pieces)	½ cup	¾ cup	1 cup
		yam (cut into small pieces)	½ cup	¾ cup	1 cup
		cucumber (cut into small pieces)	½ cup	¾ cup	1 cup
		inner flesh of drum stick pieces	½ cup	¾ cup	1 cup
		grated coconut paste	½ cup	¾ cup	1 cup
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		green chilies paste	½ tsp	¾ tsp	1 tsp
		mustard seeds	¼ tsp	½ tsp	¾ tsp
		dried red chilies	3	4	5
		curry leaves	few	few	few
		ghee or coconut oil	1 tbsp	1½ tbsp	2 tbsp
		salt to taste			
		water as required			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than channa dal, urad dal, pumpkin, snake gourd, french beans, yam, cucumber, drumsticks and water. Remove, add the remaining ingredients except coriander leaf 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.

RICE KICHDI	INSTA 7	RICE KICHDI	50 gms	100 gms	150 gms
		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 chilies	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 3 with all the ingredients other than rice, toor dal, water, tomatoes and coriander leaves. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot.

EGGPLANT DAL	INSTA 7	EGGPLANT DAL	50 gms	100 gms	150 gms
		Ingredients:			
		toovar dal	1½ cup	2 cup	3 cup
		eggplants chopped	2 cup	3 cup	4 cup
		dried coconut	1tbsp	1tbsp	1½ tbsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		green chilies	3	4	5
		cumins 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 3 with all the ingredients other than dal and egg plants. Remove. Add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and serve hot.

VEGETABLE BIRYANI	INSTA 7	VEGETABLE BIRYANI	50 gms	100 gms	150 gms
		Ingredients:			
		rice	1½ cup	2 cup	3 cup
		ghee	1tbsp	1tbsp	1½ tbsp
		carrot chopped	¼ cup	½ cup	¾ cup
		french beans chopped	¼ cup	½ cup	¾ cup
		green peas	¼ cup	½ cup	¾ cup
		red chili powder	½ tsp	¾ tsp	1 tsp
		garam masala	¾ tsp	1 tsp	1½ tsp
		garlic paste	¼ tsp	¼ tsp	½ tsp
		ginger paste	¼ tsp	¼ tsp	½ tsp
		green chilies chopped	¼ tbsp	¼ tbsp	½ tbsp
		onion chopped	1	1½	1½
		tomato chopped	1	1½	2
		cinnamon	½ inch	¾ inch	1 inch
		cloves	4	5	6
		cardamom	4	5	6
		coconut milk	1cup	1½ cup	2 cup
		cashew nuts	few	few	few
		mint leaves	few	few	few
		coriander leaves	few	few	few
		lemon juice	½ tsp	¾ tsp	1 tsp
		salt to taste			
		water as required			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than rice, tomato, coconut milk, water, mint leaves, coriander leaves, lemon juice and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta7, enter weight and press start. Remove, and serve hot.

DAL MAKHNI	Insta7	DAL MAKHNI	50 gms	100 gms	150 gms
		Ingredients:			
		urad dal	1 cup	1½ cup	2 cup
		tomato finely chopped	2	3	4
		onion finely chopped	1	1	2
		ginger, garlic paste	1 tsp	1½ tsp	2 tsp
		chilies finely chopped	few	few	few
		curd	1 cup	1½ cup	2 cup
		cream (malai)	½ cup	¾ cup	1 cup
		cumin seeds	½ tsp	¾ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		garam masala	1 tsp	1½ tsp	2 tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		dania powder	1 tsp	1½ tsp	2 tsp
		butter as required			
		chopped coriander leaves for garnish			
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than urad dal, tomato, cream, curd and coriander. Remove. Add the remaining ingredients other than coriander and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.

RICE KHEER	Insta 7	RICE KHEER	150 gm	300 gm	450 gm
		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.

AMRITSARI DAL	Insta 7	AMRITSARI DAL	50 gms	100 gms	150 gms
		Ingredients:			
		urad dal	1 cup	2 cup	3 cup
		channa dal	1 cup	2 cup	3 cup
		tomatoes	2	3	3
		onion chopped	1	2	2
		mint leaves	few	few	few
		ginger, garlic paste	1 tsp	1½ tsp	2 tsp
		green chilies chopped	2	2	3
		butter as required			
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than dal and egg plants. 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	50 gms	100 gms	150 gms
		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 chilies	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 chilies	3	4	5
		Fenugreek seeds	1 tsp	1½ tsp	2 tsp
		Coriander seeds	½ tsp	¾ tsp	1 tsp
		Mustard	½ tsp	¾ tsp	1 tsp
		Cardamoms	3	4	5
		Cinnamon	1	2	3
		Cloves	3	4	5
		Saunf	1 tsp	1½ tsp	2 tsp

Method of preparation:

Prepare tadka in a microwave oven safe bowl in Insta 3 with the paste ingredients. Remove. Add the remaining ingredients and powdered ingredients also in it, mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove and 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	½ tsp
		Saffron	a pinch	a pinch	a pinch
		Milk	½ cup	¾ cup	¾ cup
		Walnut for garnish	few	few	few
		Cashew nut for garnish	few	few	few
		Onion fried for garnish			
		Water as required			
		Oil as required			
		Salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than rice, water and all garnished ingredients. Remove. Add the remaining ingredients other than garnished ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish and serve hot.

CHANA BIRYANI	Insta 7	CHANA 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
		Chili powder	1 tsp	1½ tsp	2 tsp
		Green chilies	2	3	4
		Turmeric powder	¼ tsp	½ tsp	½ tsp
		Ginger garlic paste	1 tsp	1½ tsp	2 tsp
		Cinnamon	2 stick	3 stick	4 stick
		Curry leaves	few	few	few
		Bay leaf	2	3	4
		Cloves	3	4	5
		Salt – to taste			
		Butter as required			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than rice, water and tomato. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 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 chili powder	1 tsp	1½ tsp	2 tsp
		oil as required			
		coriander leaves for garnish			
		salt as required			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than rice, black beans and coriander leaves. After beep, remove and add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish with coriander leaves. Serve hot.

MIX DAL	Insta 7	MIX DAL	50 gms	100 gms	150 gms
		Ingredients:			
		red lentils (masoor dal)	1 cup	1½ cup	2 cup
		yellow lentils (moong dal)	1 cup	1½ cup	2 cup
		tomato chopped	2	3	3
		onion chopped	1	1½	2
		oil	1 tbsp	1 tbsp	1½ tbsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		green chilies chopped	2	3	4
		mustard seeds	¼ tsp	¼ tsp	½ tsp
		dried red chilies	2	3	4
		coriander leaves for garnish			
		salt to taste			
		water as required			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than red lentils, yellow lentils, tomato, water and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish with coriander leaves and serve hot.

KICHURI	Insta 7	KICHURI	50 gms	100 gms	150 gms
		Ingredients:			
		Rice	1 cup	1½ cup	2 cup
		Moong dal roasted	½ cup	¾ cup	1 cup
		Cauliflower florets	¼ cup	½ cup	¾ cup
		Green peas	¼ cup	½ cup	¾ cup
		Potatoes (cubed)	¼ cup	½ cup	¾ cup
		Chili powder	1 tsp	1½ tsp	2 tsp
		Sugar	1tsp	1½ tsp	2 tsp
		Turmeric powder	¼ tsp	¼ tsp	½ tsp
		Green chilies	2	3	4
		Cumin powder	1tsp	1½ tsp	2 tsp
		Bay Leaves	2	3	4
		Red Chilies Whole	2	3	4
		Green Cardamoms	3	4	5
		Cloves	2	3	4
		Cinnamon	1" stick	1½" stick	2" stick
		Ghee as required			
		salt to taste			
		water as required			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than vegetables and water. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Serve hot.

AAMTI	Insta 7	AAMTI	50 gm	100 gm	150 gm
		Ingredients:			
		moong dal	1½ cup	2 cup	2½ cup
		chopped tomato	1 cup	1½ cup	2 cup
		green chilies	3	4	5
		curry leaves	few	few	few
		mustard seeds	½ tsp	¾ tsp	1 tsp
		hing	a pinch	a pinch	a pinch
		turmeric powder	¼ tsp	½ tsp	½ tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		oil as required			
		salt to taste			
		water as required			
		coriander leaves for garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than moong dal. Tomato, hing, coriander leaves and water. After beep, remove, add the remaining ingredients other than coriander leave 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.

SPAGHETTI	Insta 7	SPAGHETTI	50 gm	100 gm	150 gm
		Ingredients:			
		Spaghetti	1 cup	1½ cup	1½ cup
		Carrot – Chopped	¼ cup	½ cup	½ cup
		Butter	½ tbsp	½ tbsp	1 tbsp
		Capsicum – Chopped	¼ cup	½ cup	½ cup
		Mushrooms – Chopped	¼ cup	½ cup	½ cup
		Tomatoes – Chopped	¼ cup	½ cup	½ cup
		Oregano	a pinch	a pinch	a pinch
		Basil	a pinch	a pinch	a pinch
		Green Peas	¼ cup	½ cup	½ cup
		Green Onion – Chopped	1/4 cup	½ cup	1/2 cup
		Tomato Ketchup (Optional)	½ tbsp	½ tbsp	1 tbsp
		Grated Cheese For Garnish			
		Salt To Taste			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than tomatoes, spaghetti, green peas and tomato ketchup; mix well. Remove, add the remaining ingredients than tomatoes, spaghetti, green peas and tomato ketchup; mix well. and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish and serve.

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 chili powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	½ tsp	½ 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 3 with all the ingredients other than lentil, water and coriander leaves. Remove. Add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.

SINDHI CURRY	Insta 7	SINDHI CURRY	50 gms	100 gms	150 gms
		Ingredients:			
		chopped carrots	¼ cup	½ cup	¾ cup
		chopped potatoes	¼ cup	½ cup	¾ cup
		chopped cauliflower	¼ cup	½ cup	¾ cup
		chopped eggplant	¼ cup	½ cup	¾ cup
		chopped okra	¼ cup	½ cup	¾ cup
		besan	1 tbsp	1½ tbsp	1½ tbsp
		cumin seeds roasted	½ tsp	¾ tsp	1 tsp
		methi seeds roasted	½ tsp	¾ tsp	1 tsp
		hing	a pinch	a pinch	a pinch
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		red chili powder	1tsp	1½ tsp	2 tsp
		tamarind paste juice	½ cup	¾ cup	1 cup
		curry leaves	few	few	few
		green chili	2	3	4
		chopped ginger	½ tsp	½ tsp	¾ tsp
		oil as required			
		salt to taste			
		warm water			
		chopped coriander for garnish			
		chopped mint for garnish			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than hing, tamarind juice, water and coriander, mint leaves. After beep, remove and add the remaining ingredients other than coriander, mint leaves and mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start. Remove, garnish with coriander, mint leaves. Serve hot.

VEG - PAELLA (SPANISH)	Insta7	VEG - PAELLA (SPANISH)	50 gms	100 gms	150 gms
		Ingredients:			
		rice	1 cup	1½ cup	2 cup
		mushrooms	¼ cup	½ cup	¾ cup
		paneer	¼ cup	½ cup	¾ cup
		green peas	¼ cup	½ cup	¾ cup
		tomato puree	½ cup	1 cup	1 cup
		coconut milk	1 cup	1¼ cup	1½ cup
		onions (grounded)	1 cup	1¼ cup	1½ cup
		thyme	1 tsp	1½ tsp	2 tsp
		black pepper	½ tsp	¾ tsp	1 tsp
		chili powder	1 tsp	1½ tsp	2 tsp
		salt to taste			
		Spring or green onions for garnish			
		oil as required			

Method of preparation: Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than rice and spring onions. After beep, Remove and add rice other than spring onions, select Insta7, enter weight, press start. Remove, Sprinkle with green or spring onions and Serve.

MEXICAN RICE (MEXICAN)	Insta7	Ingredients:	50 gms	100 gms	150 gms
		rice	1 cup	1½ cup	2 cup
		chopped tomato	1 cup	1½ cup	2 cup
		cumin	½ tsp	1tsp	1tsp
		tomato puree	¼ cup	½ cup	¾ cup
		chicken broth	½ cup	½ cup	¾ cup
		onion (chopped)	½ cup	1 cup	1½ cup
		oil as required			
		salt to taste			

Method of preparation:Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than rice. After beep, Remove and add rice, mix well and select Inta7, enter weight, press start. Let stand 5 minutes & serve.

RISOTTO (ITALIAN)	Insta7	RISOTTO (ITALIAN)	50 gms	100 gms	150 gms
		Ingredients:			
		rice	1 cup	1½ cup	2 cup
		broccoli florets	½ cup	1 cup	1½ cup
		carrot (cut in to small pieces)	½ cup	½ cup	¾ cup
		mushrooms (quartered)	½ cup	½ cup	¾ cup
		green peas	½ cup	½ cup	¾ cup
		chopped onion	½ cup	½ cup	¾ cup
		minced garlic	¼ tsp	½ tsp	¾ tsp
		chicken stock or coconut milk	1½ cup	2 cup	2 cup
		oyster sauce (optional)			
		pepper to taste			
		grated cheese for garnish			
		butter as required			
		salt to taste			
		water as required			

Method of preparation:-

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than rice, chicken stock or coconut milk and grated cheese. After beep, Remove and add all remaining ingredients other than grated cheese, mix all ingredients and select Insta7, enter weight, press start. After beep remove and add grated cheese on the top of risotto, cover the bowl with lid and set to cool for few minutes. Serve hot.

ZAFRANI PULAO	Insta7	ZAFRANI PULAO	50 g	100 g	150 g
		Ingredients:	18;00	20;00	22;00
		basmati rice	1 cup	1½ cup	2 cup
		water	1½ cup	2 cup	2½ cup
		sugar	2 tbsp	3 tbsp	4 tbsp
		milk	1 cup	1½ cup	2 cup
		cashews	½ cup	¾ cup	1 cup
		cardomoms	4	5	6
		cloves	few	few	few
		cinnamon, broken	few	few	few
		almonds, blanched and cut	½ cup	¾ cup	1 cup
		saffron strands, soaked in hot milk	1 tsp	1½ tsp	2 tsp
		ghee as required			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients, mix well and select Insta 7, enter weight and press start. Serve hot.

PEPPER RICE	Insta7	PEPPER RICE			
		Ingredients:			
		rice	1 cup	1½ cup	2 cup
		onion, finely chopped	½ cup	¾ cup	1 cup
		green chili, finely chopped	½ tsp	¾ tsp	1 tsp
		fresh curry leaves	few	few	few
		mustard seeds	½ tsp	¾ tsp	1 tsp
		freshly ground black pepper	½ tsp	¾ tsp	1 tsp
		cardamom	few	few	few
		cumin seeds	½ tsp	¾ tsp	1 tsp
		ghee as required			
		salt to taste			
		water as required			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than rice, water, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select Insta 7, enter weight and press start. Serve hot.

