

Lékué

Microwave Grill

Your grilled food, done in the microwave!



Irons ←
Made of steel and susceptor material surface. This creates the grill effect on the food.



→ **Handles**
100% Platinum Silicone; an alternative to plastic. They allow the product to be held and handled in a comfortable and safe way.

→ **Straps**
100% Platinum Silicone; an alternative to plastic. They hold the two parts of the product together to press the food and ensure even grill results.

- ✓ Food with grill marks and a grilled taste. We managed to provide food with color and marking as if it were made on a conventional grill but with the benefits of the microwave.
- ✓ Healthy cooking: Microwave cooking retains better flavors, quality and nutritional values. Food fats do not saturate because we do not reach high temperatures.
- ✓ Less fats: The amount of fat is reduced compared to the use of a pan. You do not need oil.
- ✓ No smell or smoke: Unlike cooking on a grill or pan, microwave cooking allows us to dramatically reduce odors and completely eliminate smoke.
- ✓ Save time and energy: Less time than cooking in a conventional frying pan / grill. Less energy expenditure.



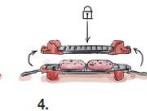
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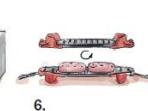
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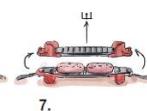
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8.



Microwave Grill directions for use:

Chicken Breast:

1. Preheat the empty grill in the microwave for three minutes.
2. Carefully lift top grill plate and place chicken on bottom plate, put the top plate on top and fasten together with straps.
3. Cook in the microwave for five minutes.
4. Enjoy.

Hamburger or 2 Sliders:

1. Preheat the empty grill in the microwave for three minutes.
2. Carefully lift top grill plate and place the hamburger or sliders on bottom plate, put the top plate on top and fasten together with straps.
3. Cook in the microwave for four minutes.
4. Enjoy.

Panini:

1. Preheat the empty grill in the microwave for three minutes.
2. Carefully lift top grill plate and place the sandwich on the bottom plate, put the top plate on top and fasten together with straps.
3. Cook in the microwave for four minutes or until bread is crispy.
4. Enjoy.

Quesadilla:

1. Preheat the empty grill in the microwave for three minutes.
2. Carefully lift top grill plate and place the quesadilla on the bottom plate, put the top plate on top and fasten together with straps.
3. Cook in the microwave for 1 minute and 30 seconds.
4. Enjoy.

MICROWAVE GRILL COOKING CHART	
FOOD	TIME
Chicken breast (5oz.)	5:00
Burger (6oz.)	4:00
2 Sliders (3oz.)	4:00
Quesadilla	1:30
Panini	4:00
Grilled Cheese	3:00

Note: No two microwaves are alike, so cooking times may vary depending on your microwave. It is important to know how yours works and to check the food every now and then, especially the first few times using it and cooking new foods. Shortening or lengthening the cooking time may be necessary in the beginning but once you get familiar with it, you will learn how long to cook each food.

Grilled Cheese:

1. Preheat the empty grill in the microwave for three minutes.
2. Carefully lift top grill plate and place the cheese sandwich on the bottom plate, put the top plate on top and fasten together with straps.
3. Cook in the microwave for three minutes.
4. Enjoy.

