




Recipes for  
health  
and  
beauty

**Panasonic**  
ideas for life

Eat healthfully,  
live beautifully.

# Panasonic Cooking



Health and beauty are the direct result of what you eat each day. Most of us lead such busy lives, though, it's almost impossible to find the time to cook properly. This is where Panasonic cooking appliances come to your aid. By slashing the time needed to prepare and cook, they let you fill your dining table with delicious and nutritious dishes. So they help to keep you and your family healthier and more beautiful. That's what Panasonic Cooking is all about.

# Veggies are the key to health and beauty.

A balanced diet is the basis of health and beauty.

And vegetables are literally filled with nutrition and natural fibre, which also helps to remove unwanted things from your body and keep your skin and hair attractive and strong.

To stay healthy and beautiful, you should actively seek out everyday recipes that are centred on vegetables.

Cooking Tips That Let You Eat More Veggies, More Deliciously

— Panasonic Cooking Appliances Help You Out —



**INVERTER**

Microwave Oven

## Cooking can increase nutritional absorption

The microwave oven is especially recommended for vegetables that are rich in beta carotene, like carrots, spinach and pumpkin. Beta-carotene is absorbed more easily inside the stomach when prepared with a little cooking oil. And simple microwave heating preserves vitamins better than boiling, and is also faster.

### Panasonic's advantage

Fine, inverter-regulated power control prevents the destruction of food cells for more delicious results.



#### Conventional power supply system

Controlled with simple on/off switching, so overheating tends to occur.

#### Inverter power supply system

Controlled to prevent overheating, so no flavour is lost.

## Chop finely for a larger amount

Even people who aren't big vegetable eaters find them much tastier if they are finely chopped. While it takes time to do this with a knife, a food processor is quick and easy.



Food Processor

### Panasonic's advantage



A fully metal blade chops quickly without damaging dietary fibre. This greatly speeds up preparation.

## Juice is the best way to quickly take in dietary fibre and vitamins

Juice is just the thing for busy people who want to increase their vegetable intake. And you can mix it with fruit for a simple and delicious breakfast or dessert.



Juicer/Blender

### Panasonic's advantage



The fully metal spinner ensures stable rotation, which makes it possible to squeeze out all of the juice.

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# For Beautiful Skin Skin Whitening

Take lots of vitamin C to protect your skin against strong sunlight.

Vitamin C is an essential nutrition for overall beauty, and works to suppress melanin and active oxygen generation. You should also eat plenty of soy products, which are rich in lycopene and isoflavone antioxidants, to help whiten the skin and keep it young looking.



For Beautiful Skin  
Skin Whitening

## Shrimp Pad Thai



\* The image is simulated.

These vegetables contain a lot of **Vitamin C.**

- Bell peppers
- Potatoes
- Tomatoes
- Broccoli
- Red bell peppers



Tomatoes are also rich in **Lycopene**, which is a strong antioxidant.



These vegetables contain large amounts of **Isoflavone.**

This is of special interest to women thanks to its anti-aging effects and skin whitening effects.

- Soy beans
- Alfalfa Sprouts
- Garbanzo beans
- Peanuts



### Ingredients

- 450 g Thai rice noodles
- ½ cuttlefish, sliced
- 4 prawns, shelled
- 30 g tamarind paste
- 30 ml hot water
- 10 g Thai palm sugar
- 30 g chilli sauce
- 10 g oyster sauce
- 5 g fish sauce
- 5 g chicken stock concentrate
- ½ tsp chilli powder
- 60 g dried prawns
- 10 g lemongrass, sliced
- 2 coriander roots, chopped
- 20 g onion, chopped
- 15 g garlic, chopped
- 60 g cabbage, shredded
- 6 baby corn, sliced
- 3 oyster mushrooms, shredded
- 50 g bean sprouts
- 50 g vegetable oil
- Red chilli peppers, sliced, for garnish
- Spring onions, sliced, for garnish
- Thai basil, sliced, for garnish

### Method

1. Dilute the tamarind paste in the hot water. Pour the mixture through a strainer, then reserve the liquid.
2. Mix 10 g of the tamarind juice with palm sugar, chilli sauce, oyster sauce, fish sauce, chicken stock concentrate and chilli powder. Stir well to combine.
3. Meanwhile, put dried prawns, lemongrass, coriander roots, onion and garlic in the blender, and process until well-ground.
4. Pour the oil into a large, microwave safe casserole. Transfer the dried prawn mixture in and mix well.
5. Place in the microwave oven and cook at Medium Power for 8 minutes.
6. Remove, then add in tamarind paste mixture. Stir to combine.
7. Add in cuttlefish, prawns and all the vegetables. Mix well to coat.
8. Place the lid on the casserole, half-opened, then return to the microwave oven and cook for another 3 minutes at the same setting.
9. Remove the casserole and add in the Thai rice noodles. Toss well to coat, then return to the microwave oven and cook for another 5 minutes.
10. Garnish with sliced red chilli peppers, spring onions, and Thai basil.