SPINACH DAL	Insta7	SPINACH DAL	50 g	100 g	150 g
		Ingredients:	18;00	20;00	22;00
		chana dal	¼ cup	½ cup	¾ cup
		toor dal	¼ cup	½ cup	¾ cup
		moong Dal	¼ cup	½ cup	¾ cup
		chopped palak	1 cup	1½ cup	2 cup
		cumin seeds	½ tsp	¾ tsp	1 tsp
		hing	a pinch of	a pinch of	a pinch of
		onion, finely chopped	½ cup	¾ cup	1 cup
		ginger-garlic paste	¾ tsp	1 tsp	1 tsp
		green chilies, finely chopped	½ tsp	¾ tsp	1 tsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		lemon juice	¾ tsp	1 tsp	1 tsp
		oil as required			
		ghee as required			
		Salt to taste			

Method of preparation:- Take a microwave oven safe bowl, Add all ingredients other than chana dal, toor dal, moong dal, palak, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select Insta 7, enter weight and press start. Serve hot.

CHANA PULAO	Insta7	CHANA PULAO	50 g	100 g	150 g
		Ingredients:	18;00	20;00	22;00
		chickpeas (kabuli chana)	½ cup	¾ cup	1 cup
		rice	½ cup	¾ cup	1 cup
		cumin seeds	½ tsp	¾ tsp	1 tsp
		green chilies chopped	½ tsp	¾ tsp	1 tsp
		onions chopped	½ cup	¾ cup	1 cup
		tomatoes chopped	¼ cup	½ cup	¾ cup
		red chili powder	¾ tsp	1 tsp	1½ tsp
		turmeric powder	¼ tsp	½ tsp	½ tsp
		coriander powder	¾ tsp	1 tsp	1½ tsp
		garam masala powder	¾ tsp	1 tsp	1½ tsp
		coriander leaves chopped	1 tbsp	1½ tbsp	1½ tbsp
		mint leaves chopped	1 tbsp	1½ tbsp	1½ tbsp
		lemon juice	¾ tsp	1 tsp	1½ tsp
		salt to taste			

Method of preparation:- Take a microwave oven safe bowl, Add all ingredients other than chick peas, rice, tomato, lemon juice, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select Insta 7, enter weight and press start. Serve hot.

VEGETABLE TAHARI	Insta7	VEGETABLE TAHARI			
		Ingredients:			
		rice	½ cup	¾ cup	1 cup
		potato chopped	⅓ cup	¼ cup	½ cup
		tomato chopped	⅓ cup	¼ cup	½ cup
		green peas	⅓ cup	¼ cup	½ cup
		carrot chopped	⅓ cup	¼ cup	½ cup
		cauliflower chopped	⅓ cup	¼ cup	½ cup
		cumin seed	½ tsp	¾ tsp	1 tsp
		mustard seed	½ tsp	¾ tsp	1 tsp
		black pepper	few	few	few
		cloves	few	few	few
		turmeric powder	⅓ tsp	¼ tsp	½ tsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		salt to taste			
		oil as required			

Method of preparation:- Take a microwave oven safe bowl, Add all ingredients other than rice, tomato, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select Insta 7, enter weight and press start. Serve hot.

METHI PULAO	Insta7	METHI PULAO	50 g	100 g	150 g
		Ingredients:	18;00	20;00	22;00
		rice	¾ cup	1 cup	1½ cup
		green peas	½ cup	¾ cup	1 cup
		onion	½ cup	¾ cup	1 cup
		methi leaves	½ cup	¾ cup	1 cup
		cumin seeds	½ tsp	¾ tsp	1 tsp
		bay leafs	2	3	4
		cloves	3	4	5
		cinnamon stick	3	4	5
		cardamoms	3	4	5
		mace	2	3	4
		star anise	2	3	4
		pepper corns	few	few	few
		Salt to taste			
		oil as required			
		water as required			

Method of preparation:-

Prepare Tadka in a microwave oven safe bowl, Add all ingredients other than rice, water, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select Insta 7, enter weight and press start. Serve hot.

KUMBH PULAO	Insta7	KUMBH PULAO	50 g	100 g	150 g
		Ingredients:	18:00	20:00	22:00
		basmati rice	¾ cup	1 cup	1½ cup
		button mushrooms, cut into halves	¼ cup	½ cup	¾ cup
		green peas	¼ cup	½ cup	¾ cup
		onions, finely sliced	¼ cup	½ cup	¾ cup
		ginger piece, finely chopped	½ tsp	¾ tsp	1 tsp
		green cardamoms	3	4	5
		cinnamon stick	2	3	4
		cloves	3	4	5
		cumin seeds	½ tsp	¾ tsp	1 tsp
		fennel seeds	½ tsp	¾ tsp	1 tsp
		garlic cloves, crushed and chopped	2	3	4
		red chilli powder	¾ tsp	1 tsp	1½ tsp
		garam masala powder	¾ tsp	1 tsp	1½ tsp
		curd	¼ cup	½ cup	¾ cup
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		ghee as required			
		Salt to taste			
		water as required			

Method of preparation:-

Prepare Tadka in a microwave oven safe bowl, Add all ingredients other than rice, water, curd mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select Insta 7, enter weight and press start. Serve hot.

EGG BIRYANI	Insta7	EGG BIRYANI	50 g	100 g	150 g
		Ingredients:	18;00	20;00	22;00
		rice	¾ cup	1 cup	1½ cup
		boiled eggs (prick with a fork randomly)	3	4	5
		tomato chopped	¼ cup	½ cup	¾ cup
		ginger garlic paste	½ tsp	¾ tsp	1 tsp
		onion thinly sliced	¼ cup	½ cup	¾ cup
		green chilies minced	2	3	4
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		red chili powder	¾ tsp	1 tsp	1½ tsp
		biryani masala powder	¾ tsp	1 tsp	1½ tsp
		coriander leaves chopped	few	few	few
		curd	½ cup	¾ cup	1 cup
		star anise	2	3	4
		bay leaf	3	4	5
		shahi jeera	½ tsp	¾ tsp	1 tsp
		cardamoms	2	3	4
		cloves	3	4	5
		cinnamon stick	3	4	5
		mace	2	3	3
		Salt to taste			
		water as required			
		oil as required			

Method of preparation:-

Prepare Tadka in a microwave oven safe bowl, Add all ingredients other than rice, eggs, curd, water, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients other than eggs, mix well and select Insta 7, enter weight and press start. After beep, remove and add boiled eggs and Serve hot.

PINEAPPLE FRIED RICE	Insta7	PINEAPPLE FRIED RICE	50 g	100 g	150 g
		Ingredients:	18;00	20;00	22;00
		rice	¾ cup	1 cup	1½ cup
		spring onions	¼ cup	½ cup	¾ cup
		capsicum	¼ cup	½ cup	¾ cup
		chopped garlic	½ tsp	¾ tsp	1 tsp
		cashews split	6	8	10
		green chili slit	2	3	4
		curry powder	½ tsp	¾ tsp	1 tsp
		soya sauce	¾ tsp	1 tsp	1½ tsp
		vinegar	¾ tsp	1 tsp	1½ tsp
		raisins	few	few	few
		chopped pineapple chunks	½ cup	¾ cup	1 cup
		coriander leaves, chopped	1 tbsp	1½ tbsp	2 tbsp
		oil as required			
		salt to taste			
		water as required			

Method of preparation:-

Take a microwave oven safe bowl, Add rice, water, mix well and select Insta 7, enter weight and press start. After beep, remove and take another microwave oven safe bowl, add all remaining ingredients, mix well and select Insta 3, enter weight and press start. After beep, remove and add rice, mix well and Serve hot.

CHOCOLATE BREAD PUDDING	INSTA 8	CHOCOLATE BREAD PUDDING	500 gms
		Ingredients:	
		bread crumbs	300 gms
		sugar	200 gram
		milk	¾ liter
		butter	100 gms
		chocolate	30 gram
		eggs (yolks& white suppurate)	4
		vanilla essence	1 tsp

Method of preparation: Soak bread crumbs in milk and press dry, add butter mixed sugar, chocolate, egg yolks, Mix well and add vanilla essence, egg white, mix all ingredients well and set a side. Pour the pudding in lightly greased baking dish and place in the microwave. Select Insta 8, enter weight and press start.

BAKED POTATOES	INSTA 8	BAKED POTATOES	750 gms
		Ingredients:	
		potato peeled and boiled	750 gms
		butter	2 tbsp
		bread crumbs	4 tbsp
		eggs	3
		milk	½ liter
		pepper	1½ tsp
		salt to taste	

Method of preparation: In a mixing bowl, add potato and mash with butter, salt, pepper, Take a well buttered baking dish, set a layer of the potatoes mash and a layer of bread crumbs, until dish is full. Add the beaten eggs on the top of bread crumbs like a layer moisten with milk. Place the baking dish in microwave oven. Select Insta 8, enter weight and press start. Serve with boiled fish.

MUTTON ROAST	INSTA 8	Ingredients:	1000gms
		mutton, cut into pieces	1000 gms
		curd,	2½ cup
		ginger paste,	2 tsp
		coriander powder,	2 tsp
		black pepper powder,	2 tsp
		cloves,	8
		red chili powder,	3 tsp
		ghee (clarified butter)	2 tbsp
		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 marinate mutton into a lightly greased baking dish, Place the baking dish in the microwave oven, select Insta 8, enter weight and press start. Remove, and serve hot.

BAKED CHICKEN	INSTA 8	BAKED CHICKEN	1200 gms
		Ingredients:	
		chicken	1200 gms
		tomato sauce	3 cup
		butter	2 tbsp
		bread-crumbs	4 cup
		salt to taste	

Method of preparation: In a mixing bowl add butter, chicken, tomato sauce, salt, mix well and toss the chicken both sides in bread crumbs and arrange chicken pieces in a microwave oven safe wide glass bowl, place the bowl in the microwave oven, select Insta 8, enter weight, press start.

MUTTON KEBAB	INSTA 8	MUTTON KEBAB	1200 gms
		Ingredients:	
		mutton, cut into 1-1/2 inch pieces	1200 gms
		coriander powder	3 tsp
		khus khus grinded	3 tbsp
		cumin powder	2 tsp
		curd	4 tbsp
		garlic paste	2 tsp
		ginger paste	2 tsp
		onion paste	4 tbsp
		salt to taste	

Method of preparation: Apply ginger-garlic paste, coriander- cumins powder, khus khus, beaten curds, salt, to the mutton cubes and allow the mutton to marinate for about 6 to 8 hours. Arrange the mutton pieces on wide glass bowl select Insta8, press start.

TURKEY	INSTA 8	TURKEY	1200 gms
		Ingredients:	
		turkey	whole turkey
		onions, chopped	4
		celery, chopped	1 tbsp
		carrots, chopped	1 cup
		orange, pieces	1 cup
		basil, chopped	1 tbsp
		thyme leaves	1 tbsp
		ground nutmeg	2 tsp
		basil leaves, chopped	1 tbsp
		apple, chopped	2 cup
		breadcrumbs	2 cup
		olive oil as required	
		salt to taste	
		For the stuffing	
		ground onions paste	2 cup
		ground black pepper	2 tsp
		olive oil as required	
		salt to taste	

Method of preparation:

Mix the stuffing ingredients and apply to the turkey on the top side and set aside for 1 hour to marinate. Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than turkey, orange, apple and bread crumbs. Remove. Add the remaining ingredients other than turkey and mix well. Take turkey and pull the skin at the neck end back, push all tadka ingredients mixture inside the turkey and pack tightly. Place the turkey on the turn table in the microwave oven, select Insta8, and press start. Remove, and serve hot.

CORN CHAT	INSTA 9	CORN CHAT	150 gms	350 gms	500 gms
		Ingredients:			
		sweat corn kernels	½ cup	¾ cup	1 cup
		tomato chopped to small pieces	½ cup	¾ cup	1 cup
		cooked potato cut to small pieces	½ cup	¾ cup	1 cup
		cucumber cut to small pieces	½ cup	¾ cup	1 cup
		chopped coriander	½ tbsp	½ tbsp	½ tbsp
		lime juice	¼ tsp	¼ tsp	1 tsp
		chat masala	2 tsp	2 tsp	3 tsp
		cumins powder	1 tsp	1 tsp	1½ tsp
		red chili powder	1 tsp	1 tsp	1½ tsp
		salt to taste			

Method of preparation:

Combine all ingredients in a microwave oven safe bowl, mix well and select Insta 9, enter weight and press start. Remove and serve.

RAVA (SUJI) ROAST	INSTA 9	RAVA (SUJI) ROAST	150 gms	350 gms	500 gms
		Ingredients:			
		rava (suji)	150 gms	350 gms	500 gms

Method of preparation:

Take rava in a microwave oven safe glass bowl. Place the bowl in the microwave oven, select Insta9, enter weight and press start. Stir twice in between for better result.

MILK BOILING	INSTA 9	MILK BOILING	150 gms	350 gms	500 gms
		Ingredients:			
		milk	150 gms	350 gms	500 gms

Method of preparation:

Take milk in a microwave oven safe bowl. Place the bowl in the microwave oven, select Insta9, enter weight and press start. P. N. - ensure that the milk only fills half the height of the bowl

SUJI KA HALWA	INSTA 9	SUJI KA HALWA	150 gms	350 gms	500 gms
		Ingredients:			
		suji - roasted	1 cup	2 cup	3 cup
		milk	1 cup	2 cup	3 cup
		sugar	1 cup	2 cup	3 cup
		ghee	1 cup	1½ cup	2 cup
		cardamom powder	1 tsp	1½ tsp	2 tsp
		cashews	6	8	10
		almonds	6	8	10
		raisins	few	few	few
		water as required			

Method of preparation: Take a microwave oven safe bowl; add the roasted suji, water, milk, sugar, cardamom powder, cashew, almonds, ghee and raisins, mix well. Place the bowl in the microwave oven, select Insta9, enter weight and press start. Add water if required. Stir twice in between for better result. PN - Suji can be roasted by placing it on plain paper in the microwave oven and cooking it in microwave mode for 3 - 4 min. Mix twice in between.

