



Use Product
Slow Juicer



Carrot Slaw Salad

Ingredients

Serves : 2

Cooking Time : -

Carrot: 4, Carrot and apple fiber
apple: 1

50 g Red cabbage

75 g Raisins

50 g Walnuts

150 ml White wine vinegar

200 ml Olive oil

To taste Salt and pepper

Sub: Topping

adjust to suit Orange
your needs

adjust to suit Herbs
your needs

Cooking Procedure

1. Cut the red cabbage into 1-cm squares. Crumble the walnuts.
2. Put the carrot and apple fiber, red cabbage, raisins, and walnuts into a bowl, then add and mix the red wine vinegar, olive oil, salt and pepper.
3. Arrange in the serving dish, and decorate with the herb (Italian parsley) and orange slices.



Use Product
Steam Convection
Microwave Oven



Meat-Stuffed Paprika

Ingredients

Serves : 2

Cooking Time : -

350 g	Thick cut of beef
1/2	Onion
1/2	Celery
6	Mushroom
2	Paprika
To taste	Salt and pepper

Sub: Garnish

4	Radish
4	Brussels sprout
4	Picolos

Adjust to suit Olive oil
your needs

To taste	Salt and pepper
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Cooking Procedure

1. Cut the onion, celery, and mushrooms into 3-cm.
2. Put the vegetables from step 1 into the Food Processor mounted with the Knife Blade Attachment, set the speed at medium in M2 mode, chop finely, and place in a bowl.
3. Cut the beef into suitable sizes, mince it in Mince mode in the Food Processor, and add it to the bowl in step 2.
4. Sprinkle with salt and pepper, then knead well by hand.
5. Arrange the paprika cut into 3-cm slices onto the Grill Tray, then fill with the ingredients of step 4.
6. Arrange the vegetables around the paprika circles, and sprinkle with olive oil, salt, and pepper.
7. Place on the upper rack of the Microwave Oven, and cook for 10 minutes with Crispy Grill and Microwave Combination at Level 2.
8. Arrange on the serving dish.



Use Product
Food Processor



Salsa Fresca Sauce

Ingredients

 Serves : 2

 Cooking Time : -

1 (large)	Onion
2	Tomato
1 bunch	Coriander
100 ml	White wine vinegar
50 ml	Olive oil
To taste	Salt and pepper

Cooking Procedure

1. Cut the onion into 3-cm squares, and cut the tomatoes into chunks, and cut the coriander into 3-cm widths.
2. Mix using Chop mode in the Food Processor mounted with the Knife Blade Attachment.
3. Transfer to a bowl, add white wine vinegar, olive oil, salt and pepper, and mix.
4. Arrange on the serving dish, and serve with the Meat-Stuffed Paprika.



Use Product
Slow Juicer



Healthy Carrot and Apple Juice

Ingredients

 Serves : 2

 Cooking Time : -

4	Carrot
1	Apple
1	Orange
To taste	Honey

Cooking Procedure

1. Cut the carrots and apple into suitable sizes.
2. Squeeze the carrots and apple with the Slow Juicer. Remove the remaining fiber.
3. Peel the orange, cut it into suitable sizes, and squeeze with the Slow Juicer.
4. Pour it into glasses and add honey.