Serves 4

## Steamed Vegetables and Tofu in Sweet Sour Sauce



### Ingredients

½ cup	carrots, thinly sliced
½ cup	tender beans, cut into 3 cm lengths
½ cup	red capsicum, cut into short, wide strips
½ cup	yellow capsicum, cut into short, wide strips
½ cup	mushrooms, cut into thick slices
½ cup	baby corn, cut into long pieces
2 Tbsp	oil
2 Tbsp	celery, sliced
½ cup	onion, roughly chopped
4 Tbsp	tomato sauce
2 Tbsp	vinegar
2 Tbsp	sugar
2 tsp	soy sauce
1 cup	fresh orange juice
100 ml	water
1½ Tbsp	corn flour
¼ tsp	MSG, optional
	Salt and pepper to taste
100 g	tofu, cut into cubes
Total weight of vegetables: approx. 500 g	

Serves  
4-6

### Method

1. Combine the vegetables in a microwave safe plate or shallow dish. Cook in any one of these ways:

- Sprinkle with 2 Tbsp of water, cover and cook at High Power for 5-7 minutes.

#### FOR STEAM MODEL:

- Fill the water tank. Arrange the vegetables in a single layer, with mushrooms in the centre, baby corn around the mushrooms and carrot, beans and capsicums outside. Do not cover. Cook on Micro Power/Steam Combination mode for 5-7 minutes.
- To cook on Auto Menu, select Vegetables. Arrange the vegetables in a single layer, as in b. Cover tightly (may use cling film). Set the weight and press start.

2. Combine oil, celery and onion in a microwave safe bowl. Cook at High Power for 3-4 minutes, until fragrant.

- Combine all the ingredients from tomato sauce to salt and pepper, mix well and add to the onion and celery. Cook at High Power, stirring often, for 5 minutes. Add tofu and cook at Medium Power stirring often until the sauce simmers and thickens, 3-4 minutes. Add the vegetables and serve hot with fried rice or noodles.

## Minestrone Soup

### Ingredients

½	cauliflower, divided into florets	25 g	butter
1	carrot, sliced	15 ml	tomato puree
½	red and green pepper, diced	400 g	can of tomatoes
2	sticks of celery, sliced	1 litre	hot vegetable or chicken stock
1	clove of garlic, peeled and crushed	25 g	egg noodles
1	onion, peeled and sliced		Salt and pepper

Serves  
4-6

### Method

- Place vegetables with butter in casserole dish. Cover and cook on High Power for 8 minutes. Stir once.
- Add tomato puree, tomatoes and stock. Cover and cook at High Power for 5 minutes and then Low Power for 15 minutes.
- Add noodles and cook for a further 5 minutes or until vegetables are soft. Season to taste.

## Spinach and Potato Parcel

### Ingredients

450 g	potatoes, peeled and quartered
275 g	frozen spinach
1	small onion, peeled and finely chopped
25 g	butter
100 g	cottage cheese
75 g	Parmesan cheese, grated
1	egg
	Salt and pepper to taste
	Pinch of nutmeg

### Pastry

100 g	self-raising flour
½ tsp	baking powder
1	egg

Serves  
4

### Method

- Place the potatoes in a casserole with 90 ml (6 Tbsp) water. Cover and cook at High Power for 7-8 minutes or until soft. Drain and mash well.
- Cook spinach in a covered dish on High Power for 7-8 minutes. Drain well.
- Place onion and butter in a small dish, cover and cook at High Power for 2 minutes. Drain.
- Combine onion, spinach, cottage cheese, 50 g of Parmesan cheese, egg, nutmeg and seasoning.
- Add the flour and baking powder to the mashed potato, season and bind with egg. Knead to form a soft dough.
- Roll out the pastry to a 30 cm (12") square. Pile spinach mixture in centre and bring the corners of the pastry to the centre, pressing the edges together. Seal with water. Sprinkle with remaining Parmesan cheese and place on a baking sheet. Cook on Combination: Convection 220°C + Medium Low Power for 20-25 minutes or until golden brown.