STUFFED CAPSICUM	INSTA 9	STUFFED CAPSICUM	150 gms	350 gms	500 gms
		Ingredients:			
		capsicum (bell pepper)	150 gms	350 gms	500 gms
		carrots - finely chopped	1 cup	1½ cup	2 cup
		cabbage - finely chopped	1 cup	1½ cup	1½ cup
		cumins seeds	½ tsp	½ tsp	1 tsp
		mustard seeds	½ tsp	½ tsp	1 tsp
		coriander powder	1 tsp	1 tsp	1½ tsp
		turmeric powder	½ tsp	½ tsp	1 tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		oil as required			
		carrot for garnishing			
		chopped cabbage for garnishing			
		salt to taste			

Method of preparation: Slice off the top of the capsicums. Scoop out the inside to make them hollow and set aside. Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the remaining ingredients. Remove and stuff the capsicum with this mixture. Place the stuffed capsicums on the turn table in the microwave oven, select Insta 9, enter weight and press start. Remove, garnish and serve.

PANEER PEAS CURRY	INSTA 9	PANEER PEAS CURRY	150 gms	350 gms	500 gms
		Ingredients:			
		paneer cubed	100 gms	250 gms	350 gms
		green peas	50 gms	100 gms	150 gms
		onions	1	2	3
		tomato puree	1 cup	1½ cup	2 cup
		ginger, garlic paste	1 tsp	1½ tsp	2 tsp
		coriander powder	½ tsp	½ tsp	1 tsp
		cumin powder	½ tsp	½ tsp	1 tsp
		garam masala	½ tsp	½ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		green chilies chopped	2	3	4
		heavy cream	¼ cup	¼ cup	½ cup
		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 3 with all the ingredients other than paneer, tomato puree, heavy cream, coriander leaves and salt. Remove, add the remaining ingredients other than the coriander leaf and mix well. Place the bowl in the microwave oven selects Insta 9, enter weight and press start. Remove, garnish with coriander leaves and serve.

CAPSICUM CURRY	INSTA 9	CAPSICUM CURRY	150 gms	350 gms	500 gms
		Ingredients:			
		capsicum, chopped	100 gms	250 gms	350 gms
		onion, chopped	1 cup	1 cup	1½ cup
		green chilies, slit lengthwise	2	3	4
		ginger paste	½ tsp	½ tsp	1 tsp
		garlic paste	½ tsp	½ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		chole masala	½ tbsp	½ tbsp	1 tbsp
		cumins seeds	½ tsp	½ tsp	1 tsp
		mustard seeds	½ tsp	½ tsp	1 tsp
		oil as required			
		salt to taste			
		water as required			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than capsicum, chole masala and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 9, enter weight and press start. Remove and serve.

METHI MALAI MATAR	INSTA 9	METHI MALAI MATAR	150 gms	350 gms	500 gms
		Ingredients:			
		green peas	100 gms	150 gms	200 gms
		methi leaves	50 gms	100 gms	150 gms
		malai / cream	50 gms	100 gms	150 gms
		onion paste	50 gms	100 gms	150 gms
		green chili paste	1 tsp	1½ tsp	2 tsp
		garlic, ginger paste	½ tsp	1 tsp	1½ tsp
		khus khus paste	½ tbsp	½ tbsp	1 tbsp
		cumins	½ tsp	1 tsp	1½ tsp
		cashew nuts	4	5	6
		milk	1 cup	1½ cup	2 cup
		oil as required			
		salt to taste			

Method of preparation: Prepare tadka as explained in Insta 3 in a microwave oven safe glass bowl with all the ingredients other than methi leaves, green peas, malai and milk. Remove; add methi leaves, green peas, malai and milk, mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 9, enter weight and press start. Remove and serve.

GRATED RADISH CURRY	INSTA 9	GRATED RADISH CURRY	150 gms	350 gms	500 gms
		Ingredients:			
		radish (grated)	100 gms	250 gms	350 gms
		coconut (grated)	1 cup	1 cup	1½ cup
		onion chopped	1 cup	1 cup	1½ cup
		chili powder	1 tsp	1½ tsp	2 tsp
		chopped green chilies	2	3	4
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		mustard seeds	½ tsp	½ 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 Insta3 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 9, enter weight and press start. Remove, garnish with coriander leaves and serve.

COFFEE	Insta 9	COFFEE	150 gms	350 gms	500 gms
		Ingredients;			
		coffee powder	1½ tsp	2 tsp	2½ tsp
		milk	2 cups	3 cups	4 cups
		sugar to taste			
		water as required			

Method of preparation:

Take a microwave oven safe large bowl, add water, milk, sugar, coffee powder, mix well and place the bowl in microwave oven, select Insta 9, enter weight, press start.

MUSHROOM CHILI FRY	Insta 9	MUSHROOM CHILI FRY	150 gms	350 gms	500 gms
		Ingredients:			
		mushrooms cut into halves	150 gms	350 gms	500 gms
		mustard seeds	½ tsp	½ tsp	1 tsp
		red chilies	2	2	3
		butter to taste			
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 9, enter weight and press start.

COCONUT ROAST	Insta 9	COCONUT ROAST	150 gms	350 gms	500 gms
		Ingredients:			
		grated coconut	150 gms	350 gms	500 gms

Method of preparation:

Take a microwave oven safe glass bowl, add grated coconut, place the bowl in the microwave oven. Select Insta 9, enter weight and press start. stir once in-between

BABY CORN MASALA	Insta 9	BABY CORN MASALA	150 gms	350 gms	500 gms
		Ingredients:			
		Baby Corn	150 gms	350 gms	500 gms
		Tomatoes Chopped	1 cup	1½ cup	2 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Roasted Groundnut Powder	¼ cup	½ cup	¾ cup
		Chili Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Fenugreek Seeds	1 tsp	1½ tsp	2 tsp
		Saunf	1 tsp	1½ tsp	2 tsp
		Salt To Taste			
		Oil As Required			
		Coriander Leaves For Garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than baby corn, tomatoes and coriander leaves. After beep, remove, add the all ingredients other than coriander leave and mix well. Place the bowl in the microwave oven, select Insta 9, enter weight and press start. Remove, garnish with coriander leaves and serve hot.

TOMATO SOUP	INSTA 9	TOMATO SOUP	150 gms	350 gms	500 gms
		Ingredients:			
		tomatoes - large	3	5	6
		Mint leaves	few	few	few
		salt & pepper to taste			

Method of preparation:

Keep tomatoes in a microwave oven safe bowl; add salt & pepper, mint, mix well and select Insta9, enter weight and press start. Remove after beep, when cool; blend the tomatoes in a mixer. Strain and serve hot.

SEMIYA PULIHORA	Insta 9	SEMIYA PULIHORA	150 gms	350 gms	500 gms
		Ingredients			
		roasted vermicelli / semiya	150 gms	350 gms	500 gms
		urad dal	1 tsp	1½ tsp	2 tsp
		chana dal	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		green chilies	2	3	3
		oil	1 tbsp	1 tbsp	1½ tbsp
		lemon	½ tsp	¾ tsp	1 tsp
		mustard seeds	½ tsp	¾ tsp	1 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		fenugreek seeds	½ tsp	¾ tsp	1 tsp
		broken dry chilies	2	3	3
		hing	a pinch	a pinch	a pinch
		curry leaves	few	few	few
		salt to taste			

Method of preparation:

Take a microwave oven safe bowl, add all ingredients other than roasted semiya, lemon, hing, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 9, enter weight, press start. serve hot.

POP CORN	Insta 9	POP CORN	150 gms	350 gms	500 gms
		Ingredients:			
		pop corn	150 gms	350 gms	500 gms
		butter	2 tsp	2 tsp	3 tsp
		red chili powder (optional)	½ tsp	½ tsp	1 tsp
		turmeric powder	½ tsp	½ tsp	1 tsp
		salt to taste			

Method of preparation:

Take a microwave oven safe large glass bowl, add all ingredients, mix well and place the bowl in the microwave oven, select Insta 9, set weight, press start. Remove and serve hot.

CHICKEN STOCK	INSTA 9	CHICKEN STOCK	150 gms	350 gms	500 gms
		Ingredients:			
		fresh chicken (or leftover chicken parts)	100 gms	250 gms	350 gms
		carrot (chopped)	50 gms	100 gms	100 gms
		onion (chopped)	50 gms	50 gms	100 gms
		water	1 cup	2 cup	3 cup
		bay leaf	2	3	4
		celery (roughly chopped)	½ tbsp	½ tbsp	1tbsp
		fresh parsley	½ tbsp	½ tbsp	1tbsp
		fresh thyme	2 tsp	3 tsp	4 tsp
		peppercorns	4	5	6
		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 9, enter weight, press start. Drain and collect the stock and use as an ingredient in other recipes.

MUTTON LIVER CURRY	INSTA 9	MUTTON LIVER CURRY	150 gms	350 gms	500 gms
		Ingredients:			
		goat liver	150 gms	350 gms	500 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 Chili 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 inch stick	2 inch stick	3 inch stick
		green cardamom	3	4	6
		cloves	3	4	6
		coriander leaves for garnish			
		water as required			
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than liver, tomato puree, coriander leaves and water. Remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven selects Insta 9, enter weight and press start. Remove, garnish with coriander leaves and serve.

BADAM SOUP	INSTA 9	BADAM SOUP	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		almonds	¾ cup	1 cup	1½ cup
		white stock	2 cups	2½ cup	3 cups
		butter melted	1 tsp	1½ tsp	2 tsp
		plain flour (maida)	1 tbsp	1½ tbsp	2 tbsp
		almond essence	2 drops	3 drops	4 drops
		fresh cream	2 tbsp	2½ tbsp	3 tbsp
		almond slivers for garnish	2 tbsp	2½ tbsp	3 tbsp
		salt & pepper to taste			

Method of preparation:-

Soak the almonds in hot water for 20 minutes, drain and remove the skin. Blend the almonds in a mixer till coarse. Keep aside. Take a microwave oven safe bowl, Add butter, plain flour and almond coarse paste, white stock, mix well and select Insta 9, enter weight, press start. After beep, remove Add the fresh cream, salt and pepper and mix well. Serve hot garnished with almond slivers.

SHAHI SHORBA	INSTA 9	SHAHI SHORBA	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		onions, chopped	¾ cup	1 cup	1½ cup
		butter melted	2 tbsp	2½ tbsp	3 tbsp
		whole wheat flour	2 tbsp	2½ tbsp	3 tbsp
		mint leaves paste	2 tbsp	2½ tbsp	3 tbsp
		coarsely chopped walnuts	¾ tsp	1 tsp	1½ tsp
		sugar	1 tsp	1½ tsp	2 tsp
		black pepper powder	¼ tsp	¼ tsp	½ tsp
		salt to taste			
		water as required			

Method of preparation:-

Take a microwave oven safe bowl, Add butter, wheat flour, onions, mix well and select Insta 3, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select Insta 9, enter weight and press start. Serve hot.

PALAK MAKAI SHORBA	INSTA 9	PALAK MAKAI SHORBA	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		spinach	1 cup	1½ cup	2 cup
		vegetable stock cube	1	1½	2
		corn kernels	½ cup	¾ cup	1 cup
		onion chopped finely	½ cup	¾ cup	1 cup
		cumin seeds	½ tsp	¾ tsp	1 tsp
		butter	2 tbsp	2½ tbsp	3 tbsp
		milk	½ cup	¾ cup	1 cup
		salt to taste			
		water if required			

Method of preparation:-

Take a microwave oven safe bowl, Add butter, cumins, spinach, corn kennels, onions, mix well and select Insta 3, eneter weight, press start to cook. After beep, remove and grind to a fine paste. Take another Mwo safe bowl, Add all other ingredients to grinded paste, mix well and select Insta 9, enter weight, press start. Serve hot.

APPLE TOMATO CHUTNEY	INSTA 9	APPLE TOMATO CHUTNEY	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		apples - peeled, cored and sliced	¾ cup	1 cup	1½ cup
		yellow mustard seeds	½ tsp	¾ tsp	1 tsp
		tomatoes, sliced	½ cup	¾ cup	1 cup
		onions, chopped	½ cup	¾ cup	1 cup
		garlic, chopped	½ tsp	¾ tsp	1 tsp
		raisins	¾ tsp	1 tsp	1½ tsp
		garam masala	¾ tsp	1 tsp	1½ tsp
		powder sugar	1 tsp	1½ tsp	2 tsp
		red chili powder	¾ tsp	1 tsp	1½ tsp
		Salt to taste,			
		water as required			

Method of preparation:-

Take a microwave oven safe bowl, Add apples, tomato, onions, mix well and select Insta 3, eneter weight, press start to cook. After beep, remove and add all other ingredients, mix well and select Insta 9, enter weight, press start. Serve hot.

MANCHURIAN SAUCE	INSTA 9	MANCHURIAN SAUCE	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		corn flour-blended with water	¾ cup	1 cup	1½ cup
		tomato puree	½ cup	¾ cup	1 cup
		vinegar	2 tbsp	2½ tbsp	3 tbsp
		soya sauce	1 tsp	1½ tsp	2 tsp
		chopped celery	2 tbsp	2½ tbsp	3 tbsp
		ajino moto	a pinch of	a pinch of	a pinch of
		water as required			
		salt to taste			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients, mix well and select Insta 9, enter weight, press start. Serve hot.

LEMON PICKLE	INSTA 9	LEMON PICKLE	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		lemons cut in to 8 pieces	2 cup	3 cup	4 cup
		lemon juice	1½ cup	2 cup	3 cup
		oil	¾ cup	1 cup	1½ cup
		asafoetida	¼ tsp	¼ tsp	½ tsp
		mustard seeds	1 tsp	1½ tsp	2 tsp
		red chili pepper	1 tsp	1½ tsp	2 tsp
		fenugreek seeds powdered	¼ tsp	½ tsp	1 tsp
		sugar	2 tbsp	2½ tbsp	3 tbsp
		salt to taste			

Method of preparation:-

Rub the salt to lemon pieces and keep for one week in a jar. Shake daily. Take a microwave oven safe bowl, Add oil, lime pieces, mustard, red chili powder, fenugreek powder, sugar, mix well and select Insta 9, enter weight, press start. After beep, remove add lemon juice and keep for one week before serving.

COCONUT CHUTNEY	INSTA 9	COCONUT CHUTNEY	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		chopped fresh coconut	1 cup	1½ cup	2 cup
		coriander leaves	2 tbsp	2½ tbsp	3 tbsp
		chana dal	2 tbsp	2½ tbsp	3 tbsp
		grated ginger	1 tsp	1½ tsp	2 tsp
		lemon juice	¼ tsp	½ tsp	1 tsp
		cumin	½ tsp	¾ tsp	1 tsp
		broken red chili	2	3	4
		curry leaves	few	few	few
		mustard	½ tsp	¾ tsp	1 tsp
		cumin	½ tsp	¾ tsp	1 tsp
		hing	a pinch of	a pinch of	a pinch of
		salt to taste			
		oil as required			

Method of preparation:-

Take a microwave oven bowl, Add all ingredients other than chopped coconut, mix well and select Insta9, enter weight, press start. After beep, remove and add all the ingredients to a blender and blend till smooth.

