

## INGREDIENTS

- 2 cups pre-cooked cold rice
- 2 brown onions, sliced finely
- 1 large carrot, shredded
- ½ cup of peas
- ½ cup of beans, chopped
- ½ cup of corn kernels
- 2 garlic cloves, minced
- ½ tsp ginger, grated
- 1 ½ Tbsp soy sauce
- 1 ½ Tbsp kecap manis
- 2 eggs
- 1 tsp sesame oil

## UTENSILS

- 1 28 cm Perfect Pro Pan™
- 1 Sumo Chopper
- 1 garlic roller
- 1 large serving bowl
- chopsticks

## INSTRUCTIONS

1. On high heat, brown onions and carrots-adding beans, peas and corn kernels.
2. Add pre-cooked cold rice and stir it all in.
3. Add garlic, ginger, soy sauce and kecap manis and stir through quickly.
4. Use Sumo Chopper to quickly beat eggs-make a well in centre of rice mix and pour in egg.
5. Scramble it lightly before egg disappears (chopsticks work best).
6. Add sesame oil and reduce heat to low.
7. Keep lid on to preserve moisture till ready to serve.



## 15 Minute Easy Fried Rice



2-4 servings



15 minutes

If you're looking for a way to use up your leftovers, this is the recipe for you! Chinese-inspired fried rice is packed with flavour and so quick and easy to make.

Homemade fried rice is a highly versatile meal, so you can swap and change the flavours to your taste!

## NOTES

Your rice **MUST** be at least a day old and needs to be cooked from cold.

## INGREDIENTS

- 6 slices of bread with crust cut off
- 1 tub of chocolate hazelnut spread
- 2 Tbsp white sugar
- 1 tsp ground cinnamon
- 1 egg
- 1 Tbsp milk 20g butter
- ¼ tsp vanilla extract

## UTENSILS

- 1 26 cm Perfect Pro Pan™
- 1 Sumo Chopper
- 1 Tap n Crack
- 2 Small bowls
- 1 Plate
- 1 Rolling pin

## INSTRUCTIONS

1. Use a rolling pin to flatten the bread slices.
2. Spread each slice of bread with a layer of hazelnut spread.
3. Tightly roll each bread slice.
4. Tap and Crack an egg straight into the bowl, whisk together with the milk, egg and vanilla extract and set aside.
5. In a separate bowl mix the sugar and cinnamon.
6. Dip each French Toast Roll-Up into the milk and egg mixture. A quick dip is all you need!
7. Sauté each roll in melted butter until golden brown and slightly crispy. Remove from the pan and roll each roll-up in the cinnamon sugar.
8. Serve to eat.



## Hazelnut Roll-Ups



2-4 servings



15 minutes

Dessert for breakfast has never been more tempting.

Be warned, this take on french toast is extremely addictive. You can create these delicious roll-ups with just a handful of ingredients!

## NOTES

Add some crushed up nuts to this recipe to give it some crunch!

## INGREDIENTS

- 1 white onion sliced
- 2 fillets of fresh flake cubed
- 2 tomatoes quartered
- 2 tsp turmeric
- 1 Tbsp pine nuts
- 1/3 cup spinach leaves for serving

## UTENSILS

- 1 24 cm Perfect Pro Pan™



## INSTRUCTIONS

1. Cook onion in pan until it just starts to colour.
2. Add flake and tomato stirring through with the onion.
3. Sprinkle turmeric and stir through ensuring fish is cooked.
4. Add pine nuts and stir through, removing from heat after 2 minutes



## Turmeric Fish



4 servings



30 minutes

A common ingredient in South-East Asian cooking, turmeric has many health benefits and can elevate any meal.

The whole family will love this golden turmeric fish!

## NOTES

Pair this dish with white rice for a well balanced meal.

# INGREDIENTS

- 1 Tbsp of oil
- 1 red onion
- 2 cans of jackfruit
- 1 tsp smoked paprika
- 1/2 cup barbecue sauce
- salt & pepper to taste
- 1 cup of vegetable stock
- 4 slider brioche buns
- pickles sliced
- 1 packet of mixed cabbage leaves
- 2 Tbsp of mayonnaise
- 1 tsp apple cider vinegar

## UTENSILS

- 1 28 cm Perfect Pro Pan™
- 1 Perfect Pro Pan™ Uni Lid with Timer
- 1 Bowl for cabbage
- 1 Board for serving

## INSTRUCTIONS

1. Drain jackfruit and pat dry. Put your pan on a medium heat, add oil if preferred
2. Add onions and sauté for five minutes; Once soft, add your jackfruit pieces and smoked paprika.
3. Once jackfruit starts to break up and shred, add vegetable stock and bbq sauce, allowing it to reduce.
4. Cover pan with Unfit Lid and Timer and set for 6 minutes to stir. Do this over 25 minutes.
5. While jackfruit cooks, in a large bowl, toss cabbage blend with mayonnaise and apple cider vinegar to coat. Season with salt and pepper to taste.
6. Place a scoop of pulled jackfruit on the bottom of a bun. Top with coleslaw, and bun on top.