## Stuffed Capsicum Filled with Mediterranean Olive Rice

### Ingredients

1	red bell pepper
1	green bell pepper
1	yellow bell pepper

### Mediterranean Olive Rice

200 g	Arborio rice
470 ml	chicken stock
50 g	sun-dried tomatoes, chopped, oil reserved
6	black olives, chopped
6-7	sprigs of fresh basil, coarsely chopped
6-7	sprigs of fresh parsley, coarsely chopped
50 g	onion, diced
50 g	celery, diced
50 g	carrot, diced
1 Tbsp	tomato oil

Serves  
6

### Method

#### Mediterranean Olive Rice:

- Wash the rice until the water runs clear, then place into a large, microwave safe casserole.
- Pour in chicken stock, then place the lid half on. Set into the microwave to cook at Medium High Power for 10 minutes.
- Remove the casserole from the microwave oven and stir the mixture. Return to the microwave oven for another 2 minutes, then remove the cover before continuing to cook for another 3 minutes.
- Transfer cooked rice into a separate bowl, then pour about 1 Tbsp of the tomato oil into the casserole. Add in tomatoes, olives, onion, celery, and carrot, tossing well to coat. Return to the microwave oven and cook for 7 minutes at the same setting.
- Remove the casserole from the microwave oven, then add in the rice, as well as the herbs. Stir well to combine.

#### Bell Peppers:

- Cut the tops off the bell peppers and keep them aside until required. With a spoon, carefully spoon out the cores of the bell peppers. Trim away the white membrane surrounding their insides.
- Preheat the microwave oven to 170°C on Convection mode.
- Rub the remains of the reserved tomato oil into the bell peppers, coating well.
- Stuff the hollowed cores of the bell peppers with the cooked olive rice, then cover with their cut-off tops.
- Bake the stuffed bell peppers in the preheated microwave oven for 20 minutes. Serve immediately.

# For Beautiful Skin Wrinkles, Sagging

Take lots of good-quality protein to help generate collagen.

Wrinkles and sagging skin are caused by a decrease in collagen. Eat plenty of protein from sources such as meat, eggs and soybeans, and complement it with a healthy amount of beta-carotene to preserve skin moisture, plus vitamin C for potent antioxidation.



For Beautiful Skin  
Wrinkles, Sagging

## Idli of Black Lentils with Coconut Chutney



### Ingredients

Idli			
350 g	rice, finely ground, soaked for half an hour		
200 g	urad daal/black lentils, soaked for half an hour		
60 g	cooked rice		
2 tsp	salt		
2 tsp	fenugreek seeds		
220 ml	water		
Coconut Chutney			
3	small chilli peppers	5	sprigs of curry leaves
1 tsp	ginger	1 tsp	mustard seeds
3	shallots	2 Tbsp	ghee
200 g	coconut		
2 Tbsp	tamarind paste		
2 Tbsp	virgin coconut oil		

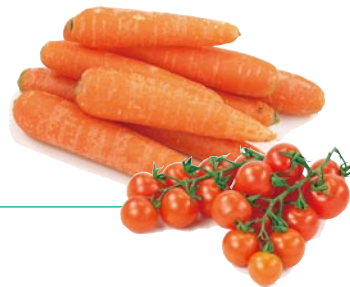
\* The image is simulated.



To cut down on calories, it is recommended that you get your **Protein** from eggs and beans rather than meat.

These vegetables are rich in **Beta-Carotene**. When these veggies are prepared with a dash of oil, the beta-carotene is more easily absorbed.

- Tomatoes
- Carrots



This vegetable is rich in **Vitamin C**. Broccoli contains twice as much vitamin C as lemons.

### Method

#### Idli Batter:

- To prepare the blended rice, soak for half an hour in water. Wash the urad daal, then soak separately, also for half an hour.
- Drain the water from the urad daal, then place it in a blender. Grind to a paste, adding 175 ml of water, so that it reaches a smooth consistency, then remove to a large bowl.
- Place cooked rice into the blender, along with some of the blended rice. Grind together with about 45 ml of water until it is smooth. Pour the mixture into the urad daal blend, then drain the water from the rest of the soaked blended rice and pour in the rice.
- Add salt, then whip the batter to mix well. Cover with cling wrap, then allow to ferment for 10 hours in a warm area.

Serves 20

#### Idli:

- Brush the bottoms and sides of twenty ramekins, each measuring 5 cm diameter, with ghee, then fill each of them with 40 g of the idli batter.
- Set into the microwave oven on Micro Steam for 15 minutes. Remove, then serve with coconut chutney.

#### Coconut Chutney:

- Blend together chilli peppers, ginger, shredded coconut and tamarind paste in a blender. Add in virgin coconut oil; this will smoothen the process.
- Mix together 2 Tbsp of ghee with mustard seeds and curry leaves. Place into the microwave oven and heat at High Power for 4 minutes. Remove from the microwave oven, then add in blended coconut paste. Stir well to combine, then set into the microwave oven at High Power for another 4 minutes.