SABUDANA KHEER	INSTA 9	SABUDANA KHEER	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		sabudana soaked	¾ cup	1 cup	1½ cup
		milk	1½ cup	2 cup	3 cup
		sugar	½ cup	¾ cup	1 cup
		cardamom powder	¼ tsp	½ tsp	½ tsp
		cashews for garnish	½ tbsp	¾ tbsp	1 tbsp
		raisins for garnish	½ tbsp	¾ tbsp	1 tbsp
		ghee	1 tbsp	1½ tbsp	2 tbsp
		saffron, soaked in 1 tbsp milk	a pinch of	a pinch of	a pinch of

Method of preparation:-

Take a microwave oven safe bowl, Add sabudana, mix well and select Insta 3, enter weight, press start. After beep, remove and add ghee, milk, sugar, cardamom powder, mix well and select Insta 9, enter weight, press start. Then add the saffron milk and garnish with nuts and raisins. Serve warm.

RAVA LADOO	INSTA 9	RAVA LADOO	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		rava	¾ cup	1 cup	1½ cup
		coconut grated and roasted	½ cup	¾ cup	1 cup
		sugar powder	½ cup	¾ cup	1 cup
		cardamoms	2	3	4
		melted ghee as required			
		raisins and cashew nuts as needed			

Method of preparation:-

Take a Microwave oven safe glass bowl, Add ghee, rava, mix well and select Insta 9, enter weight, press start. After beep, remove and add powder sugar, cardamoms, coconut, raisins. Add them to the blended mixture. Add ghee as needed and mix. Take small portions of the mix and roll to balls. Serve warm.

PEANUTS ROAST WITH CURRY LEAVES	INSTA 9	PEANUTS ROAST WITH CURRY LEAVES	150 g	350 g	500 g
		Ingredients:	2;50	4;20	6;00
		peanuts	¾ cup	1 cup	1½ cup
		curry leaves	½ cup	¾ cup	1 cup

Method of preparation:-

Take a Microwave oven safe glass bowl, Add all ingredients, mix well and select Insta 9, enter weight, press start. Stir twice in between. Serve hot.

BHENDI FRY	INSTA 10	BHENDI FRY	230 gms	460 gms	690 gms
		Ingredients:			
		lady finger (okra / bhendi)	230 gms	460 gms	690 gms
		gram flour	½ cup	1 cup	1½ cup
		sliced onion	½ cup	1 cup	1½ cup
		sliced green chili	2	3	4
		coriander powder	½ tsp	1 tsp	1½ tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		garam masala powder	1 tsp	1½ tsp	2 tsp
		cumin seeds	½ tsp	1 tsp	1½ tsp
		turmeric Powder	¼ tsp	¼ tsp	½ tsp
		oil as required			
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than lady finger. Remove, add lady fingers and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove and serve

RAVA UPMA	INSTA 10	RAVA UPMA	230 gms	460 gms	690 gms
		Ingredients:			
		roasted rava (suji)	2 cup	3 cup	4 cup
		potato finely chopped	1	1	2
		chopped tomato	1	2	2
		carrot grated	1	2	2
		onion, chopped	1	2	3
		green chilies finely chopped	2	3	4
		channa dal	½ tbsp	½ tbsp	1 tbsp
		urad dal	½ tbsp	½ tbsp	1 tbsp
		mustard seeds	¼ tsp	½ tsp	½ tsp
		jeera	½ tsp	1 tsp	1 tsp
		green peas	¼ cup	¼ cup	½ cup
		cashew	½ tbsp	½ tbsp	1 tbsp
		ghee	½ tbsp	½ tbsp	1 tbsp
		turmeric	a pinch	a pinch	a pinch
		green coriander for garnish			
		coconut grated for garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than potatoes, peas, carrots, beans, tomato, paneer cubes, garam masala, tomato ketchup and fresh cream. Remove and add all the remaining ingredients other than fresh cream and mix well. Cover the bowl with a lid and place it in the microwave oven, select Insta10, enter weight and press start. Remove, garnish with fresh cream and serve.

NOODLES	INSTA 10	NOODLES	230 gms	460 gms	690 gms
		Ingredients:			
		noodles - boiled	100 gms	150 gms	200 gms
		mix 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 3 with all the ingredients other than noodles and soya sauce. Remove; add noodles & soya sauce, mix smoothly, select Insta10, enter weight and press start. Serve hot.

PALAK PANEER	INSTA 10	PALAK PANEER	230 gms	460 gms	690 gms
		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 chili 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	1 tsp	1½ tsp
		butter as required			
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than paneer, spinach paste, and salt. Remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove, garnish with coriander and serve.

GREEN PEAS MASALA	INSTA 10	GREEN PEAS MASALA	230 gms	460 gms	690 gms
		Ingredients:			
		green peas	150 gms	250 gms	500 gms
		tomatoes - finely chopped	100 gms	150 gms	200 gms
		onion - finely chopped	2	3	4
		cumin seeds	1 tsp	1 tsp	1½ tsp
		ginger - slightly crushed	1 tsp	1 tsp	1½ tsp
		green chilies - finely chopped	2	3	4
		turmeric powder	½ tsp	½ tsp	1 tsp
		red chili powder	1 tsp	1½ tsp	2tsp
		garam masala powder	1 tsp	1 tsp	1½ tsp
		ghee	½ tbsp	½ tbsp	1 tbsp
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than green peas, tomatoes & garam masala. Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and serve

CARROT SOUP	INSTA 10	CARROT SOUP	230 gms	460 gms	690 gms
		Ingredients:			
		carrot - chopped	150 gms	200 gms	300 gms
		sweet potato - chopped	50 gms	100 gms	150 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 3 with all the ingredients other than coconut milk & vegetable broth. Remove; add coconut milk and vegetable broth mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove, allow to cool and blend in the vegetables in a juicer. Drain, reheat and serve.

VEGETABLE STEW	INSTA 10	VEGETABLE STEW	230 gms	460 gms	690 gms
		Ingredients:			
		mushrooms cut into quarters	½ cup	½ cup	1 cup
		tomatoes - chopped	½ cup	½ cup	1 cup
		carrots cut into slices	½ cup	½ cup	1 cup
		onion sliced	½ cup	½ cup	1 cup
		potatoes cut into cubes	½ cup	½ cup	1 cup
		garlic cloves - minced	½ tsp	½ tsp	1 tsp
		kidney beans - boiled	½ cup	½ cup	1 cup
		tomato sauce	½ tbsp	½ tbsp	1 tbsp
		thyme - dried	½ tsp	½ tsp	1 tsp
		bay leaf	2	2	3
		flour	½ tbsp	½ tbsp	1 tbsp
		oil	½ tbsp	½ tbsp	1 tbsp
		water as required			
		salt and pepper to taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta3 with all the ingredients other than tomatoes, mushrooms, kidney beans, water and flour. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and serve.

LAUKI CURRY	INSTA 10	LAUKI CURRY	230 gms	460 gms	690 gms
		Ingredients:			
		bottle gourd cut into cubes	250 gms	300 gms	500 gms
		onion chopped	2	2	3
		green chilies chopped	2	3	4
		tomato puree	1 cup	1 cup	1½ cup
		garlic paste	½ tsp	½ tsp	1 tsp
		ginger paste	½ tsp	½ tsp	1 tsp
		red chili powder	1 tsp	1 tsp	1½ tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		coriander leaves	½ tsp	½ tsp	1 tsp
		oil	½ tbsp	½ tbsp	1 tbsp
		salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than, bottle gourd and tomato puree; mix well. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta10, enter weight and press start. Remove and serve.

CAKE BROWNIE	INSTA 10	CAKE BROWNIE	230 gms	460 gms	690 gms
		Ingredients:			
		cocoa powder	¼ cup	½ cup	1 cup
		flour - sifted	½ cup	1 cup	1½ cup
		margarine	1 tbsp	1½ tbsp	2 tbsp
		walnuts	¼ tbsp	¼ tbsp	½ tbsp
		sugar	½ cup	1 cup	1½ cup
		baking powder	½ tsp	½ tsp	1 tsp

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 Insta10, enter weight and press start. Remove, allow to cool and serve.

FRUIT CUSTARD	INSTA 10	FRUIT CUSTARD	230 gms	460 gms	690 gms
		Ingredients:			
		custard powder	½ cup	½ cup	1 cup
		milk	2 cup	3 cup	5 cup
		sugar	½ cup	½ cup	1 cup
		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 insta10, 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.

MUSHROOM SOUP	INSTA 10	MUSHROOM SOUP	230 gms	460 gms	690 gms
		Ingredients:			
		button mushrooms	150 gms	350 gms	500 gms
		chicken stock	1 cup	1½ cup	2 cup
		sprig onions, chopped finely	½ tbsp	½ tbsp	1 tbsp
		ginger paste	½ tsp	½ tsp	1 tsp
		block peppers	few	few	few
		salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe glass bowl as explained in Insta3, 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 Insta10, enter weight and press start. Remove and serve

TOMATO CHUTNEY	INSTA 10	TOMATO CHUTNEY	230 gms	460 gms	690 gms
		Ingredients:			
		onion - large chopped	1	1	2
		tomatoes - chopped	100 gms	200 gms	400 gms
		garlic - chopped	½ tsp	½ tsp	1 tsp
		red chili 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 as required			
		hing			

Method of preparation:

Take a microwave oven safe bowl; add oil, onion, garlic, salt, tomatoes, red chili powder and tamarind juice, mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and allow cooling. Grind into a fine paste. Take a microwave oven safe bowl; add the ingredients for seasoning and place it in the microwave oven. Select Insta3, enter weight and press start. Remove, add to the tomato mixture, mix well and serve.

YAM (SURAN) ROAST	INSTA 10	YAM (SURAN) ROAST	230 gms	460 gms	690 gms
		Ingredients:			
		yam, cleaned, peeled and cut into slices	150 gms	350 gms	500 gms
		tamarind juice	1 cup	1½ cup	2 cup
		chili powder	¼ tsp	½ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	¼ tsp
		salt to taste			
		oil as required			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3, with all the ingredients other than tamarind and salt. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and serve

TINDORA CURRY	INSTA 10	TINDORA CURRY	230gms	460gms	690gms
		Ingredients:			
		tindora	230 gms	460 gms	690 gms
		chili powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		garam masala	1 tsp	2 tsp	2 tsp
		soya sauce	2 tsp	3 tsp	4 tsp
		garlic paste	½ tsp	½ tsp	1 tsp
		ginger paste	½ tsp	½ tsp	1 tsp
		green chilies paste	½ tsp	½ tsp	1 tsp
		oil	¾ tbsp	1 tbsp	1 tbsp
		cumin seeds	½ tsp	½ tsp	1 tsp
		mustard seeds	½ tsp	½ tsp	1 tsp
		hing	pinch	pinch	pinch
		tomato puree	1 tbsp	1½ tbsp	2 tbsp
		salt to taste			
		tomato pieces for garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all ingredients other than soya sauce, hing, tomato puree, tomato pieces. Remove, add the remaining ingredients other than tomato pieces, and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and garnish with tomato pieces and serve.

ALOO MATAR	Insta 10	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 Chilies	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 Chili 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 3, 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 10, enter weight and press start. Remove, garnish with coriander leaves and serve.

SHAHI PANEER	INSTA 10	SHAHI PANEER	230gms	460gms	690gms
		Ingredients:			
		paneer (cut in thin slices)			
		milk	1½ cup	2 cups	3 cup
		turmeric powder	½ tsp	1 tsp,	1 tsp,
		fennel (saunf) grinded	½ tbsps,	1 tbsps,	1 tbsps,
		bay leaves	1	2	3
		cardamoms	3	4	5
		sticks cinnamon	1	2	2
		cumin seeds	½ tsp	1 tsp	1 tsp,
		fresh seedless green chilies	3	4	4
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3, with all the ingredients other than paneer slices, fennel (Saunf powder). milk. Remove, add all remaining ingredients and mix well smoothly. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and serve.

PUDINA CHUTNEY	INSTA 10	PUDINA CHUTNEY	230 gms	460 gms	690 gms
		Ingredients:			
		pudina leaves	150 gms	350 gms	500 gms
		raw mango peeled, chopped	1 cup	1½ cup	2 cup
		sesame seeds	½ cup	½ cup	1 cup
		green chilies / red chilies	3	4	5
		mustard seeds	1 tsp	1 tsp	1 tsp
		cumin seeds	1 tsp	1 tsp	1 tsp
		chana dal, soaked	½ tbsps	½ tbsps	1 tbsps
		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 3, with all the ingredients other than raw mango, pudina leaves, salt. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and serve

PITLA	INSTA 10	PITLA	230gms	460gms	690gms
		Ingredients:			
		besan	1½ cup	2 cup	2½ cup
		chopped tomato	1	2	2
		chopped coriander leaves	½ tbsp	½ tbsp	¾ tbsp
		chopped onion	1	2	2
		curry leaves	few	few	few
		hing	a pinch	a pinch	a pinch
		mustard seeds	¼ tsp	½ tsp	¾ tsp
		cumins powder	1 tsp	1½ tsp	2 tsp
		coriander powder	1 tsp	1½ tsp	2 tsp
		lemon juice / tamarind juice	½ tbsp	½ tbsp	¾ tbsp
		red chili powder	1tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		salt to taste			
		oil as required			
		water			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with oil, besan, curry leaves, mustard seeds, onion, cumins powder, coriander powder, red chili powder, turmeric powder. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and serve.

BAINGAN KA BARTA	INSTA 10	BAINGAN KA BARTA	230gms	460gms	690gms
		Ingredients:			
		large seedless oval eggplant			
		large onion grated	1	2	3
		ginger finely chopped	½ tsp	½ tsp	½ tsp
		garlic finely chopped	½ tsp	½ tsp	½ tsp
		green chilies finely chopped	2	3	4
		coriander leaves finely chopped	1 tbsp	1½ tbsp	2 tbsp
		garam masala	¼ tsp	½ tsp	1 tsp
		red chili powder	½ tsp	1 tsp	1½ tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		asafetida (hing)	1 pinch	2 pinches	3 pinches
		lemon juice	1 tsp	1½ tsp	2 tsp
		cumin	¼ tsp	½ tsp	1 tsp
		mustard seeds	¼ tsp	½ tsp	1 tsp
		oil	1 tbsp	1 tbsp	1tbsp
		water			
		salt to taste			

Method of preparation: 1. Place the eggplant (pierced on all sides with a fork) on the turn table in the microwave oven. Select Insta10, enter weight & press start. Remove after beep, mash eggplant till soft and add all remaining ingredients, mix well, cover bowl with lid and place the bowl in the microwave oven, select tadka option under Insta 3, enter weight, press start. Remove, and serve hot.

