

MINI MARGHERITA PIZZAS



Tupperware

MINI MARGHERITA PIZZAS



Preparation time
10'



On the stove top Th 6-7 / 200°C / 400°F
10'



Th 6-7 / 200°C / 400°F
20'

INGREDIENTS FOR 1-2 PEOPLE

- 7 ml / ±½ tbsp olive oil
- 2 small russet potatoes, peeled (225 g total / ±8 oz)
- 2 ml / ±½ tsp garlic powder
- Salt and pepper
- 1 egg, beaten
- 60 ml / ±¼ cup pizza sauce
- 30 g / ±¼ cup shredded mozzarella cheese
- 2 basil leaves, finely sliced
- Parmesan cheese (for serving)

PREPARATION

1. Preheat oven to Th 6-7 / 200°C / 400°F with convection.
2. Heat olive oil on medium-high heat in the **Chef Series II 28 cm / 11 in. Fry Pan**.
3. Using the **Handy Spiral**, spiralize potatoes into spaghetti then add to the Fry Pan. Season potatoes with garlic powder, salt and pepper. Toss until cooked and lightly browned, approx. 10 min., then transfer to the **That's A Bowl 2.75L**.
4. Add beaten egg to the potato noodles and toss well to combine.
5. Transfer potato noodles back into the Chef Series II Fry Pan and form two equal portions. Place in oven and bake for 15 min. or until noodles are firm and edges are golden brown.
6. Remove from oven using the **Oven Gloves** and evenly spread pizza sauce and mozzarella cheese on top of potatoes. Place back in oven for 5 min. or until cheese is melted.
7. Garnish pizza with basil leaves and Parmesan cheese. Serve immediately.

Tip: Combine the potatoes to make one big pizza!

Note: If you are not using the Chef Series II Fry Pan, make sure that your fry pan is oven proof!

If you do not have a convection oven increase the oven temperature to 220°C / 425°F.

SPICY CARROT AND PEANUT NOODLES



Tupperware®

SPICY CARROT AND PEANUT NOODLES



Preparation time
10'

INGREDIENTS FOR 1 PERSON

- 2 large, thick carrots (250 g total / ±9 oz)
- 30 ml / ±2 tbsp cashews, roughly chopped
- 15 ml / ±1 tbsp cilantro, chopped
- 15 g / ±¼ cup crunchy chow mein noodles or crispy fried onions

Sauce

- 30 ml / ±2 tbsp creamy peanut butter
- 15 ml / ±1 tbsp rice vinegar
- 15 ml / ±1 tbsp olive oil
- 7 ml / ±½ tbsp lime juice
- 7 ml / ±½ tbsp low sodium soy sauce
- 7 ml / ±½ tbsp honey
- 1 garlic clove, pressed or minced
- 2 ml / ±½ tsp ginger, grated
- 2 ml / ±½ tsp toasted sesame oil
- 1 ml / ±¼ tsp crushed red pepper flakes

PREPARATION

1. Using the **Handy Spiral**, spiralize carrots into spaghetti, set aside.
2. In the **That's A Bowl 2.75L**, whisk together ingredients for the sauce using the **KPT Whisk**. Add carrot noodles, seal bowl, and shake until noodles are evenly coated.
3. Distribute into a serving bowl and top with cashews, cilantro and crunchy chow mein noodles or crispy fried onions.

Tip: Add more crushed red pepper flakes to make it extra spicy!

ROASTED WALNUT CARROT SALAD



Tupperware®

ROASTED WALNUT CARROT SALAD



Preparation time Th 6-7 / 200°C / 400°F On the stove top

10'



10'



5'

INGREDIENTS FOR 1-2 PEOPLE

- 2 large, thick carrots (250 g total / ±9 oz)
- 7 ml / ±½ tbsp olive oil
- 5 ml / ±1 tsp balsamic vinegar
- 2 ml / ±½ tsp salt
- 1 ml / ±¼ tsp pepper
- 15 ml / ±1 tbsp feta cheese, crumbled
- 6 walnuts
- Balsamic glaze for serving

PREPARATION

1. Remove the rack from the oven and preheat to Th 6-7 / 200°C / 400°F without convection.
2. Using the **Handy Spiral**, spiralize carrots into spaghetti and place into the **That's A Bowl 2.75L**. Add olive oil, balsamic vinegar, salt and pepper and toss until noodles are well coated.
3. Place **Silicone Baking Sheet with Rim** on the cold oven rack. Evenly spread out carrot noodles on the Baking Sheet. Bake for approx. 10 min.
4. While carrots are roasting, toast the walnuts in the **Chef Series II 20 cm / 8 in. Fry Pan** over medium-high heat until they start to brown, approx. 5 min. Place walnuts in **Herb Chopper** and roughly chop.
5. Place carrots into a serving bowl, add feta cheese and chopped walnuts. Toss to combine.
6. Serve warm and drizzled with balsamic glaze.