## Carrot Cake

### Ingredients

150 g	self-raising wholemeal flour
100 g	soft brown sugar
2 tsp	cinnamon
100 g	carrots, grated
75 g	raisins
150 ml	vegetable or corn oil
2	eggs, beaten

#### Icing

50 g	cream cheese
50 g	butter
100 g	icing sugar
15 ml	lemon juice
50 g	walnuts, chopped

### Method

- Mix eggs and oil together.
- Combine flour, sugar, cinnamon, raisins and carrots in a mixing bowl. Pour egg mixture into flour and stir until well combined.
- Pour into ring mould and cook at Medium Power for 7-8 minutes or until firm. Let stand for 5 minutes before turning out.
- Beat cream cheese and butter until smooth. Gradually beat in icing sugar and lemon juice. Spread over sides and top of cake and sprinkle with walnuts.

# For Shiny Hair

## Supplement your hair with protein, a natural hair ingredient, to keep it shiny.

Taking protein is essential for keeping your hair lustrous. Eat lots of beans, such as soybean products and kidney beans, as well as nuts. Vitamin E also improves blood circulation in the scalp.



For Shiny Hair

## Roasted Chicken Pie



\* The image is simulated.



Beans are rich in **Protein**. In addition to being good for the hair, they also keep your nails healthy.

Sesame seeds are full of **Vitamin E** and **Minerals** that make your hair beautiful.



### Ingredients

#### Pie Dough

190 g plain flour  
120 g butter  
25 ml water  
1 egg yolk  
Pinch of salt

#### Filling

1 Tbsp oil  
2 garlic cloves  
½ yellow onion, chopped  
250 g chicken meat, cubed  
30 g celery, finely diced  
50 g carrots, finely diced  
20 g frozen peas  
½ chicken stock cube  
1 Tbsp plain flour  
½ tsp salt  
Pinch of black pepper  
1 egg, for egg wash

### Method

#### Dough:

1. In a food processor, mix the flour, butter and salt until it resembles bread crumbs. Then, add in the water and egg yolk and mix until it forms a dough.
2. Chill for 15 minutes before rolling it out until it is very thin, about ¼ cm. Cut out 12-14 circles with a 3.5-inch round cutter.
3. Line six or seven small pie tins with the dough, then set aside until required, reserving the remaining circles for pie tops.

#### Filling:

1. Heat oil in the microwave oven at High Power for 30 seconds. Add in the garlic and onion when done, then cook for 2 minutes at the same setting, stirring at 1 minute intervals.
2. Stir in the chicken and cook for another 2 minutes; pause at 1 minute to stir, then continue to cook. When done, add in the celery, carrot and peas, then cook for 2 minutes at High Power until it is slightly softened.
3. Add in crumbled chicken stock cube, flour, salt and pepper, mixing well. Cook for another 2 minutes at the same setting.

#### To Assemble:

1. Preheat the microwave oven to 180°C in Convection mode. Divide the chicken filling between the pie tins.
2. Place the remaining dough circles over the pies to cover the filling, then press the sides together to seal. Trim edges. Brush the top of the pies with egg wash, then bake for 24 minutes.

Serves 6-7



## Kerala Vegetable Stew



\* The image is simulated.

### Ingredients

1 Tbsp	oil
2	cloves cinnamon
½ tsp	pepper corns, lightly crushed
½ cup	onion
1 cup	potato, peeled and cut into 1-cm cubes
1 cup	carrot, peeled and cut into 1-cm cubes
1 cup	tender beans, chopped
2	green chilli peppers, slit
2 tsp	ginger, julienned
1 Tbsp	rice flour
2 cups	thick coconut milk*
Salt to taste	
1 tsp	sugar, optional

Serves  
4-6

### Method

1. Pour the oil in a microwave safe bowl. Add cloves, cinnamon, pepper corns & onions. Cook at High Power for 3 minutes.
2. Add all the vegetables, green chilli peppers and ginger. Add ½ cup water. Cook covered at High Power for 6-8 minutes.
3. Mix rice flour with coconut milk and add to the vegetables. Cook at High Power for 2 ½ to 3 minutes until the stew begins to simmer.
4. Take out and stir in the sugar (optional).

\*Use 1 cup of coconut milk combined with 1 cup of water or 2 cups of thick coconut milk prepared from coconut milk powder as directed on the pack.