KHEER	INSTA 10	KHEER	230 gms	460 gms	690 gms
		Ingredients:			
		rice (boiled)	2 cup	3 cup	4 cup
		milk	4 cup	6 cup	8 cup
		condensed milk	1 cup	1½ cup	2 cup
		sugar	1 cup	1½ cup	2 cup
		raisins	1 tbsp	1½ tbsp	2 tbsp
		cashew nut pieces (roasted)	1 tbsp	1½ tbsp	2 tbsp
		almonds (roasted)	1/2 tbsp	1tbsp	1½ tbsp
		powdered elaichi (cardamom)	1 tsp	1½ tsp	2 tsp
		water as required			

Method of preparation:

Take a microwave oven safe bowl; add all the ingredients except elaichi powder and raisins mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove; add elaichi powder and raisins mix well. Serve hot.

SARSON KA SAG	INSTA10	SARSON KA SAG	230gms	460gms	690gms
		Ingredients:			
		sarson (green mustard) chopped	1 cup	1½ cup	2 cup
		palak chopped	1 cup	1½ cup	2 cup
		onion chopped	2	3	4
		garlic, ginger paste	1 tsp	1½ tsp	2 tsp
		green chilies (finely chopped)	1 tsp	1½ tsp	2 tsp
		makkai ka atta (corn flour)	1 tbsp	1½ tbsp	2 tbsp
		powdered gul (jaggery)	1 tbsp	1½ tbsp	2 tbsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		ghee as required			
		salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all ingredients other than sarson, spinach, corn flour. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove, set to cool and grind the mixture to a rough paste and serve hot.

SEV BHAJI	INSTA10	SEV BHAJI	230gms	460gms	690gms
		Ingredients:			
		sev	130 gms	260 gms	390 gms
		tomato puree	100 gms	200 gms	300 gms
		chopped tomato	1	1½	1½
		chopped onions	1	1½	1½
		mustard seeds	¼ tsp	½ tsp	¾ tsp
		cumin seeds	¼ tsp	½ tsp	¾ tsp
		green chili	1	2	2
		hing	a pinch	a pinch	a pinch
		curry leaves	few	few	few
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		red chili powder	1tsp	1½ tsp	2 tsp
		ground coriander	½ tsp	¾ tsp	1 tsp
		ground cumin	½ tsp	¾ tsp	1 tsp
		oil	½ tbsp	¾ tbsp	1 tbsp
		salt to taste			
		water as required			
		coriander leaves for garnish			

Method of preparation: Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than tomato puree, sev, water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove and garnish with coriander leaves and serve.

KADHI	INSTA10	KADHI	230gms	460gms	690gms
		Ingredients:			
		yogurt	2 cup	2½ cup	3 cup
		besan	4 tsp	4 tsp	6 tsp
		grated ginger	½ tsp	¾ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		ghee	½ tbsp	¾ tbsp	1 tbsp
		dry red chilies	2	3	4
		curry leaves	few	few	Few
		chopped green chilies	1	2	3
		hing	a pinch	a pinch	a pinch
		sugar	1 tsp	1½ tsp	2 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		mustard seeds	½ tsp	¾ tsp	1 tsp
		salt to taste			
		chopped coriander leaves for garnish			
		water			

Method of preparation: Beat the yogurt, water & besan in a vessel so that no lumps are formed. Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than yogurt, besan, water mixture. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and garnish with coriander leaves and serve.

CUALIFLOWER CURRY	INSTA10	CUALIFLOWER CURRY	230gms	460gms	690gms
		Ingredients:			
		capsicum	230gms	460gms	690gms
		sesame seeds paste	½ tbsp	½ tbsp	1 tbsp
		groundnut paste	½ tbsp	½ tbsp	1 tbsp
		onion	2	2	3
		jeera	1 tsp	1 tsp	1½ tsp
		red chili powder	1 tsp	1 tsp	1½ tsp
		cardamom	2	3	4
		cloves	1	2	3
		cinnamon	1 tsp	1 tsp	1½ tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		garam masala powder	1 tsp	1 tsp	1½ tsp
		dhania jeera powder	1 tsp	1 tsp	1½ tsp
		bay leaves	2	2	3
		oil	½ tbsp	½ tbsp	1 tbsp
		salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than capsicum & garam masala. Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and serve.

RIDGE GUARD CURRY	INSTA 10	RIDGE GUARD CURRY	230gms	460gms	690gms
		Ingredients:			
		ridge gourd (peeled & chopped)	150 gms	300 gms	400 gms
		moong dal	40 gms	100 gms	150 gms
		urad dal	40 gms	60 gms	140 gms
		jeera	½ tsp	¾ tsp	1 tsp
		mustard seeds	¼ tsp	½ tsp	¾ tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		onion (chopped)	1 tbsp	1½ tbsp	2 tbsp
		curry leaves	few	few	few
		whole red chilies	2	3	4
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		fresh coconut	½ tbsp	½ tbsp	¾ tbsp
		hing	a pinch	a pinch	a pinch
		oil as required			
		salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than ridge gourd and salt. Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and serve.

CABBAGE SUBZI	INSTA 10	CABBAGE SUBZI	230gms	460gms	690gms
		Ingredients:			
		cabbage, chopped.	150 gms	300 gms	400 gms
		chana dal	80 gms	160 gms	290 gms
		ginger paste	½ tsp	¾ tsp	1 tsp
		mustard seeds	¼ tsp	¼ tsp	½ tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		sugar	½ tsp	¾ tsp	1 tsp
		green chilies	2	3	4
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		hing	a pinch	a pinch	a pinch
		salt to taste.			
		oil as required			

Method of preparation: Prepare tadka in a microwave oven safe glass bowl as explained in Insta 3 with all the ingredients other than cabbage and salt. Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and serve.

BAINGAN MASALA	Insta 10	BAINGAN MASALA	230 gms	460 gms	690 gms
		Ingredients:			
		brinjal (baingan) 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 chili powder	1½ tsp	2 tsp	3 tsp
		oil as required			
		coriander for garnish			
		salt & pepper to taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than tomato, methi leaves, vinegar, salt and pepper. After beep, Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove, garnish with coriander and serve.

KARELA FRY	Insta 10	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 Chili Powder	1 tsp	1½ tsp	2 tsp
		Jeera Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala	1 tsp	1½ tsp	2 tsp
		Oil As Required			
		Salt To Taste			

Method of preparation:

Marinate karela with the lemon juice, turmeric, salt for 20 minutes and wash it well. Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than garam masala. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start.

CARROT CURRY	Insta 10	CARROT CURRY	230gms	460gms	690gms
		Ingredients:			
		Carrots Chopped	230 gms	460 gms	690 gms
		Roasted Sesame Seeds Paste	¾ cup	1 cup	1½ cup
		Dried Red Chilies	2	3	4
		Red Chili Powder	1½ tsp	2 tsp	3 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Urad Dal	1½ tsp	2 tsp	3 tsp
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			
		Coriander For Garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than carrots and salt. After beep, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove, garnish with coriander and serve.

GOBI MATAR	Insta 10	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 Chilies	2	3	4
		Cashew Nut Paste	½ cup	¾ cup	1 cup
		Garam Masala	1½ tsp	2 tsp	3 tsp
		Curd	1 cup	1½ cup	2 cup
		Oil As Required			

Method of preparation:

Prepare tadka as explained in Insta 3 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 10, enter weight and press start. Serve hot.

CAULIFLOWER ONION FRY	Insta 10	CAULIFLOWER ONION FRY	230gms	460gms	690gms
		Ingredients:			
		Cauliflower Florets	230 gms	460 gms	690 gms
		Onion Chopped	1	2	3
		Green Chilies	2	3	4
		Coriander Powder	2 tsp	3 tsp	4 tsp
		Lemon Juice	1 tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	¼ tsp	½ tsp	½ tsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Curry Leaves	few	few	few
		Oil As Required			
		Salt To Taste			

Method of preparation:

Prepare tadka as explained in Insta 3 in a microwave oven safe glass bowl with all the ingredients other than cauliflower florets and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 10, enter weight and press start. Serve hot.

SWEET POTATO SOUP	Insta 10	SWEET POTATO SOUP	230gms	460gms	690gms
		Ingredients:			
		Sweet Potato Chopped	230 gms	460 gms	690 gms
		Onion Chopped	1	2	3
		Nutmeg Powder	a pinch	a pinch	a pinch
		Black Pepper Powder	a pinch	a pinch	a pinch
		Milk Or Heavy Cream	1 cup	1½ cup	2 cup
		Corn Flour	1 tbsp	1½ tbsp	2 tbsp
		Vegetable Stock	1 cup	1½ cup	2 cup
		Lemon Juice	1 tsp	1 tsp	1½ tsp
		Butter	1 tbsp	1½ tbsp	2 tbsp
		Salt To Taste			

Method of preparation:

Prepare tadka as explained in Insta 3 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 10, enter weight and press start. Remove and make puree of the sweet potato mixture. Serve hot.

ARBI/ TARO ROOT FRY	Insta 10	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 Chili Powder	1 tsp	1 tsp	1½ tsp
		Turmeric Powder	a pinch	a pinch	a pinch
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	1 tsp	1 tsp	1½ tsp
		Urad Dal	3 tsp	4 tsp	5 tsp
		Curry Leaves	few	few	Few
		Oil As Required			
		Salt To Taste			

Method of preparation:

Prepare tadka as explained in Insta 3 in a microwave oven safe bowl with all the ingredients other than taro root and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 10, enter weight and press start. Serve hot.

SUKHDI	Insta 10	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 3, enter weight, press start. After beep, remove and add jaggery, milk, and mix well. Place the bowl in the microwave oven. Select Insta 10, enter weight and press start. Serve hot.

PLAIN PALAK CURRY	Insta 10	PLAIN PALAK CURRY	230gms	460gms	690gms
		Ingredients:			
		Palak (Spinach) Finely Chopped	2 cup	2½ cup	3 cups
		Red Chili Powder	1 tsp	1 tsp	1 tsp
		Moong Dal	¼ cup	½ cup	¾ cup
		Garam Masala	1 tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Garlic Paste	¼ tsp	¼ tsp	½ tsp
		Ginger Paste	¼ tsp	¼ tsp	½ tsp
		Oil As Required			
		Salt To Taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than palak and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove and serve hot.

COCONUT LADOO	Insta 10	COCONUT LADOO	230gms	460gms	690gms
		Ingredients:			
		Suji / Rava	1 cup	2 cup	3 cup
		Grated Coconut	1½ cup	3 cup	4 cup
		Condensed Milk	as required	as required	as required
		Powdered Sugar	1 cup	2 cup	3 cup
		Dry Coconut Powder	½ cup	¾ cup	1cup

Method of preparation:

Take suji (rava) in a microwave oven safe glass bowl. Place in the microwave oven, select Insta 3, enter weight & press start. After beep, remove, add grated coconut, condensed milk, powdered sugar & mix well. Select Insta 10, enter weight, and press start. Remove after beep & set aside to cool. Make small balls of the mixture. Roll the balls in dry coconut powder & serve.

PANEER MAKHANI	Insta 10	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 Chilies	1	2	3
		Red Chili Powder	1 tsp	1 tsp	1½ tsp
		Garam Masala Powder	1 tsp	1 tsp	1½ tsp
		Dried Kasuri Methi	few	few	few
		Butter As Required			
		Salt To Taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than tomato puree and fresh cream. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove, and serve hot.

BANANA HALWA	Insta 10	BANANA HALWA	230gms	460gms	690gms
		Ingredients:			
		Banana Ground To Paste	2 cup	2½ cup	3 cups
		Wheat Flour	¾ cup	1 cup	1½ cup
		Milk	¾ cup	1 cup	1½ cup
		Cardamom Powder	a pinch	a pinch	a pinch
		Sugar	1 cup	1½ cup	2 cup
		Cashews	few	few	few
		Almonds	few	few	few
		Ghee As Required			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with wheat flour and ghee. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove and serve hot.

GREEN CHANA CURRY	Insta 10	GREEN CHANA CURRY	230 gms	460 gms	690 gms
		Ingredients:			
		green chana	1 cup	1½ cup	2 cup
		tomato chopped	1 cup	1½ cup	2 cup
		onion chopped	1 cup	1½ cup	1½ cup
		green chili chopped	2	3	3
		ginger, garlic paste	1½ tsp	2 tsp	2 tsp
		cumins powder	1 tsp	1½ tsp	2 tsp
		hing	a pinch	a pinch	a pinch
		turmeric powder	a pinch	a pinch	a pinch
		coriander powder	1 tsp	1½ tsp	2 tsp
		garam masala	1½ tsp	2 tsp	2 tsp
		oil as required			
		salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than green chana and tomato. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta10, enter weight and press start.

CHEESE SAUCE	INSTA 10	CHEESE SAUCE	230 gms	460 gms	690 gms
		Ingredients;			
		Thick Milk	¼ cup	½ cup	¾ cup
		Flour	1 tbsp	1½ tbsp	2 tbsp
		Cheese grated	¼ cup	½ cup	¾ cup
		Pepper powder	1 tsp	1½ tsp	2 tsp
		Butter melted	1 tbsp	1½ tbsp	2 tbsp
		Salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than cheese and salt. After beep, remove, add the all remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 10, enter weight and press start. Remove and serve.

DALIYA KICHDI	Insta 10	DALIYA KICHDI	230 gms	460 gms	690 gms
		Ingredients:			
		dalia (broken wheat)	1 cup	1½ cup	2 cup
		mix vegetable chopped	1 cup	1½ cup	2 cup
		onion chopped	1 cup	1½ cup	2 cup
		green chilies	2	3	3
		garlic, ginger paste	1 tsp	1½ tsp	1½ tsp
		turmeric powder	a pinch	a pinch	a pinch
		cumins seeds	1 tsp	1½ tsp	1½ tsp
		coriander powder	1 tsp	1½ tsp	1½ tsp
		oil as required			
		salt to taste			
		coriander leaves for garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than dalia and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaf and mix well. Place the bowl in the microwave oven selects Insta 10, enter weight and press start. Remove, garnish with grated coriander and serve.

MACHE BESARA	Insta 10	MACHE BESARA	230gms	460gms	690gms
		Ingredients:			
		fish (rohu or any fresh water fish)	230gms	460gms	690gms
		potato (cut into cubes)	1	2	2
		curd	1cup	2 cup	2 cup
		green chilies paste	4	5	6
		mustard paste	1tbsp	1½ tbsp	2 tbsp
		garlic cloves paste	2	3	4
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		cumin seeds	1 tsp	1½ tsp	2 tsp
		mustard seeds	1 tbsp	1 tbsp	1½ tbsp
		fennel seeds	1 tsp	1½ tsp	2 tsp
		fenugreek seeds	1 tsp	1½ tsp	2 tsp
		kale jeera seeds	1 tsp	1½ tsp	2 tsp
		oil as required			
		salt to taste			
		coriander leaves for garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than fish, curd and coriander leaves. After beep, remove; add all the ingredients other than coriander leaves and mix smoothly. Place the bowl in the microwave oven selects Insta 10, enter weight and press start. Remove, garnish with coriander leaves and serve hot.