ZOODLE NEST WITH POACHED EGGS



Tupperware®

ZOODLE NEST WITH POACHED EGGS



Preparation time
5'



600 watts
2'50"-3'10"



Standing time
1'

INGREDIENTS FOR 1 PERSON

- 150 g / ±5 oz zucchini
- 20 ml / ±4 tsp water
- 2 eggs
- Salt and pepper
- 10 ml / ±2 tsp olive oil for serving (optional)

PREPARATION

1. Using the **Handy Spiral**, spiralize the zucchini into spaghetti. Make a round nest with the zucchini noodles in both sides of the base of the **Micro Delight**.
2. Pour 10 ml / ±2 tsp water on each nest, cover and microwave for 1 min. 30 sec. at 600 watts.
3. Crack an egg into each nest and prick the egg yolk with a toothpick.
4. Cover the Micro Delight and microwave for 1 min. 20 sec. to 1 min. 40 sec. at 600 watts, depending on the desired doneness of the egg yolk. Allow to stand for 1 min.
5. Gently transfer the nests onto a serving plate using the **KPT Serving Spoon** and season with salt, pepper and olive oil.

EXPRESS ZUCCHINI NAPOLITANA



Tupperware®

EXPRESS ZUCCHINI NAPOLITANA



Preparation time
5'



600 watts
5'30"-7'



Standing time
1'

INGREDIENTS FOR 1 PERSON

- 150 g / $\pm\frac{2}{3}$ cup canned diced tomatoes
- 15 g / ± 1 tbsp shallot or scallions, chopped
- 1 small garlic clove, pressed
- Salt and pepper
- 1 medium zucchini (300 g / ± 10 oz)
- 5-6 basil leaves
- 10 ml / ± 2 tsp olive oil for serving (optional)
- Shaved Parmesan cheese for serving (optional)

PREPARATION

1. Combine the diced tomatoes, shallot, garlic, salt and pepper in the **MicroCook Pitcher 1L**. Cover and microwave for 3 min. at 600 watts, stirring halfway through.
2. Using the **Handy Spiral**, spiralize the zucchini into spaghetti, then cut the basil into thin strips using the **Grab N Cut**.
3. Add the spiralized zucchini and basil to the tomato sauce in the MicroCook Pitcher, mix using the **KPT Master Tong**.
4. Cover and microwave for 2 min. 30 sec. to 4 min. at 600 watts, depending on desired doneness of the zucchini noodles. Allow to stand for 1 min.
5. Serve with olive oil, shaved Parmesan and freshly ground pepper.

Tip: For al dente noodles, cook for a shorter amount of time. For softer noodles, cook longer.

CITRUS CUCUMBER CEVICHE SPIRALS



Tupperware®

CITRUS CUCUMBER CEVICHE SPIRALS



Preparation time
5'



Standing time
30'

INGREDIENTS FOR 1-2 PEOPLE

- 45 ml / ±3 tbsp rice vinegar
- 30 ml / ±2 tbsp orange juice
- 7 ml / ±½ tbsp orange zest
- 5 ml / ±1 tsp lemon juice
- ½ jalapeno, finely chopped
- 1 ml / ±¼ tsp salt
- 200 g / ±1 cup raw seafood, diced (shrimp, scallops, white fish)
- 1 cucumber

PREPARATION

1. In the **Space Saver Bowl 600 ml**, add rice vinegar, orange juice and zest, lemon juice, jalapeno and salt. Mix using the **Click Series Whisk**.
2. Add the diced seafood into the juice mixture and allow to sit for approx. 30 min. or until the seafood has been cooked* by the juice.
3. Meanwhile, using the **Handy Spiral**, spiralize the cucumber into spaghetti.
4. Place the cucumber in a bowl, or divide into two cups, and pour the seafood and juice mixture over top. Enjoy as a light meal for one or a refreshing starter for two.

*When completely cooked the fish will turn opaque and no longer be translucent.