## Vegetable Cobbler

### Ingredients

450 g	carrots, sliced
225 g	parsnips, cubed
450 g	leeks, trimmed and sliced
2	cloves garlic, chopped
2 Tbsp	olive oil
2.5 cm (1")	fresh ginger root, peeled and finely chopped
3 ml	marjoram
Juice of ½ lemon	
600 ml	hot vegetable stock
2 Tbsp	corn flour
Pepper	

### Cobbler Topping

100 g	wholemeal flour
100 g	plain white flour
4 tsp	baking powder
½ tsp	dry mustard powder
½ tsp	salt
50 g	vegetable margarine
25 g	strong cheese, grated
75 ml	milk
1	egg, beaten

Serves  
4

### Method

1. Place vegetables, garlic and oil in dish. Cover and cook at High Power for 10 minutes or until slightly softened, stir occasionally.
2. Stir in the ginger and marjoram.
3. Stir the lemon juice into the stock and pour over vegetables. Cover and cook at High Power for 10-12 minutes or until vegetables are soft. Mix the corn flour with a little water and stir into vegetable mixture.
4. Mix all the cobbler ingredients together in a food processor and blend until it forms a sticky ball. Roll the cobbler mixture to 2.5 cm (1") thickness and cut into 10 rounds using a 6 cm (2") cutter.
5. Place the scones on top of the vegetables, overlapping them slightly. Brush with milk and cook at Combination: Bake 220°C + Medium Low Power for 15-20 minutes or until scones are well risen and golden brown.

## Vegetable Curry

### Ingredients

2	medium eggplants, diced
1 Tbsp	oil
2	garlic cloves, chopped
Pinch of cayenne pepper	
2 tsp	ground coriander
1 tsp	ground cumin
1 tsp	turmeric
2.5 cm (1")	root ginger, peeled and sliced
1	small cauliflower, divided into florets
2	medium potatoes, diced
100 g	green beans, sliced
1	fresh chilli pepper, deseeded and sliced
150 ml	vegetable stock
396 g	can of chopped tomatoes
100 g	cashew nuts

### Method

1. Sprinkle eggplants liberally with salt in a colander. Let stand for 30 minutes to remove bitter juices. Rinse well under cold water and drain.
2. Combine garlic, spices and oil in casserole, cover and cook at High Power for 2 minutes.
3. Add all other ingredients to casserole, except cashews. Cover and cook at High Power for 10 minutes then at Medium Low Power for 30-40 minutes or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

Note: This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

## Date Nut Nuggets

### Ingredients

1 ½ Tbsp	ghee
400 g	seedless dates, chopped
2-4 Tbsp	sugar*
2 Tbsp	walnuts, finely chopped
A few almonds	
⅓ cup	sesame seeds

\*The amount of sugar will depend on the quality of the dates.

### Method

1. Place the ghee in a microwave safe bowl and cook at High Power for 30-40 seconds until melted.
2. Add dates and sugar. Mix well so that dates are coated with ghee. Sprinkle 2 Tbsp of water on dates. Cover and cook at Medium High Power for 2 minutes. Cool and blend in a mixer until reduced to coarse pulp. Stir in the walnuts.
3. While the date mixture is cooling, place sesame seeds in a microwave safe plate. Cook at High Power for 3 to 3 ½ minutes, stirring every 30 seconds, until they are crisp and pale brown.
4. Shape the date mixture into marble size balls, keeping an almond inside each ball. Roll the balls in sesame seeds until they are lightly coated with the seeds.

## Peanut and Onion Flan

### Ingredients

<b>Pastry</b>	
175 g	wholemeal self-raising flour
75 g	crunchy peanut butter
90-120 ml	water
<b>Filling</b>	
2	onions, peeled and sliced
1 Tbsp	vegetable oil
2	eggs
300 ml	milk
50 g	salted peanuts
100 g	stilton cheese, crumbled
1 Tbsp	dried parsley

### Method

1. Rub the peanut butter into the flour and mix in the water. Roll out and line flan dish. Chill.
2. Place the onions in a small bowl with the oil. Cook at High Power for 2-3 minutes until soft.
3. Cook flan case at High Power for 3-4 minutes or until dry. Allow to cool slightly.
4. Spread the softened onions in the flan case. Beat together the eggs and milk and pour over onions. Top with peanuts, cheese and parsley. Cook at Combination: Bake 190°C + Warm Power for 25-30 minutes or until set.

Serves  
4-6

# For Anti-Aging

To stay active and young-looking, eat foods that slow down the cellular aging process.

Vegetables with strong antioxidant properties are recommended for maintaining youthful cells. Eat a good balance of vegetables containing lycopene, polyphenols, beta-carotene and vitamins C and E.



Tomatoes are rich in **Lycopene, Polyphenols** and **Beta-Carotene**.

Lycopene and beta-carotene are more easily absorbed by the body if they are prepared with a dash of oil.

## Vitamin E

is said to have rejuvenating abilities.

- Avocados
- Cashew nuts



Cabbage has a large amount of **Vitamin C**, especially in the core. Use the whole cabbage when you cook, by finely chopping the core.

## Croque Monsieur



\* The image is simulated.

