

Your first 28 days of Thermomix



Real life.
Unreal food.®

thermomix

Welcome to your first 28 days of Thermomix

Congratulations on the purchase of your TM6. To get you off to a flying start, we've lovingly curated and triple-tested our favourite recipes for you to try over the next 28 days.

By the end of the four weeks, you'll have experienced all the amazing things you can do with your Thermomix and added a bunch of new family favourites so good, even the fussiest of kids will be asking for them every night of the week.

Enjoy!

Bianca

Bianca Mazur
Executive Director



Want access to more than 50,000 recipes?

Register for **Cookidoo** and get a free 30-day trial subscription, or purchase a \$49 subscription to gain full access to a global library of recipes for a year.



Week 1

Featured recipe

Creamy Tomato and Salami Fettucini



Sunday / Prep

DAY 1

GET AHEAD

Stock the fridge with basics like [Butter](#) and [Vegetable Stock Paste](#).

Make this [Creamy Tomato and Salami Fettucine](#) for dinner and you'll have delicious leftovers for the next day.

GET TO KNOW COOKIDOO

Search for this week's recipes and add them to **My Week** by clicking **Add** within the recipe. You can also add to My Week by clicking on the three dots that appear in the bottom corner of each image.

Then visit **My Week** to add your recipes to your shopping list which you can print or send to yourself (or someone else!).

Remember to check off any items you already have in the kitchen.

Thermomix Blog

Watch videos of our favourite recipes, learn tips & tricks for using your Thermomix in new ways, and get inspired to try something different at the Thermomix Blog!

Find it at blog.thermomix.com.au
There are new articles added all the time!

Monday

DAY 2

Think of this as a 'two birds, one stone' recipe.

Serve [Zucchini Slice](#) with a salad for a quick and easy dinner, then use the leftovers in lunchboxes for the rest of the week.

MONEY AND SPACE SAVERS

Free up space in your pantry and **save money by milling your own** flours and sugars.

We love making our own gluten-free flour and almond meal.

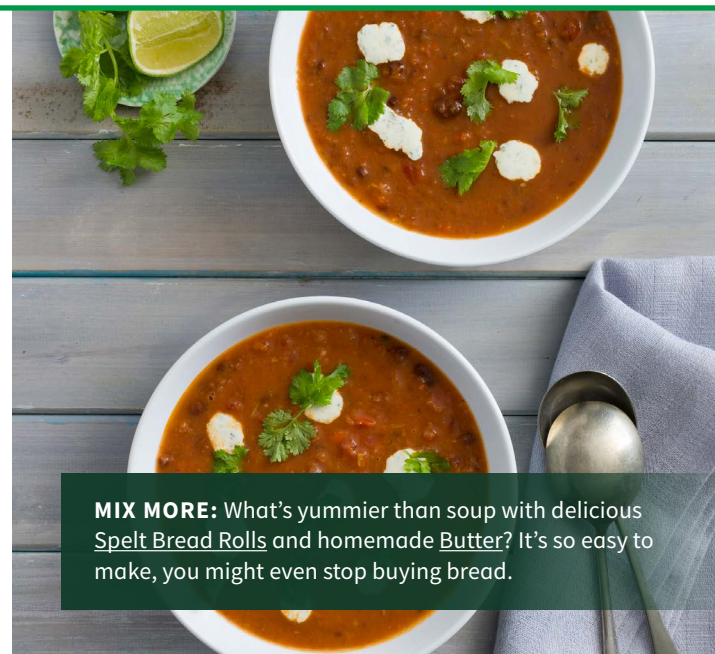
Tuesday

DAY 3

Today we're making a hearty, tasty [Black Bean Tomato Soup with Coriander Lime Cream](#). (VEG, GF)

Soups are a great way to get a tasty meal on the table quickly, any night of the week.

HELPFUL ACCESSORIES: [ThermoMat](#)



MIX MORE: What's yummiier than soup with delicious [Spelt Bread Rolls](#) and homemade [Butter](#)? It's so easy to make, you might even stop buying bread.

Wednesday

DAY 4

A [Silky Sweet Potato Mash](#) is the perfect side dish to grilled chicken, lamb or beef.