BEETROOT RASAM	Insta 10	BEETROOT RASAM	230 gms	460 gms	690 gms
		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 3 with all the ingredients other than beetroot and tamarind juice. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven selects Insta 10, enter weight and press start. Remove, and serve hot.

CAULIFLOWER KURMA	Insta 10	CAULIFLOWER KURMA	230 gms	460 gms	690 gms
		Ingredients:			
		cauliflower, cut into florets	2 cup	3 cup	4 cup
		tomatoes, cut into cubes	1 cup	1½ cup	2 cup
		onion	1 cup	1½ cup	2 cup
		yogurt	1 cup	1½ cup	2 cup
		ginger-garlic paste	1 tsp	1½ tsp	2 tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		khus khus paste	1 tbsp	1½ tbsp	2 tbsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		cardamom	few	few	Few
		coriander seeds	1 tsp	1½ tsp	2 tsp
		cloves	2	3	4
		curry leaves	few	few	Few
		salt to taste			
		oil as required			
		coriander leaves for garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than cauliflower, tomato, yogurt and coriander leaves. After beep, remove, add the all ingredients other than coriander leaf and mix well. Place the bowl in the microwave oven selects Insta 10, enter weight and press start. Remove, garnish with coriander leaves and serve hot.

POTATO CURRY	INSTA 10	POTATO CURRY	230 gms	460 gms	690 gms
		Ingredients;			
		potatoes, peeled and cubed	1½ cup	2 cup	3 cup
		tomatoes, chopped	1 cup	1½ cup	2 cup
		onion, chopped	1 cup	1½ cup	2 cup
		garlic, ginger paste	½ tsp	¾ tsp	1 tsp
		chili powder	1 tsp	1½ tsp	2 tsp
		coriander powder	1 tsp	1½ tsp	2 tsp
		cumin seeds	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		ghee			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than potato and tomatoes. After beep, remove, add the all remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 10, enter weight and press start. Remove and serve hot.

CHICKEN SOUP	INSTA 10	CHICKEN SOUP	230 gms	460 gms	690 gms
		Ingredients;			
		chicken	230 gms	460 gms	690 gms
		spring onion chopped	½ cup	¾ cup	1 cup
		eggs	1	2	3
		black pepper powder	1 tsp	1½ tsp	2 tsp
		coconut milk	½ cup	¾ cup	1 cup
		chicken stock	½ cup	¾ cup	1 cup
		sugar	1 tsp	1½ tsp	2 tsp
		salt as per taste			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than coconut milk and chicken stock. After beep, remove, add the all remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 10, enter weight and press start. Remove and serve hot.

SINDHI KHADI	INSTA 10	SINDHI KHADI	230 gms	460 gms	690 gms
		Ingredients;			
		carrots	¼ cup	½ cup	¾ cup
		ladyfinger	¼ cup	½ cup	¾ cup
		brinjal	¼ cup	½ cup	¾ cup
		drumsticks	¼ cup	½ cup	¾ cup
		bottle gourd	¼ cup	½ cup	¾ cup
		cumin seeds	1 tsp	1½ tsp	2 tsp
		methi seeds	1 tsp	1½ tsp	2 tsp
		tamarind pulp	¼ cup	½ cup	¾ cup
		besan	1 tbsp	1½ tbsp	2 tbsp
		coriander / cumins powder	1 tsp	1½ tsp	2 tsp
		green chilies chopped	2	3	4
		turmeric powder	1½ cup	2 cup	2½ cup
		hing a pinch			
		salt to taste			
		coriander leaves for garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than tamarind pulp, hing and coriander leaves. After beep, remove, add the all remaining ingredients except coriander leaves mix well and place the bowl in the microwave oven selects Insta 10 enter weight and press start. Remove, garnish with coriander leaves and serve hot.

PURAN POLI,KA PURAN	INSTA 10	PURAN POLI,KA PURAN	230 gms	460 gms	690 gms
		Ingredients;			
		chana dal, soaked & cooked	1½ cup	2 cup	2½ cup
		jaggery grated	1½ cup	2 cup	2½ cup
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		cardamom powder	½ tsp	¾ tsp	1 tsp
		nutmeg powder	½ tsp	¾ tsp	1 tsp
		oil if required			

Method of preparation:

Take a microwave oven safe bowl; add all the ingredients, mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove; add into flour flatten dough and make puran poli. Serve hot.

MUSTARD FISH	INSTA 10	Ingredients:	230gms	460gms	690gms
		hilsa fish (cut into medium size pieces)			
		turmeric powder	230 gms	460 gms	690 gms
		mustard oil	1 tbsp	1½ tbsp	2 tbsp
		mustard seeds	½ tsp	1 tsp	1½ tsp
		salt to taste			
		Water as required			
		coriander leaves, green chilies for garnish			
		For Mustard Curry Paste:			
		mustard seeds	1 tbsp	2 tbsp	3 tbsp
		chopped green chilies	1 tsp	1½ tsp	2 tsp
		poppy seeds	1 tsp	1½ tsp	2 tsp

Method of preparation:

Marinate fish with turmeric powder and salt. Set aside for ½ hour. To make Mustard Curry paste grind mustard seeds, green chilies & poppy seeds. Set aside. Apply oil to the fish pieces and place in a microwave oven safe bowl and shallow fry the same in under tadka option in Insta 3. Remove and add all the ingredients and mustard curry paste mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove and garnish with coriander and green chilies. Serve hot.

BUTTER CHICKEN	INSTA 10	BUTTER CHICKEN	230gms	460gms	690gms
		Ingredients:			
		boneless chicken	230gms	460gms	690gms
		yogurt	1 tbsp	1½ tbsp	2 tbsp
		lime juice	1 tsp	1½ tsp	2 tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		roasted cloves	2	3	4
		roasted pepper corns	2	3	4
		roasted cinnamon	½ inch	¾ inch	1 inch
		cardamom	2	3	4
		roasted almonds	3	4	5
		bay leaves	1	2	2
		oil	½ tbsp	½ tbsp	¾ tbsp
		chopped onions	1	2	2
		garlic paste	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		cumin powder	½ tsp	¾ tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		tomato puree	1 tbsp	1½ tbsp	2 tbsp
		chicken stock	1 cup	2 cup	2 cup
		kasuri methi	1 tsp	1½ tsp	2 tsp
		butter	½ tbsp	½ tbsp	¾ tbsp
		salt to taste			
		coriander leaves for garnish			

Method of preparation: Grind & make a paste of cloves, pepper corns, cinnamon, almonds & cardamom. Marinate the chicken with the above paste and butter, yogurt, salt, lime juice, red chili powder, bay leaves, coriander, cumin, turmeric powder & set aside for 1 hour. Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with oil, onion, garlic, ginger paste, and marinated chicken. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta10, enter weight and press start. Remove and garnish with coriander leaves and serve.

MISA MACH PORA	Insta 10	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 3 in a microwave oven safe bowl with all the ingredients other than marinated shrimps and lime juice. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 10, enter weight and press start. Serve hot.

SPANISH RICE (SPANISH)	Insta 10	SPANISH RICE (SPANISH)	230 gms	460 gms	690 gms
		Ingredients:	1(230)	2 (460)	3 (690)
		rice (boiled)	1 cup	1½ cup	2 cup[
		tomato (chopped)	1 cup	1½ cup	2 cup[
		tomato puree	½ cup	1 cup	1 cup
		onion (chopped)	1	1½	2
		pepper	½ tsp	1 tsp	1½ tsp
		butter as required			
		Salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than rice. After beep, remove and add rice, mix well and select Inta10, enter weight, press start. Serve hot.

MACHER JHOL	Insta 10	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 Chilies	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
		Chili Powder	1 tsp	1½ tsp	2 tsp
		Oil			
		Salt To Taste			

Method of preparation: Marinate fish with turmeric powder and salt for 20 minutes and wash it well. Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than fish. After beep, remove, add the remaining ingredients and mix smoothly. Place the bowl in the microwave oven, select Insta 10, enter weight and press start.

CHICKEN XACUTI	Insta 10	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 Chilies	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 3 in a microwave oven safe bowl with all the ingredients other than chicken and potato. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta10, enter weight and press start. Serve hot.

FRIED RICE (CHINESE)	Insta 10	FRIED RICE (CHINESE)	230 gms	460 gms	690 gms
		Ingredients:	1(230)	2 (460)	3 (690)
		rice (cooked)	1 cup	1½ cup	2 cup
		chicken (diced)	½ cup	1 cup	1½ cup
		sliced mushrooms (optional)	½ cup	1 cup	1½ cup
		onions including green ends (chopped)	½ cup	1 cup	1½ cup
		eggs	2	2	3
		garlic, ginger paste	1 tsp	1½ tsp	2tsp
		pepper powder	1 tsp	1½ tsp	2tsp
		Soya sauce	2 tsp	3 tsp	3 tsp
		oil as required			

Method of preparation: Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than rice. After beep, Remove and add rice, mix well and select Inta10, enter weight, press start. Serve hot.

CHICKEN CHETTINAD	Insta 10	CHICKEN CHETTINAD	230gms	460gms	690gms
		Ingredients:			
		Chicken	230 gms	460 gms	690 gms
		Khus Khus Roasted	1 tbsp	1½ tbsp	2 tbsp
		Dry Red Chilies 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
		Chili Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	½ tsp	¾ tsp	1 tsp
		Chopped Ginger	1 tsp	1tsp	1tsp
		Chopped Garlic	1 tsp	1 tsp	1½ tsp
		Chopped Tomato	1	1½	2
		Chopped Onions	1	1½	2
		Oil	1 tbsp	1 tbsp	1½ tbsp
		Curry Leaves	few	few	few
		Lemon Juice	½ tsp	¾ tsp	1 tsp
		Sugar	½ tsp	¾ tsp	1 tsp
		Grated Coconut for Garnish			
		Coriander Leaves for Garnish			
		Salt To Taste			

Method of preparation: In a mixer, grind all the roasted ingredients with garlic and ginger to make a uniform paste. Prepare tadka in a microwave oven safe bowl as explained in Insta 3, with all the ingredients other than chicken, tomato, coconut and coriander leaves. After beep, remove, add the remaining ingredients except coconut and coriander leaf and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove, garnish with coconut and coriander. Serve hot.

DOI MACHCH	Insta 10	DOI MACHCH	230 gms	460 gms	690 gms
		Ingredients:			
		Fish (Rohu)-sliced & rubbed with turmeric & salt	230 gms	460 gms	690 gms
		Curd	1 cup	1½ cup	2 cup
		Onion paste	1 cup	1½ cup	2 cup
		Garlic paste	½ tsp	¾ tsp	1 tsp
		Ginger paste	½ tsp	¾ tsp	1 tsp
		Turmeric powder	¼ tsp	¼ tsp	½ tsp
		Chili powder	1 tsp	1½ tsp	2 tsp
		Bay leaves	2	2	3
		Cumin seeds	½ tsp	¾ tsp	1 tsp
		Cardamoms	3	4	5
		Cloves	2	3	4
		Cinnamon-broken	1	2	3
		Sugar	1 tsp	1½ tsp	2 tsp
		Oil as required			
		Salt to taste			

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with fish. After beep, remove; add all the ingredients mix smoothly. Place the bowl in the microwave oven selects Insta 10, enter weight and press start. Serve hot.

LO MEIN	Insta 10	LO MEIN	230 gms	460 gms	690 gms
		Ingredients:	1(230)	2 (460)	3 (690)
		semi cooked noodles (spaghetti)	1 cup	1½ cup	2 cup
		diced cooked meat (chicken, pork, beef...any)	1 cup	1½ cup	2 cup
		French beans (thawed)	½ cup	¾ cup	1 cup
		bean sprout	½ cup	¾ cup	1 cup
		onions (chopped)	½ cup	¾ cup	1 cup
		ginger, garlic paste	1 tsp	1½ tsp	2tsp
		lime juice	1 tsp	1½ tsp	2tsp
		sugar	1 tsp	1½ tsp	2tsp
		Soya sauce	2 tsp	3 tsp	4 tsp
		oil as required			
		sherry (mixture of lime juice, sugar, vinegar)			

Method of preparation:

Mix together Soya sauce, lime juice, sugar, set a side. Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than soya sauce paste, noodles and sherry. After beep, remove and add all remaining ingredients, mix well and select Insta10, enter weight, press start.

VEGETABLE STIR FRY (THAI)	Insta10	VEGETABLE STIR FRY (THAI)	1(230)	2 (460)	3 (690)
		Ingredients:			
		broccoli florets	1 cup	1½ cup	2 cups
		carrots (cut in to slices)	½ cup	¾ cup	1 cup
		red bell pepper (sliced)	½ cup	¾ cup	1 cup
		bean sprouts	½ cup	¾ cup	1 cup
		garlic chopped	1 tsp	1½ tsp	2tsp
		pad Thai sauce	½ tbsp	¾ tbsp	1 tbsp
		oil as required			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all ingredients other than bell pepper and Thai sauce. After beep, remove and add all remaining ingredients, mix well and select Insta10, enter weight, press start.

CHICKEN CASSO-ROLE (ITALIAN)	Insta10	CHICKEN CASSOROLE ITALIAN)	1(230)	2 (460)	3 (690)
		Ingredients:			
		chicken (cut in to pieces)	1½ cup	2 cups	2½ cup
		mushrooms	½ cup	¾ cup	1 cup
		tomatoes	½ cup	¾ cup	1 cup
		tomato paste	¼ cup	½ cup	¾ cup
		baby onions	½ cup	¾ cup	1 cup
		mint leaves	¼ cup	½ cup	¾ cup
		garlic paste	1 tsp	1 tsp	1½ tsp
		coriander leaves	¼ cup	¼ cup	½ cup
		block peppers	few	few	few
		chopped parsley	¼ cup	¼ cup	½ cup
		Salt to taste			
		oil as required			
		water as required			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than chicken and tomato paste. After beep, Remove and add remaining ingredients, mix well and select Inta10, enter weight, press start. Serve hot.