### Ingredients

- |                             |                            |
|-----------------------------|----------------------------|
| 1 avocado, sliced           | 8 slices of bread          |
| 1 Japanese cucumber, sliced | 8 slices of cheddar cheese |
| 1 tomato, sliced            | 8 slices of chicken ham    |
| 2 onions, sliced            |                            |

SERVES 4

### Method

1. Preheat the microwave oven to 180°C in Convection mode.
2. Butter the slices of bread generously, then place the buttered side down on a tray. Bake for 5 minutes. When done, remove from the microwave oven and flip the slices of bread so that the buttered sides are facing upward.
3. Place a slice of cheese on each bread, then return to the microwave oven and bake for another 3 minutes.
4. Remove the bread and arrange the chicken ham, avocado, cucumber, tomato and onion slices on top of four slices of bread. Top with the remaining four slices.

## Lentil & Tomato Soup

### Ingredients

- |                 |                              |
|-----------------|------------------------------|
| 1               | medium onion, chopped        |
| 25 g            | butter                       |
| 2               | carrots, thinly sliced       |
| 1               | medium potato, thinly sliced |
| 100 g           | red split lentils            |
| 900 ml          | hot chicken stock            |
| 1               | bay leaf                     |
| Salt and pepper |                              |
| 185 g           | can of tomatoes              |

### Method

1. Place onion and butter in a bowl. Cover and cook at High Power for 3 minutes or until onion is soft.
2. Add all other ingredients, except tomatoes, cover and cook at High Power for 4-5 minutes, then simmer for 30 minutes or until lentils are tender. Add tomatoes.
3. Blend in a food processor. Reheat at High Power for 3 minutes.

## Cabbage and Parsley Juice

### Ingredients

- |          |                          |
|----------|--------------------------|
| 2        | leaves (40 g) of cabbage |
| 5 g      | parsley                  |
| ¼ (50 g) | medium-sized apple       |
| 1-2 Tbsp | honey                    |
| 80 ml    | water                    |
| 30 ml    | sour milk beverage       |
| 80 ml    | milk                     |
| 3        | ice cubes                |

### Method

1. Peel and core the apple, cut into 2 to 3-cm cubes, and also cut the cabbage into 2 to 3-cm cubes.
2. Put all ingredients into a blender and mix for about 2 minutes.

SERVES 2

# For Increasing Metabolism

Your aim is a healthy, beautiful body. Increasing your metabolism makes it easier to lose weight.

Naturally, you need to avoid taking in too many calories if you want an attractive body line. Equally important, though, is that you eat nutritious foods that boost your metabolism, such as B-complex vitamins, capsaicin, and alpha-linolenic acids from nuts.

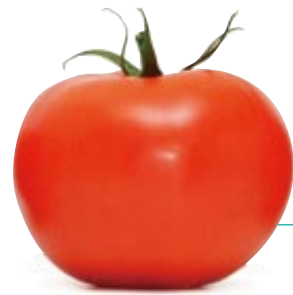


For Increasing Metabolism

## Methi Paneer



\* The image is simulated.



Tomatoes are rich in **Protein**, and in **Vitamin B6**, which both help to break down fats and boost metabolism.

Low-calorie mushrooms are a dieter's best friend. They also have plenty of **Dietary Fibre**.



### Ingredients

3 Tbsp	oil
1 cup	onion, finely chopped
1 tsp	chilli powder
½ tsp	turmeric powder
1 tsp	garam masala powder
1 cup	fenugreek leaves, finely chopped
½ cup	tomato puree
150 ml	water
200 g	paneer, cut into ½ cm cubes
	Salt to taste

### Method

1. Combine oil and onion in a microwave safe bowl. Cook at High Power for 5 minutes, stirring once after 3 minutes.
2. Add all the powders and fenugreek leaves. Cook at High Power for 3 minutes, stirring once after 2 minutes.
3. Add tomato puree, water, paneer and salt. Cook covered at Medium High Power for 5-6 minutes. Let it stand covered for 5 minutes before serving.

Serves 4



Red peppers are rich in metabolism-boosting **Capsaicin**.



## Penang-Style Yam Cake



\* The image is simulated.