Thursday

DAY 5

Start your day right with one of these tasty breakfast smoothies. You've never tried a smoothie as velvety as these:

- [Anti-inflammatory Pineapple and Turmeric Smoothie](#)
- [Apple Pie Smoothie](#)
- [Rosy Glow Smoothie](#)



Apple Pie Smoothie

Friday

DAY 6

IT'S FAKE-AWAY FRIDAY!

Instead of ordering Indian, whip up this [Chicken in Yoghurt Curry](#) (GF).

Using the Rice Cooker mode on your TM6, you can also perfectly cook rice every time! Tip: Cook your rice before your curry and place into a ThermoServer to keep warm.

That's faster than your local on a Friday night.

HELPFUL ACCESSORIES: [Flavours of India](#) cookbook



MIX MORE: [Garlic and coriander naan bread](#) is perfect for this curry. Make it the night before and reheat before serving dinner. No one says no to naan.

Saturday

DAY 7

Ready for your first challenge? See how easy it is to create buttery, flaky pastry from scratch with your Thermomix. Our [Family Chicken Galette](#) is a crowd favourite.

DID YOU KNOW

The ThermoMat is one of our most popular accessories. It's strengthened with fibreglass and withstand temperatures from -40°C to 280°C.

Want to earn it for free? *The ThermoMat bundle is one of many Host Rewards to choose from when you host a Cooking Experience. [Click here to find out more.](#)*



Family Chicken Galette

Want to get the most from your Thermomix?

Your Consultant is an expert who can help you get the most out of your investment for years to come. Join them for a Cooking Experience where they'll introduce you to new recipes and teach you skills for using your Thermomix to its maximum capacity.

To book your Cooking Experience, get in touch with your Consultant, visit thermomix.com.au or call 1800 004 838.

Week 2

Featured recipe *Coconut and Beetroot Balls*



Sunday / Prep

DAY 8

Impress your family at Sunday brunch with a [Soufflé Omelette with Hot Smoked Salmon](#).

Then prep for the weekday 3pm snack-attack by making some bliss balls for lunchboxes:

- [Carrot Cake Bliss Balls](#)
- [Hazelnut Crunch Bliss Balls](#)
- [Coconut and Beetroot Balls](#)

GET AHEAD

Whoa, it's the start of another week already!

Search for this week's recipes and add them to [My Week](#). Then add your recipes to your shopping list which you can print or send to yourself (or someone else!). Remember to check off any items you already have in the kitchen.



Salmon and Fennel Risotto



Monday

DAY 9

Thermomix risottos are made for Monday nights. Try a delicious [Pumpkin Risotto with Bacon](#) or this [Salmon and Fennel Risotto](#) - both are ready in just 30 minutes.

COOKIDOO TIP

Discover more delicious risotto flavour variations by searching “Risotto” in Cookidoo and sorting by Best Rated.

Tuesday

DAY 10



It's taco Tuesday which is a great excuse to whip up our [Beef Tacos!](#)

Don't forget to use the Pre-Clean mode to whiz away any leftover caramelisation on the bottom of your bowl.

Wednesday

DAY 11

Make perfect [Boiled Eggs](#) for breakfast, whether you like them soft, medium or hard boiled.

- 11 minutes runny
- 12 minutes soft
- 13 minutes firm boiled
- 14 minutes hard boiled.

HELPFUL ACCESSORIES: [ThermoMat](#)



Thursday

DAY 12



Craving something sweet? Use the Thickening Mode on your TM6 to make the silkiest [Custard](#) you'll ever taste using just a few simple ingredients.

Mexican Stack



Friday

DAY 13

IT'S FAKE-AWAY FRIDAY!

Say hola to this tasty [Mexican Stack](#), or if you're in the mood for Asian try the impressive [Asian Chicken Noodle Salad](#).

Paired with the [Citrus Margarita](#), this is the perfect way to kick off your weekend. For an alcohol-free version try the [Sunrise Margarita](#).

Search Cookidoo for more tasty cocktail recipes!



Saturday

DAY 14

Kick off the weekend with these [American-style Pancakes](#). They're made even better with crispy bacon and maple syrup or fresh berries and whipped cream.

Did you know your Thermomix can also slow cook? If you have some time on your hands, use your Blade Cover to make our [Meatballs with Tomato Sauce](#). Or check out [this collection](#) for more ideas.

HELPFUL ACCESSORIES: [Cupcake pen](#) (Pancakes), [Blade cover](#) (Meatballs with Tomato Sauce).