PASTA CHICKEN (ITALIAN)	Insta10	PASTA CHICKEN (ITALIAN)	1(230)	2 (460)	3 (690)
		Ingredients:			
		small shell pasta (boiled)	1 cup	1½ cup	2 cups
		chicken breast (diced)	1 cup	1½ cup	2 cups
		carrots (cut in to small pieces)	½ cup	¾ cup	1 cup
		tomato puree	½ cup	¾ cup	1 cup
		broccolis (diced & boiled)	½ cup	¾ cup	1 cup
		garlic cloves (minced)	few	few	few
		basil	¼ tbsp	½ tbsp	¾ tbsp
		oregano	¼ tbsp	½ tbsp	¾ tbsp
		oil as required			
		Salt to taste			
		Grated cheese for garnish			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than boiled pasta, tomato puree and grated cheese. After beep, Remove and add remaining ingredients other than grated cheese, mix well and select Inta10, enter weight, press start. Garnish with grated cheese and serve hot.

CHICKEN STEW (ENGLAND)	Insta10	CHICKEN STEW (ENGLAND)	1(230)	2 (460)	3 (690)
		Ingredients:			
		chicken (cut in to pieces)	1½ cup	2 cups	2½ cup
		potatoes (cut in to pieces)	¼ cup	½ cup	¾ cup
		carrot medium (cut in to pieces)	¼ cup	½ cup	¾ cup
		onion (cut in to pieces)	¼ cup	½ cup	¾ cup
		tiny pearl onions (peeled)	¼ cup	½ cup	¾ cup
		French beans (cut in to pieces)	¼ cup	½ cup	¾ cup
		cauliflower florets	¼ cup	½ cup	¾ cup
		garlic (crushed)	few	few	Few
		corn flour	½ cup	¾ cup	1 cup
		bay leaves	few	few	Few
		parsley	1 tbsp	1½ tbsp	2 tbsp
		celery stalk (lightly crushed)	1 tbsp	1½ tbsp	2 tbsp
		dried thyme	few	few	Few
		block pepper corns (crushed)	few	few	Few
		Salt to taste			
		oil as required			
		water as required			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than chicken. After beep, Remove and add remaining ingredients, mix well and select Inta10, enter weight, press start. Serve hot.

SCRAMBLED EGGS (ENGLAND)	Insta10	SCRAMBLED EGGS (ENGLAND)	1(230)	2 (460)	3 (690)
		Ingredients:			
		mushrooms (chopped)	1 cup	1½ cup	2 cups
		eggs	2	3	4
		onion (chopped)	½ cup	¾ cup	1 cup
		milk	½ cup	¾ cup	1 cup
		mozzarella cheese	1 slice	2 slice	2 slice
		melted butter as required			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than eggs, cheese and milk. After beep, Remove and break eggs in to a bowl. Whip until fully beaten. Add milk, mix well and select Inta10, enter weight, press start. After beep, remove and place cheese slice on the top of the eggs, cover with lid and stand until Cheese melts. Serve hot.

CHICKEN FRICAS- SEE(FRENCH)	Insta10	CHICKEN FRICASSEE (FRENCH)	1(230)	2 (460)	3 (690)
		Ingredients:			
		chicken	1½ cup	2 cups	2½ cup
		mushrooms	½ cup	¾ cup	1 cup
		carrots	½ cup	¾ cup	1 cup
		onion	½ cup	¾ cup	1 cup
		egg yolks	1	2	3
		flour	1 tbsp	1½ tbsp	2 tbsp
		chicken stock	1 cup	1½ cup	2 cup
		dry white wine (optional)	1 cup	1½ cup	2 cup
		parsley sprigs	1	2	3
		whipping cream	½ cup	¾ cup	1 cup
		lemon juice	1 tsp	1½ tsp	2 tsp
		black pepper			
		butter as required			
		salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than egg yolks, lemon juice, whipping cream, chicken stock and parsley. After beep, Remove and add all remaining ingredients, mix well and select Inta10, enter weight, press start. After beep, re-move and garnish with parsley and serve hot.

SPAGHETTI (MEXICAN)	Insta10	SPAGHETTI (MEXICAN)	1(230)	2 (460)	3 (690)
		Ingredients:			
		boneless chicken breast (cut in to small pieces)	1 cup	1½ cup	2 cups
		spaghetti noodles (broken in to half)	1 cup	1½ cup	2 cups
		chopped tomato	½ cup	¾ cup	1 cup
		onion	½ cup	¾ cup	1 cup
		cumin	1 tsp	1 tsp	1½ tsp
		chili powder	1 tsp	1½ tsp	2 tsp
		pepper powder	1 tsp	1 tsp	1½ tsp
		cheese	½ cup	½ cup	¾ cup
		oil as required			
		water as required			
		Salt to taste			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with the oil and broken spaghetti. After beep, Remove and add all remaining ingredients other than cheese, mix well and select Inta10, enter weight, press start. After beep, remove and garnish with cheese and serve hot.

CHICKEN TACO FILLING (MEXICAN)	Insta10	CHICKEN TACO FILLING (MEXICAN)	1(230)	2 (460)	3 (690)
		Ingredients:			
		chicken breasts	1 cup	1½ cup	2 cups
		onion (chopped)	½ cup	¾ cup	1 cup
		tomatoes (chopped)	1 cup	1½ cup	2 cup
		cumin	1 tsp	1 tsp	1½ tsp
		garlic	1 tsp	1 tsp	1½ tsp
		pepper	1 tsp	1 tsp	1½ tsp
		tomato sauce	½ cup	¾ cup	1 cup
		cheese (grated)	½ cup	½ cup	¾ cup
		salt to taste			
		Taco- shells			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than tomatoes, tomato sauce and cheese, taco shell. After beep, Remove and add all remaining ingredients other than cheese and taco shell, mix well and select Inta10, enter weight, press start. After beep, remove, add grated cheese and fill the vegetable mix in taco shells. Serve hot.

KARELA KA SUBJI	INSTA 10	KARELA KA SUBJI	1(230)	2 (460)	3 (690)
		Ingredients:			
		karela, chopped	230 gms	460 gms	690 gms
		onion, finely chopped	1	2	3
		besan	½ tbsp	½ tbsp	1 tbsp
		green chili, finely chopped	2	3	4
		ginger, garlic paste	½ tsp	½ tsp	1 tsp
		fresh coriander, chopped	few	few	few
		oil as required	½ tbsp	½ tbsp	1 tbsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		coriander powder	1 tsp	1 tsp	1½ tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		amchoor powder	¼ tsp	½ tsp	1 tsp
		cumin seeds	½ tsp	½ tsp	1 tsp
		hing	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 3 with all the ingredients other than karela and besan. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 10, enter weight and press start. Remove and serve.

BASUNDI	INSTA 10	BASUNDI	230 gms	460 gms	690 gms
		Ingredients:			
		milk	6 cups	8 cups	10 cups
		sugar	2tbsp	2½ tbsp	3 tbsp
		chopped almonds	6	8	10
		lemon juice	1½ tsp	2 tsp	2½ tsp
		crushed cardamoms	6	8	10
		chopped charoli nuts (saara)	1 tsp	1½ tsp	2 tsp

Method of preparation: Take a microwave oven safe large bowl; add all ingredients other than almonds, cardamom and charoli, mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove, add all remaining ingredients and serve.

PAYASAM	INSTA 10	PAYASAM	230 gms	460 gms	690 gms
		Ingredients:			
		milk	6 cups	8 cups	10 cups
		vermicelli (seviya)	1½ cups	2 cups	2½ cups
		sugar	1½ cup	2 cup	2½ cup
		cardamom	6	8	10
		cashew nuts	½ tbsp	¾ tbsp	1 tbsp
		almonds	½ tbsp	¾ tbsp	1 tbsp
		ghee	1 tbsp	1½ tbsp	2 tbsp

Method of preparation: Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than milk, sugar, cardamom. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove, and serve hot.

GAJAR HALWA	Insta 10	GAJAR HALWA	230 gms	460 gms	690 gms
		Ingredients:			
		carrots (grated)	2 cup	2½ cup	3 cup
		kawa (mawa grated)	½ cup	¾ cup	1cup
		sugar	1 cup	1½ cup	2 cup
		milk condensed	½ cup	¾ cup	1 cup
		milk	½ cup	¾ cup	1 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 3 with all the ingredients other than milk, condensed milk, cardamom, flakes and raisins. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects Insta 10, enter weight and press start.

MUTTON CURRY	Insta 10	MUTTON CURRY	230 gms	460 gms	690 gms
		Ingredients:			
		Mutton	1½ cup	2 cup	2½ cup
		Tomato (Chopped)	¾ cup	1 cup	1 cup
		Red chili powder	1tsp	1½ tsp	2 tsp
		Onions (Chopped)	¾ cup	1 cup	1 cup
		Black Pepper Powder	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	1"stick		
		Cinnamon	1tsp	1½ tsp	2 tsp
		Coriander seeds	1tsp	1½ tsp	2 tsp
		Cumin seeds	½ tsp	¾ tsp	1 tsp
		Cloves	2	3	4
		Green Cardamoms	3	4	5
		Ginger and Garlic Paste.	1tsp	1½ tsp	2 tsp
		Curry Leaves	few	few	few
		Poppy Seeds	few	few	few
		Fennel Seeds	½ tsp	¾ tsp	1 tsp
		Black Peppercorns	½ tsp	¾ tsp	1 tsp
		Oil as required			
		Salt to taste			
		Coriander Leaves for garnish			

Method of preparation:

Prepare tadka in a microwave oven safe bowl as explained in Insta 3 with all the ingredients other than mutton. Tomato and coriander leaves. After beep, remove, add the remaining ingredients other than coriander leaf and mix well. Place the bowl in the microwave oven, select Insta 10, enter weight and press start. Remove and garnish with coriander leaves. Serve hot.

PRAWNS CURRY (THAI)	Insta 10	PRAWNS CURRY (THAI)	230 gms	460 gms	690 gms
		Ingredients:	230 gms	460 gms	690 gms
		french beans	¼ cup	½ cup	¾ cup
		prawns	200 gr	300 gr	400 gr
		button mushrooms (sliced)	¼ cup	½ cup	¾ cup
		red pepper (cut in to slices)	¼ cup	½ cup	¾ cup
		Thai red curry paste	1 tbsp	1½ tbsp	2 tbsp
		chicken stock	¼ cup	½ cup	¾ cup
		Thai fish sauce	¼ cup	½ cup	¾ cup
		coconut milk	¼ cup	½ cup	¾ cup
		basil	½ tsp	1tsp	1tsp
		coriander	½ tsp	1tsp	1tsp
		lime juice	1 tsp	1½ tsp	2 tsp
		olive oil			

Method of preparation:

Prepare tadka in a microwave oven safe glass bowl as explained in Insta3 with all the ingredients other than prawns, chicken stock, fish sauce, coconut milk and lime juice. After beep, Remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve over basmati rice.

Thai red curry paste

5 red chillies (soaked in warm water/drained)

¼ cup chopped onions

2 peeled garlic cloves

½ tbsp grated ginger

1 stalk lemon grass

1 stalk coriander

1 tbsp coriander seeds (Dania)

½ tbsp white pepper

½ tsp salt

Method:

Mix all ingredients with little water to make a paste.

MACARONI WITH CHEESE (FRENCH)	Insta 10	MACARONI WITH CHEESE (FRENCH)	230 gms	460 gms	690 gms
		Ingredients:			
		cooked macaroni (drained well)	200 gms	300 gms	400 gms
		onion finely chopped	½ cup	¾ cup	1 cup
		flour	¼ cup	½ cup	¾ cup
		milk	½ cup	¾ cup	1 cup
		paprika	½ tbsp	1tbsp	1 tbsp
		grated cheese	½ tbsp	1tbsp	1 tbsp
		butter as required			

Method of preparation:

Take onion, flour, milk, mix well and blend all smoothly, Pour the mixture in to a microwave Oven safe glass bowl and Prepare tadka as explained in Insta3. After beep, Remove and add butter, macaroni, cheese and sprinkle with paprika, stir smoothly and select insta 10.enter weight, press start.

VERMICELLI KHICHDI	Insta 10	VERMICELLI KHICHDI	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		roasted semiya (vermicelli)	¾ cup	1 cup	1½ cup
		ginger, finely chopped	¼ tsp	½ tsp	¾ tsp
		garlic, finely chopped	¼ tsp	½ tsp	¾ tsp
		beans, carrot, potato, chopped	¾ cup	1 cup	1½ cup
		onion, chopped	¾ cup	1 cup	1½ cup
		turmeric powder			
		¼ tsp	¼ tsp	½ tsp	
		chili powder	½ tsp	¾ tsp	1 tsp
		mustard	¼ tsp	½ tsp	¾ tsp
		curry leaves			
		few	few	few	
		salt to taste			
		oil as required			
		water as required			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than semiya, water, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve hot.

APPLE CUSTARD	Insta 10	APPLE CUSTARD	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		apple slices	1 cup	1½ cup	2 cup
		custard powder	1½ tbsp	2 tbsp	2½ tbsp
		sugar	1½ tbsp	2 tbsp	2½ tbsp
		milk	1½ cup	2 cup	2½ cup

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than apples, mix well and select Insta 10, enter weight, press start. Serve hot. After beep, remove and add apples, mix well, set a side to cool. Serve warm or cool.

MISAL PAV	Insta 10	MISAL PAV	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		mixed sprouts	1 cup	1½ cup	2 cup
		chopped tomatoes	½ cup	¾ cup	1 cup
		chopped onions	½ cup	¾ cup	1 cup
		ginger garlic paste	½ tsp	¾ tsp	1 tsp
		turmeric powder	⅛ tsp	¼ tsp	½ tsp
		garam masala	½ tsp	¾ tsp	1 tsp
		red chili powder	½ tsp	¾ tsp	1 tsp
		goda masala	½ tsp	¾ tsp	1 tsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		buns	4	5	6
		oil as required			
		salt to taste			
		water as required			
		Garnishing			
		chopped onions	½ cup		
		Lemon juice	½ tsp		
		Coriander leaves	few		
		farsan as required			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than tomatoes, water, pav and garnishing ingredients, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients other than pav, mix well and select Insta 10, enter weight, press start. Serve hot with pav.

MATAR MUSH-ROOM MASALA	Insta 10	MATAR MUSHROOM MASALA	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		mushrooms, cut into halves	1 cup	1½ cup	2 cup
		green peas	½ cup	¾ cup	1 cup
		tomato puree	½ cup	¾ cup	1 cup
		cardamoms	3	4	5
		cinnamon	2	3	4
		chopped onions	½ cup	¾ cup	1 cup
		ginger-garlic paste	½ tsp	¾ tsp	1 tsp
		chili powder	½ tsp	¾ tsp	1 tsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		turmeric powder	⅛ tsp	¼ tsp	½ tsp
		garam masala	½ tsp	¾ tsp	1 tsp
		cashewnut paste	1 tbsp	1½ tbsp	2 tbsp
		salt to taste			
		oil as required			
		chopped coriander for garnish			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than mushrooms, green peas, tomato puree and garnish ingredient, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients other than coriander, mix well and select Insta 10, enter weight, press start. Garnish with coriander. Serve hot.