### Ingredients

#### Topping

120 g	dried shrimp
50 g	shallots, sliced
200 g	minced chicken, with fat
4 g	soy sauce
6 g	chicken concentrate
5 g	oyster sauce
5 g	sesame oil
4 g	sugar
18 g	dark soy sauce
	Spring onion, julienned
	Red chilli pepper, julienned

#### Yam Cake

3	garlic cloves, minced
2 Tbsp	oil
300 g	yam, cubed
1/8 tsp	five-spice powder
1/8 tsp	white pepper
3/4 tsp	salt
500 ml	water
140 ml	coconut milk
1 tsp	chicken concentrate
1 Tbsp	brown sugar
250 g	rice flour

### Method

#### Topping:

1. Rinse dried shrimp over a strainer, then squeeze to dry further. Pour 1 tablespoon of oil into the dried shrimps, mixing well, then cook in the microwave oven at High Power for 4 minutes. Stir the mixture at intervals during the cooking time.
2. Mix soy sauce, chicken concentrate, oyster sauce, 3 g of sesame oil and sugar into minced chicken and cook at Medium Power for 4 minutes. Stir the mixture at intervals during the cooking time.
3. When the chicken is done, mix well with dried shrimp. Mash the chicken with a fork if it has clumped together during the cooking. Pour in dark soy sauce and 2 g of sesame oil, mixing well. Cook for another minute.

#### Yam Cake:

1. In a large bowl, mix minced garlic with oil and cook at High Power for 2 minutes. When done, add yam, mixing well to coat, then cook for another 3 minutes at the same setting.
2. Remove from the microwave oven and add five-spice powder, white pepper, salt and brown sugar, mixing well. Place back into the microwave oven and cook for one more minute. Pour some of the water into the bowl, enough to cover the yam. Cook at High Power for 5 minutes.
3. Mix the remaining water, rice flour, coconut milk and chicken concentrate together in a large bowl. Pour in the cooked yam mixture and add in 50 g of the cooked topping. Stir to combine.
4. Pour the mixture into an ovenproof 6 x 6 casserole, then set in the microwave oven to cook at High Power for 4 minutes, pausing to stir at the end of every minute. Stop when the mixture reaches the proper consistency; it should be sticky. Once this has been achieved, steam the mixture in Micro Steam mode for 12 minutes.
5. Garnish with the topping, red chilli pepper and spring onions. Cut into squares.

## Cream of Mushroom Soup

### Ingredients

25 g	butter
1	small onion, chopped
600 ml	hot chicken stock
225 g	button mushrooms, sliced
	Bouquet garni
1 Tbsp	corn flour
300 ml	milk
	Salt and pepper
4 Tbsp	single cream

### Method

1. Place the butter and chopped onion in a large bowl. Cover and cook at High Power for 3 minutes or until soft.
2. Add the stock, mushrooms and bouquet garni. Cover and cook at High Power for 12-14 minutes or until mushrooms are soft.
3. Remove the bouquet garni and blend until smooth. Mix the corn flour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook at High Power for 3 minutes or until thickened. Season and serve with cream swirled on top.

Serves 4

## Ratatouille

### Ingredients

1	eggplant, sliced
1	onion, sliced
2 Tbsp	olive oil
1	clove of garlic, peeled and crushed
1	courgette, sliced
1 tsp	salt
1	green pepper, trimmed and sliced
396 g	can of tomatoes
1 Tbsp	mixed herbs
	Salt and pepper to taste

### Method

1. In a colander sprinkle eggplant slices with salt and leave for 30 minutes to remove bitter juices. Rinse with cold water.
2. Combine onion, oil and garlic in a casserole dish. Cover and cook at High Power for 2 minutes or until soft.
3. Add all remaining ingredients to the casserole. Cover and cook at High Power for 15 minutes or until vegetables are soft. Stir halfway through cooking time.

## Stuffed Mushrooms

### Ingredients

200 g	button mushrooms
1 Tbsp	butter
1 Tbsp	minced onion
2 Tbsp	chopped capsicum
1/3 cup	fresh bread crumbs
1 Tbsp	fresh cream (or malai)
	Salt and pepper to taste
3 Tbsp	grated cheese

### Method

1. Remove the stalks from mushrooms and chop them.
2. Mix butter, onion and capsicum in a microwave safe glass bowl. Cook at High Power for 2 minutes. Add chopped mushroom stalks and cook for 2 more minutes.
3. Mix in the bread crumbs, cream, salt and pepper.
4. Stuff the mushroom caps with this mixture. Arrange them on a microwave safe plate. Sprinkle cheese on top of each mushroom.
5. Cook at High Power for 2 minutes. Serve after 5 minutes.

Serves 6



# For Attractive Eyes

## Proper nutrition can also give you bright, healthy eyes.

When your eyes become tired after using the computer or dry from air conditioning, they easily suffer from the harsh environment around them. To keep the retina healthy, it is recommended that you give your eyes a nutritional treat with beta-carotene and anthocyanin, one of the polyphenols.



## Here is a rich source of Beta-Carotene.

When beta-carotene is absorbed from the intestine, it turns into vitamin A. It is recommended that these veggies be cooked in a dash of oil.

- Tomatoes
- Pumpkins
- Basil

These foods contain **Anthocyanin**, a phytochemical polyphenol component. Anthocyanin is contained in foods with deep colours, such as bluish-purple, black, and red.