MIX MORE: Whip up your own [Fresh Cream](#).

Share your Thermomix story

Every Thermomix owner has a story, and for many, it's one they're inspired to share.

Thermomix has changed the way they cook, and even changed the way they live.

This is why so many of our customers become Thermomix Consultants – they want to help other people discover what they have: how to unleash the possibilities of their kitchen.

If you're curious and wondering if this could be the career for you, the next step is as simple as having a cup of coffee. So ask your Consultant or call us on 1800 004 838.

Week 3

Featured recipe

Aussie Potato Salad



Sunday / Prep

DAY 15

Wake the family up with this quick and warming [Pumpkin Pie Porridge](#).

Give the homemade [Mayonnaise](#) a try, and then use it to create this [Aussie Potato Salad](#), served with your meat or protein of choice.

If there's any potato salad left, save yourself some time during the week and use it for lunchboxes.

GET AHEAD

You're already half way through the 28 Day Challenge! Time flies, right?

Search for this week's recipes and add them to [My Week](#). Then add your recipes to your shopping list. Remember to check off any items you already have in the kitchen.

COLLECTION TIME

Have a play with creating recipe lists in your Cookidoo account so you've got the perfect recipe for any occasion at the touch of a button.

Monday

DAY 16

Try a quick [Chicken and pesto risoni](#) for dinner.

Double the batch of pesto and keep it in the fridge to use as a dip, stir through fresh pasta or spread on crusty bread for continental rolls.

Tuesday

DAY 17

This [Chilli Beef with Lemon Feta](#) is a favourite amongst the Thermomix community.

It only takes 30 minutes, so keep your Chilli beef warm in a 2.6L *ThermoServer* until the family are ready to sit down for dinner.

Don't have your ThermoServer yet?

You can earn one just by hosting a Cooking Experience. There are several different Host Rewards to choose from. Contact your Consultant or [click here](#) to find out more.



Chilli Beef with Lemon Feta

Wednesday

DAY 18

This fresh [Fruit and Nut Muesli](#) is a super quick breakfast that you can enjoy with your choice of yoghurt and fresh berries.

Make extra LSA mix and keep in the fridge to add extra nutrients to smoothies or cereals.



Pizza Dough

Thursday

DAY 19

Make our tried and tested [Pizza Dough](#) and get the whole family decorating with your choice of toppings. Grate your own cheese in seconds. Cut into 2cm cubes then grate on *Speed 7*.

Plus, why buy when you can make your own [Tomato Pasta Sauce](#) to use on your pizzas?



TheMix Shop

Unleash more possibilities with our range of Thermomix accessories. You'll find the latest and greatest in utensils and cookbooks, all of which can be delivered straight to your door.

Take a look at what's available by browsing through [TheMix Shop](#) at [thermomix.com.au/shop](#).

Friday

DAY 20

IT'S FAKE-AWAY FRIDAY!

Spend more time chatting than chopping at your next barbecue. Your Thermomix can free up your hands making the [Barbecue Onions](#) so you can spend more time where it counts.



Tips for searching the Cookidoo library.

Use Cookidoo's smart filters to quickly and easily locate the perfect recipe for you and your family. Here are some of the ways to filter your search.

TIME

Short on time? If you only have 30 minutes to get dinner on the table then select **less than 30 minutes** on your search filter.

PORTION SIZES

Cooking for just one or two or maybe you're feeding a crowd? You can filter your search for **2, 4, 6 or 8 or more** portions.

DIETARY REQUIREMENTS

Nut free, dairy free, egg free or gluten free. You can filter recipes based on dietary requirements by using tags in the search filter. This is also the place you can search based on occasion (Christmas) or season (summer). #fancy

DIFFICULTY LEVEL

Feeling inspired to release your inner master chef? Select "advanced" on the difficulty filter to discover recipes that would make Heston proud. Or if you're craving a couch night then hit 'easy' for a laidback dinner.

INTERNATIONAL RECIPES

In your search filter you can also discover recipes from other Cookidoo countries. Just remember that ingredients can vary from country to country which may affect the end result.

Saturday

DAY 21

This [Salmon en Croute](#) may sound fancy, but it's easy to make and delicious when served with a fresh green salad.