## Jack Fruit Sliders



4-6 servings



20 minutes

Sliders are a great option for the entertainer who wants to whip up a quick and easy entree.

This mouth-watering vegetarian take on pulled pork sliders are sure to be a crowd favourite at the next BBQ!

## NOTES

Make sure you use young green jackfruit in water. This is key for the perfect texture and flavour.

## INGREDIENTS

- 5 large eggs
- 5 egg yolks
- 1/4 tsp fine sea salt
- 1 Tbsp red onion, diced very finely
- 1 red capsicum diced very finely
- 2 handfuls of spinach diced very finely
- 1 carrot diced very finely
- ½ bunch of dill chopped very finely
- 1 chilli chopped very finely
- 1 bunch of chives diced finely

## UTENSILS

- 1 26 cm Perfect Pro Pan™
- 1 Sumo Chopper
- 1 Tap n Crack
- 1 Large plate for serving

## INSTRUCTIONS

1. Add eggs to a mixing bowl – include separated yolks; beat lightly
2. Heat pan on medium low heat reducing to low.
3. Pour out a thin layer of egg mixture onto the pan and spread it by tilting the pan.
4. Once the edge of the egg is cooked and top is 85% cooked, add the desired amount of filling and start rolling the egg with a spatula or chopstick.
5. Push aside rolled egg on the pan and pour out another thin layer of egg mixture in the empty space; repeating process till egg mixture is used up.
6. Remove egg rolls from pan and cool for 5 minutes. Slice into bite size pieces and serve.



## Rolled Omelette



4-6 servings



20 minutes

A fun way to switch up your morning eggs, these rolled omelettes are an easy and versatile dish.

These savoury eggs will make the perfect side dish or breakfast!

## NOTES

If your ingredients aren't chopped fine enough, you may have a hard time rolling your eggs.

## INGREDIENTS

- 1 cup all-purpose flour
- 1 teaspoon white sugar
- ¼ teaspoon salt
- 3x eggs
- 2 cups milk
- 2 tablespoons butter, melted
- 1 ¼ tsp vanilla essence
- 1 punnet of strawberries sliced
- chocolate sauce for drizzle

## UTENSILS

- 1 24 cm Perfect Pro Pan™
- 1 Tap and Crack
- 1 Push Chopper
- 2 Large plates for serving
- 1 Sieve

## INSTRUCTIONS

1. Using manual push blender – combine eggs, milk, flour, melted butter and salt till smooth with no lumps.
2. Add sugar and a drop of vanilla (leave out for savoury).
3. Let the batter stand at room temperature for 30 minutes.
4. Bring 24cm pan to medium heat.
5. Pour or scoop the batter onto the pan, using approximately 2 tablespoons for each crepe. Tip and rotate pan to spread batter as thinly as possible. Brown on both sides and serve hot.
6. Add toppings as desired.



## Gourmet Crepes



Makes approx. 14 crepes



20 minutes

These homemade crepes are ultra thin with an irresistible buttery crisp edge!

Although it may seem it, making restaurant quality crepes from home is not difficult!

## NOTES

You can swap out the fillings in this recipe to your taste! You can even try making savoury crepes by using spinach and ricotta cheese.

## INGREDIENTS

- 1 box of Chocolate Chip Cookie Mix
- 1/3 cup of salted butter softened
- 1 large egg

## UTENSILS

- 1 Large mixing bowl
- 1 28 cm Perfect Pro Pan™
- 1 Plate for serving

## INSTRUCTIONS

1. Pre-heat oven to 180 degrees.
2. Mix together pre-made mix, egg and butter in large bowl.
3. Place entire contents in pan and disperse with fingers evenly, adding in the choc chip cookies.
4. Put pan in oven and bake for 14-18 minutes or until golden on top.
5. Remove carefully and set to cool.
6. Flip onto ready plate to serve.



## Worlds Biggest Cookie



**Serves 15**



**25 minutes**

Part pizza, part cookie, 100% delicious! This giant cookie is bound to turn heads at a party.

This dish is perfect for sharing, easy to make and the ultimate crowd pleaser!

## NOTES

If chocolate chip isn't your flavour of choice, you can use any flavoured box mix!