- Blueberries
- Eggplants



## Pumpkin Soup



\* The image is simulated.

### Ingredients

- ¼ (50 g) medium-sized onion, sliced thinly
- 1 Tbsp butter
- 250 g pumpkin (remove skin and seeds, cut into 2 to 3-cm cubes)
- A.**
- 1 soup stock cube
- 500 ml water
- B.**
- 100 ml fresh cream (or milk)
- C.**
- Add to taste: sugar, salt, pepper
- Croutons**
- Dice bread and deep-fry in salad oil

**3-4** serves

### Method

- Place butter into a pan and saute the onion, then add the pumpkin and continue sauteing.
- Add "A" ingredients, and simmer until the pumpkin is soft.
- Let the ingredients from step 2 cool (to about 60°C or less), then put into a blender and mix for about 1 minute.
- Put the ingredients from step 3 into a pan, bring it to a boil, then add the "B" ingredients, and season with the "C" ingredients.
- Pour the soup into a serving dish, and scatter croutons on top.

### Precaution

- It is recommended that you always make the prescribed amount (3-4 servings). If the quantity is too large, the soup may overflow during cooking.
- Cool the heated ingredients down to about 60°C or less before mixing them. Otherwise, the ingredients may swell and overflow, or possibly even break the glass jug.

## Blueberry Yoghurt



\* The image is simulated.

### Ingredients

- ½ cup (75 g) blueberries
- ¼ banana
- 50 ml plain yoghurt
- 90 ml milk

**1** serve

### Method

- Peel the banana, then slice it into 2 to 3-cm lengths.
- Put all ingredients into the blender and mix for about 1 minute.



•Cooking times are approximate. The time will vary depending on the oven used.

# For Better Sleep

## Good-quality sleep is one of the keys to beauty.

Vegetables that promote restful sleep are recommended for people who don't sleep well, or who wake up often during the night. Sulphur compounds, such as those found in onions, help to soothe you. Calcium, which serves to calm irritation, is also a good nutritional aid for insomnia.



These vegetables contain **Sulphur Compounds**. (the component with a pungent aroma) These foods also help the body absorb vitamin B.



- Onions
- Garlic
- Chives

These foods contain **Calcium**. Calcium ions promote neural transmission in the brain and help to balance the autonomic nervous system.

- Basil
- Walnuts



## Crispy Potato and Herb Salad



\* The image is simulated.

### Ingredients

130 g	russet potatoes	2	spring onion stalks
25 g	clarified butter	¼	onion
2	sprigs of coriander	3 g	extra virgin olive oil
2	sprigs of Thai basil		
Balsamic vinegar to taste			
Salt and sugar to taste			
Dash of Old Bay seasoning (optional)			
Dash of black pepper			

Serves 2

### Method

1. Preheat the microwave oven to 180°C in Convection mode.
2. Rinse the potatoes until the skins are clean, then thinly slice them through a shredder.
3. Sprinkle salt over the potato slices to extract potato liquids.
4. Add Old Bay seasoning and black pepper, tossing well to coat.
5. Lay the potato slices out flat on a tray, then place into the microwave oven and bake in Convection mode for 8 minutes, until crisp.
6. Pluck coriander and basil leaves from the sprigs and thinly slice sprigs.

## Seafood Marinara Pasta



\* The image is simulated.

### Ingredients

260 g	pasta of choice
630 ml	water
150 g	diced tomatoes in can, strained, reserving the liquid
2	squids, sliced
200 g	prawns, shelled
65 g	reserved tomato liquid
130 g	fish stock
35 g + 30 g	Extra virgin olive oil
2	cloves garlic, minced
6	capers, minced
3	florets parsley, minced
½ tsp	sugar
Salt and black pepper to taste	

Serves 2

### Method

#### Seafood Marinara Sauce:

1. Mix together 35g extra virgin olive oil, minced garlic, capers and parsley in a large bowl. Cook in microwave oven at High Power for 2 ½ minutes.
2. Add in the diced tomatoes, squid and prawns, mixing well. Return to the microwave oven and cook again for 10 minutes.
3. Remove the bowl from the microwave oven, then add in the reserved diced tomato liquid and fish stock, stirring well. Return to the microwave oven and cook for another 6 minutes.
4. Season with sugar, salt and black pepper.

#### Pasta:

1. Pour 630 ml of water into a 30 x 16 x 4 cm casserole dish. Add in pasta, ½ Tbsp of salt, as well as 30 g of extra virgin olive oil. Cook at High Power for 13–14 minutes or until al dente. Pause at intervals to check the water level, adding more if insufficient.
2. Drain out pasta, then serve with marinara sauce.

●Cooking times are approximate. The time will vary depending on the oven used.

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