If you have some spare time, try making your own [Quick Puff Pastry](#). This can be made the night prior and kept in the fridge until you're ready to roll.

HELPFUL ACCESSORIES: [ThermoMat](#),
[Rose gold large baking tray](#)



Week 4

Featured recipe *Yoghurt with Berry Coulis*



Sunday / Prep

DAY 22

Make your Thermomix work while you sleep! Make this [Yoghurt with Berry Coulis](#) before bed and wake up to perfectly portioned *yoghurt jars*.

GET AHEAD

It's your last week! We hope you've enjoyed a delicious journey so far and have discovered some new family favourites along the way.

By now you know the drill, kick things off by searching for this week's recipes and popping them into [My Week](#).

Your Consultant is always ready to help.

Are you getting the most out of your Consultant?

Every Thermomix comes with a Consultant relationship built-in (we tried to squeeze them into the box, but it didn't work out). They'll happily help you to expand your repertoire with new recipes and cooking classes.

They'll help you to find even more ways to fall in love with your Thermomix – if that was possible!

Monday

DAY 23

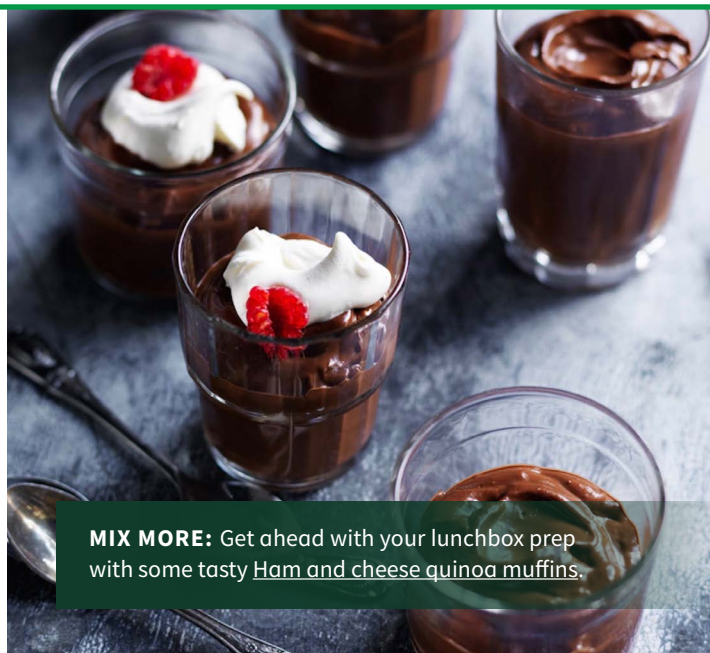
Tough Monday? Treat yourself to this [Healthy Chocolate Mousse](#) for dessert ...or breakfast.

INSPIRATION FROM THE EXPERTS

Your Consultant creates delicious meals every day for their families. Why not give them a call or email and ask what their favourite recipes are?

Add them to next week's menu planner.

HELPFUL ACCESSORIES: [Rose gold muffin tray \(12 cup\)](#), [Rose gold mini muffin tray \(24 cup\)](#)



MIX MORE: Get ahead with your lunchbox prep with some tasty [Ham and cheese quinoa muffins](#).

Tuesday

DAY 24

Treat yourself to a delicious seafood dinner with either a [Chilli Garlic Prawns](#) or [Curry Laksa](#).

COLLECTION TIME

Kids coming back for seconds? Add your new family favourites to recipe lists in your [Cookidoo account](#). Here are some ideas to get you started:

The new family faves
Dinner party pro
Chocolate addiction
Date night desserts

Wednesday

DAY 25

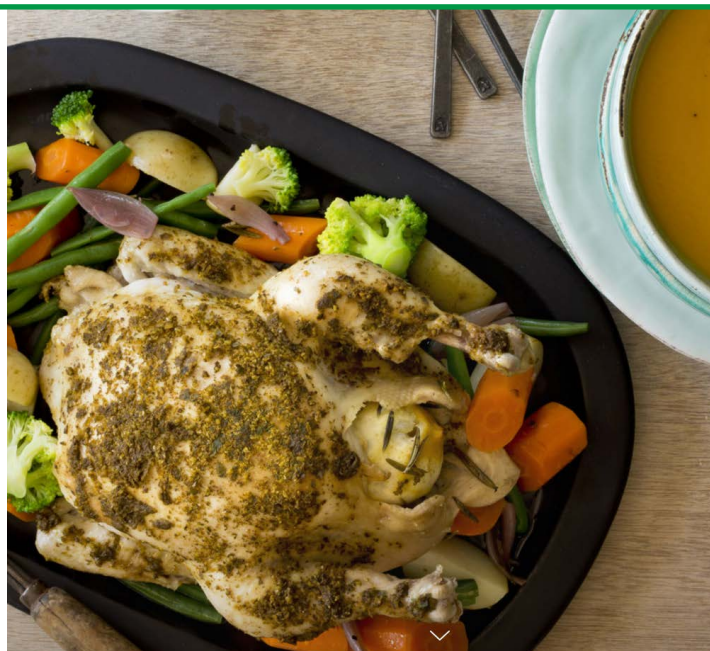
If you like multi-tasking you'll be a fan of this one.

[Layered Chicken Dinner](#) is two courses cooked at the same time, meaning more time enjoying it and less time in the kitchen.

FILL YOUR RECIPE PASSPORT

Take a trip around the world without ever leaving your loungeroom.

Access recipes from Cookidoo countries around the world through your search filter.



Thursday

DAY 26

The [Quiche Lorraine](#) is a crowd-pleasing classic. We love it with a side serving of salad.

Feeding a crowd? Make this [Pumpkin and Antipasto Risotto Salad](#) while the quiche is baking.

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Friday

DAY 27

Feed a crowd fast with some quick and easy [Sour Cream and Chicken Enchiladas](#).

They're a fan favourite.

Saturday

DAY 28

Celebrate your successful completion of the 28 Day Challenge with a beautiful Pavlova to share with family and friends:

- [Mixed Berry Pavlova Stack](#)
- [Black Forest Pavlova Stack](#)
- [Gingerbread Pavlova Stack](#)

Well done you!

You've made it through the 28 Day Meal Plan!

It's a great achievement and we hope, like us, you can't imagine life without your extra pair of hands in the kitchen.

Keep using your **Cookidoo account** when you're looking for inspiration on how to deal with the endless variety of food likes, dislikes, can't-haves and never-trieds.

And keep in touch with your Consultant. They're only ever a phone call away and always happy to help.



Congratulations!
You've completed the 28 Day Meal Plan

To day 29 and beyond.

The fun doesn't stop at day 28.

Now you've mastered Cookidoo, you can keep on creating new recipe playlists to unleash even more possibilities in your kitchen.

Here are some of our favourite playlists to get you started.

Meat-free Mondays



[Three Bean Shepherd's Pie](#)

[Cauliflower 'Fried' Rice](#)

[Lentil and Chickpea Burger with Tahini Dressing](#)

[Chilli con Tempeh](#)

[Watermelon Gazpacho with Jalapeno Oil](#)

[Stuffed Butternut Pumpkin with Feta](#)

[Spinach and Feta Galette](#)

Gluten-free goodness



[Carrot Poppy Deed Muffins](#)

[Sticky Date Puddings](#)

[Chicken and Leek Pies](#)

[Breakfast Pizza](#)

[Mediterranean Bread](#)

[Sausage Rolls](#)

[Rosemary and Sea Salt Crackers](#)

Mid-week wonders



[Pumpkin Risotto with Bacon](#)

[Nachos with Beans and Cashew Sour Cream](#)

[Chorizo and Chicken Pasta](#)

[Southern Style Pork and Bean Casserole](#)

[Massaman Beef Curry](#)

[Chiang Mai Noodles](#)

[Chicken Pesto Pasta](#)

Lunchbox saviours



[Zucchini, Ham and Corn Bites](#)

[Wheat, Nut and Dairy Free Muesli Slice](#)

[Choc Zucchini Mini Loaves](#)

[Feta, Spinach and Potato Frittata](#)

[Tandoori Chicken Wraps](#)

[Cranberry Chocolate Snack Bars](#)

[Sandwich Sushi](#)

Fake-away Friday



[Roast Beef and Mushroom Pizza](#)

[Tuna Poke Bowl](#)

[Thai Beef Salad with Noodles](#)

[Butter Chicken](#)

[Moroccan Lamb with Pilaf](#)

[Beef Fajitas](#)

[Asian Chicken Noodle Soup](#)