KADAI PANEER	Insta 10	KADAI PANEER	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		paneer	1 cup	1½ cup	2 cup
		tomatoes chopped	½ cup	¾ cup	1 cup
		capsicums	½ cup	¾ cup	1 cup
		onions cubed	1 cup	1½ cup	2 cup
		ginger garlic paste	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		coriander seeds	½ tsp	¾ tsp	1 tsp
		red chilies	few	few	few
		garam masala	1 tsp	1½ tsp	2 tsp
		kasoori methi	½ tsp	¾ tsp	1 tsp
		coriander leaves chopped	2 tbsp	2½ tbsp	3 tbsp
		cream	2 tbsp	2½ tbsp	3 tbsp
		salt to taste			
		oil as needed			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than paneer, capsicum, tomato, coriander leaves, cream and mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve hot.

FISH MASALA	Insta 10	FISH MASALA	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		fish	230 g	460 g	690 g
		onion chopped	1 cup	1½ cup	2 cup
		tomato chopped	½ cup	¾ cup	1 cup
		green chilies, chopped	½ tsp	¾ tsp	1 tsp
		coriander leaves	2 tbsp	2½ tbsp	3 tbsp
		garam masala	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		chili powder	1 tsp	1½ tsp	2 tsp
		lemon juice	½ tsp	¾ tsp	1 tsp
		ginger-garlic paste	½ tsp	¾ tsp	1 tsp
		water as required			
		oil as required			
		Salt to taste			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than fish, tomato, coriander leaves, water and mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve hot.

CHILI SOYA NUGGETS	Insta 10	CHILI SOYA NUGGETS	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		soya nuggets, soaked	1 cup	1½ cup	2 cup
		onions, finely chopped,	½ cup	¾ cup	1 cup
		green chilies, finely chopped,	½ tsp	¾ tsp	1 tsp
		garlic, finely chopped,	½ tsp	¾ tsp	1 tsp
		capsicum, finely chopped,	¼ cup	½ cup	¾ cup
		soya sauce,	1 tsp	1½ tsp	2 tsp
		corn flour, diluted in half cup water,	2 tsp	2½ tsp	3 tsp
		black pepper	¼ tsp	¼ tsp	½ tsp
		salt to taste,			
		oil as required			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than soya nuggets, soya sauce, corn flour, black pepper, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve hot.

FISH PULUSU	Insta 10	FISH PULUSU	1 (230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		fish	230 g	460 g	690 g
		chopped onions	½ cup	¾ cup	1 cup
		green chilies slit	2	3	4
		ginger garlic paste	1 tsp	1½ tsp	2 tsp
		slightly roasted poppy seeds	½ tsp	¾ tsp	1 tsp
		grated coconut	½ cup	¾ cup	1 cup
		garam masala	1 tsp	1½ tsp	2 tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		lemon juice	1 tsp	1½ tsp	2 tsp
		turmeric powder	⅛ tsp	¼ tsp	½ tsp
		red chili powder	1 tsp	1½ tsp	2 tsp
		fresh coriander leaves	2 tbsp	2½ tbsp	3 tbsp
		bay leaf	few	few	few
		cloves	3	4	5
		cinnamon stick	2	3	4
		cumin	½ tsp	¾ tsp	1 tsp
		green cardamom	2	3	4
		tamarind juice	½ cup	¾ cup	1 cup
		curry leaves	few	few	few
		oil as required			
		Salt as needed			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than fish, lemon juice, tamarind juice, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve hot.

SOYA BEAN MASALA	Insta 10	SOYA BEAN MASALA	1 (230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		soya beans	1 cup	1½ cup	2 cup
		onions, chopped	½ cup	¾ cup	1 cup
		tomato, chopped	½ cup	¾ cup	1 cup
		ginger, garlic paste	½ tsp	¾ tsp	1 tsp
		chili powder	1 tsp	1½ tsp	2 tsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		Turmeric powder	⅛ tsp	¼ tsp	½ tsp
		cloves	2	3	4
		curry leaves	few	few	few
		cinnamon	2	3	4
		coconut milk	½ cup	½ cup	¾ cup
		salt to taste			
		oil as required			
		water as required			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than soya beans, tomato, coconut milk, water, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve hot.

TOFU CURY	Insta 10	TOFU CURRY	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		tofu cubes	1 cup	1½ cup	2 cup
		onion, chopped	½ cup	¾ cup	1 cup
		garlic, minced	½ tsp	¾ tsp	1 tsp
		curry powder	½ tsp	¾ tsp	1 tsp
		coconut milk	½ cup	¾ cup	1 cup
		coriander leaves chopped	few	few	few
		black pepper	½ tsp	¼ tsp	½ tsp
		butter as required			
		salt to taste			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than tofu, coconut milk, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve hot.

CHICKEN SHORBA	Insta 10	CHICKEN SHORBA	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		boneless chicken shredded	1 cup	1½ cup	2 cup
		chicken stock	1 cup	1½ cup	2 cup
		garlic chopped	½ tsp	¾ tsp	1 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		flour	½ cup	¾ cup	1 cup
		fresh cream	½ cup	¾ cup	1 cup
		butter as required			
		salt & pepper to taste			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than chicken stock, flour, fresh cream, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve hot.

TAMATAR KA SHORBA	Insta 10	TAMATAR KA SHORBA	1(230)	2 (460)	3 (690)
		Ingredients:	5;30	8;30	11;30
		tomatoes, chopped	1 cup	1½ cup	2 cup
		chopped ginger	½ tsp	¾ tsp	1 tsp
		chopped garlic	½ tsp	¾ tsp	1 tsp
		green chili	½ tsp	¾ tsp	1 tsp
		garam masala	½ tsp	¾ tsp	1 tsp
		bay leaf	2	3	4
		chopped green coriander	2 tbsp	2½ tbsp	3 tbsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		sugar	½ tsp	¾ tsp	1 tsp
		salt to taste			
		oil as required			

Method of preparation:-

Take a microwave oven safe bowl, Add all ingredients other than tomatoes, sugar, mix well and select Insta 3, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select Insta 10, enter weight, press start. Serve hot.

AUTO REHEAT	150 gms	250 gms	350 gms	450 gms	600 gms
H1	1:30	2:10	2:50	3:30	4:10
RICE					
Ingredients:					
cooked rice	150 gms	250 gms	350 gms	450 gms	600 gms

Method of preparation:-

Take cooked rice in a microwave oven safe bowl, select H1, enter weight, press start. Serve hot.

AUTO REHEAT					
H1					
VEGETABLES					
Ingredients:					
vegetables	150 gms	250 gms	350 gms	450 gms	600 gms
Method of preparation:- Take vegetables in a microwave oven safe bowl, select H1, enter weight, press start. Serve hot.					

AUTO REHEAT					
H1					
CURRY					
Ingredients:					
curry	150 gms	250 gms	350 gms	450 gms	600 gms
Method of preparation:- Take curry in a microwave oven safe bowl, select H1, enter weight, press start. Serve hot.					

AUTO REHEAT					
H1					
MILK					
Ingredients:					
milk	150 gms	250 gms	350 gms	450 gms	600 gms
Method of preparation:- Take milk in a microwave oven safe bowl, select H1, enter weight, press start. Serve hot.					

AUTO REHEAT					
H1					
VEG SANDWICH					
Ingredients:					
veg sandwich	150 gms	250 gms	350 gms	450 gms	600 gms
Method of preparation:- Arrange the sandwich on the turn table, select H1, enter weight, press start. Serve hot.					

AUTO REHEAT					
H1					
PANEER SANDWICH					
Ingredients:					
paneer sandwich	150 gms	250 gms	350 gms	450 gms	600 gms
Method of preparation:- Arrange the sandwich on the turn table, select H1, enter weight, press start. Serve hot.					

AUTO REHEAT					
H 2	250 gms	350 gms	450 gms		
KEBAB	2:00	3:10	4:00		
Ingredients:					
kababs	250 gms	350 gms	450 gms		
Method of preparation:- Arrange the kababs on the turn table, select H2, enter weight, press start. Serve hot.					

AUTO REHEAT					
H 2	250 gms	350 gms	450 gms		
TANDOOR	2:00	3:10	4:00		
Ingredients:					
tandoor	250 gms	350 gms	450 gms		
Method of preparation:- Arrange the tandoor on the turn table, select H2, enter weight, press start. Serve hot.					

AUTO REHEAT			
H 2	250 gms	350 gms	450 gms
FISH CURRY	2:00	3:10	4:00
Ingredients:			
fish curry	250 gms	350 gms	450 gms
Method of preparation:- Take fish curry in a microwave oven safe bowl, select H2, enter weight, press start. Serve hot.			

AUTO REHEAT			
H 2	250 gms	350 gms	450 gms
MUTTON	2:00	3:10	4:00
Ingredients:			
mutton	250 gms	350 gms	450 gms
Method of preparation:- Take mutton in a microwave oven safe bowl, select H2, enter weight, press start. Serve hot.			

AUTO REHEAT			
H 3	1	2	3
FROZEN NON - VEG	1:40	3:00	4:00
Ingredients:			
frozen non-veg			
Method of preparation:- Take frozen non- veg in a microwave oven safe bowl, select H3, enter weight, press start.			

AUTO REHEAT			
H 3	1	2	3
GHEE	1:40	3:00	4:00
Ingredients:			
ghee			
Method of preparation:- Take ghee in a microwave oven safe bowl, select H3, enter weight, press start.			

AUTO REHEAT			
H 4	1	2	3
ROTI	0:25	0:35	0:45
Ingredients:			
roti			
Method of preparation:- Place the roti on the turn table, select H4, enter weight, press start. Serve hot.			

AUTO REHEAT			
H 4	1	2	3
ORANGE	0:25	0:35	0:45
Ingredients:			
orange			
Method of preparation:- Place the orange on the turn table, select H4, enter weight, press start.			

AUTO REHEAT			
H 4	1	2	3
LEMON	0:25	0:35	0:45
Ingredients:			
lemon			
Method of preparation:- Place the lemon on the turn table, select H4, enter weight, press start.			

AUTO REHEAT			
H 4	1	2	3
APPLE	0:25	0:35	0:45
Ingredients:			
apple			
Method of preparation:- Place the apple on the turn table, select H4, enter weight, press start.			

AUTO REHEAT	H 4	PAKODA	1	2	3
		Ingredients:	0:25	0:35	0:45
		pakoda			
Method of preparation:- Take pakoda in microwave oven safe bowl and place it on the turn table, select H4, enter weight, press start. Serve hot.					

AUTO REHEAT			
H 4	1	2	3
TEA	0:25	0:35	0:45
Ingredients:			
tea			
Method of preparation:- Take tea in a microwave oven safe bowl, select H4, enter weight, press start.			

H 4	1	2	3
JILEBI	0:25	0:35	0:45
Ingredients:			
jilebi			
Method of preparation:- Place the jilebi on the turn table, select H4, enter weight, press start. Serve hot.			

AUTO REHEAT			
H 4	1	2	3
PURI	0:25	0:35	0:45
Ingredients:			
puri			
Method of preparation:- Place the puri on the turn table, select H4, enter weight, press start. Serve hot.			

AUTO REHEAT			
H 4	1	2	3
KACHORI	0:25	0:35	0:45
Ingredients:			
kachori			
Method of preparation:- Place the kachori on the turn table, select H4, enter weight, press start. Serve hot.			

AUTO REHEAT			
H 4	1	2	3
FARSAN	0:25	0:35	0:45
Ingredients:			
parsan			
Method of preparation:- Take parsan in a microwave oven safe bowl, select H4, enter weight, press start.			

AUTO REHEAT			
H 4	1	2	3
BUTTER	0:25	0:35	0:45
Ingredients:			
butter			
Method of preparation:- Take butter in a microwave oven safe bowl, select H4, enter weight, press start.			

AUTO REHEAT			
H 4	1	2	3
TOMATO KETCHUP	0:25	0:35	0:45
Ingredients:			
tomato ketchup bottle			
Method of preparation:- Place the ketch up bottle on the turn table, select H4, enter weight, press start. Serve hot.			

AUTO REHEAT			
H 4	1	2	3
PIZZA	0:25	0:35	0:45
Ingredients:			
pizza			
Method of preparation:- Place the pizza on the turn table, select H4, enter weight, press start. Serve hot.			

AUTO REHEAT			
H 4	1	2	3
COFFEE	0:25	0:35	0:45
Ingredients:			
coffee			
Method of preparation:- Take coffee in a microwave oven safe bowl, select H4, enter weight, press start.			

AUTO REHEAT			
H 4	1	2	3
HONEY WITH WATER	0:25	0:35	0:45
Ingredients:			
honey with water			
Method of preparation:- Take honey with water in a microwave oven safe bowl, select H4, enter weight, press start.			

AUTO REHEAT			
H 4	1	2	3
WARM WATER	0:25	0:35	0:45
Ingredients:			
water			
Method of preparation:- Take water in a microwave oven safe bowl, select H4, enter weight, press start.			

AUTO REHEAT			
H 4	1	2	3
BURGER	0:25	0:35	0:45
Ingredients:			
burger			
Method of preparation:- Place the burger on the turn table, select H4, enter weight, press start. Serve hot.			

CLEANING AND CARE

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

TROUBLE SHOOTING

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

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

FREQUENTLY ASKED QUESTIONS

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

MICROWAVE OVEN WARRANTY

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

INSTRUCTIONS FOR THE CUSTOMER

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

TERMS AND CONDITIONS

1. Repairs and replacement of parts will be carried out through the authorized customer service centre.
2. For units installed beyond the municipal limits of the jurisdiction of the authorized customer care centre all expenses incurred in collecting the units or parts thereof from the company's customer care centre, as well as expenses incurred with depositing of service personnel / technician's towards conveyance and other incidents will be borne by the customer.
3. The concerned customer care centre will advise the customer whether to effect the repair at site or at the customer care centre.
4. While the company will make every effort to carry out the repairs at the earliest, it however is made expressly clear that the company is under no obligation to do so in a specified period of time.
5. The company or its 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

Toll-Free :1800-209-5511

Website: www.godrejappliances.com & www.godrejsmartcare.comE-mail: smartcare@godrej.com

Protection of Environment:

Protection of environment" is one of the core values of Godrej and we seek your co-operation to make sure that the product, packaging and plastic material is not disposed as unsorted municipal waste.



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

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

Godrej | APPLIANCES

Godrej & Boyce Mfg. Co. Ltd. - Appliance Division, Plant 11, Pirojshanagar, Vikhroli (W), Mumbai 400 079.

PN:261800311157