

KAMBROOK



INSTRUCTION BOOKLET

Suits all KEF135 models

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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Kambrook Recommends Safety First

IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook Extra Deep Square Frypan

- Carefully read all instructions before operation and save for future reference.
- Remove and safely discard any packaging material and promotional stickers before using the Square Frypan for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug of the square frypan.
- Do not place the square frypan near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water.
- Keep the square frypan clear of walls, curtains and other heat or steam sensitive materials (minimum 20cm distance).
- Do not place on or near a gas burner, electric element or in or near a heated oven.
- Do not use on a sink drain board.
- Always insert temperature control probe into probe socket before inserting power plug into power outlet and switching on the square frypan.
- Ensure the probe socket is completely dry before inserting the temperature control probe.
- The square frypan must be used with the temperature control probe provided. Do not use any other probe or connector.
- To protect against electric shock, do not immerse power cord or temperature control probe in water or any other liquid, or allow moisture to come in contact with these parts.
- Ensure the temperature control probe has cooled before removing from the square frypan.
- Always remove temperature control probe before cleaning the square frypan.
- If using plastic utensils, do not leave in square frypan when hot.
- Do not place hot glass lid under cold water.
- Always have the glass lid positioned correctly on the square frypan throughout operation unless stated in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard, it may break or weaken and could at a later time shatter into many small pieces without apparent cause.
- Extreme caution must be used when the square frypan contains hot oil or other liquid. Do not move the square frypan during cooking. Allow the square frypan to cool before removing oil or other liquid.
- Do not touch hot surfaces. Use the handles for lifting and carrying the square frypan.
- Do not leave the square frypan unattended when in use.
- The square frypan is not intended to be operated by means of an external timer or a separate remote control system.

- Always turn the temperature control probe to 'MIN', then switch off at the power outlet and allow probe to cool, then remove probe and unplug, if the square frypan is to be left unattended, if not in use before attempting to move square frypan and before cleaning.
- Keep the square frypan clean. Refer to 'Care, Cleaning and Storage' section of this booklet.
- Do not place anything on top of the square frypan when the lid is in position, when in use and when stored.
- Do not use harsh abrasive, caustic cleaners or oven cleaners when cleaning this square frypan.

Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
 - Connect only to a 230V or 240V power outlet.
 - Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
 - To protect against electric shock do not immerse the square frypan, base, power cord or power plug in water or any other liquid.
 - The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
 - Children should be supervised to ensure that they do not play with the appliance.
 - It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
 - Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
 - This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
 - Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
 - Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
 - Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
 - Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.
 - Always lift the lid away from you, when removing from the square frypan, to avoid steam escaping from under the lid.
 - Do not use metal utensils. Use suitable sized heat-proof plastic or wooden utensils to stir or remove food.
 - Avoid the use of extension cords. Serious hot oil burns may result from an appliance such as this being pulled off a bench top. Do not allow the cord to hang over the edge of a bench top where it may be grabbed by children, or become entangled by the user. Never leave the appliance unattended while in use.



WARNING: Do not operate the square frypan on an inclined surface. Do not move the square frypan while it is switched on.



WARNING: The square frypan gets very hot during use; allow all parts to cool before moving, dismantling, cleaning or storage.

Your Kambrook Extra Deep Square Frypan

1. Removable temperature control probe with 5 thermostatically controlled settings.
2. Easy-clean, large non-stick cooking surface for fat-free or fat reduced cooking.
3. Glass lid with stainless steel rim.
4. Super Size – 40.3 X 30.6cm squared square-style frypan. Extra deep – 77mm.
5. Steam vent on lid.
6. Cool-touch knob and handles.



Using Your Kambrook Square Frypan

Before first use

Before first use wash, rinse and dry your square frypan and lid. Season the cooking surface by applying a thin coating of cooking oil using a paper towelling.



WARNING: Do not immerse the power cord, power plug or temperature control probe in water or any other liquid.

Ensure that the square frypan socket is fully dry before inserting the temperature control probe. Plug the cord into a 230V or 240V power outlet and then turn the power on.

Set the temperature control probe to the desired temperature setting. Refer to the table on the following page.

The temperature light on the temperature control probe will switch off automatically when the temperature selected has been reached. The light will cycle "ON" and "OFF" during the cooking cycle indicating that the selected temperature is being maintained.

Do not use metal utensils, as these will scratch the non-stick cooking surface. Only use wooden or good quality plastic utensils to stir or serve food.

Do not leave plastic cooking utensils in contact with the hot surface while cooking.

NOTE: This square frypan must be used with the temperature control probe provided. Do not use any other probe or connector.

Using Your Kambrook Square Frypan

continued

The Glass Lid

The glass lid enables you to monitor your cooking without removing the lid and losing heat. There is a vent in the lid to allow steam to escape.

Dial Setting	Uses	Temp Guide
1-2	Slow cooking casseroles, keeping food warm, basting, bolognaise sauce.	Low
2-3	Cooking steaks, sausages, bacon, eggs, pikelets, roast vegetables, pancakes, roasting joints, crumbed food, toasted sandwiches, boiling rice, popcorn.	Medium/High
4-5	Sealing steaks and roasts, cakes, stir-fry	High

Cooking with Your Kambrook Square Frypan

Stir-Frying

Recommended temperature probe setting 4-5.

An energy efficient and healthy way of cooking foods. The benefit of this cooking method is its speed and the flavour of the foods. The non-stick cooking surface on your square frypan also means that less oil is required for cooking. The cooking action for stir frying is a continual tossing motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.

Stir frying should be carried out using a high heat setting.

Preheat your square frypan before adding any ingredients, allowing the temperature light to cycle 'on' and 'off' several times. This will allow the square frypan to reach an even, high temperature.

Stir frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor when cooking meat, as over cooking will give a tough, dry result. Cooking times depend on the size and thickness of the cut, as the bigger the cut, the more time is needed.

Recommended cuts for stir-frying	
Beef	Lean beef strips prepared from rump, sirloin, rib eye, fillet
Chicken	Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets
Lamb	Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts, eye of loin
Pork	Lean pork strips prepared from leg, butterfly or medallion steaks or fillet
Veal	Eye of loin, fillet, round, rump or topside

Buy meat strips from your butcher or your supermarket, or prepare meat strips from recommended cuts listed, by removing any fat and slicing thinly across the grain (across the direction of meat fibres). Slicing across the grain ensures tenderness.

Cut into very thin strips, approx 5cm - 8cm in length. To make slicing easier, partially freeze meat for approx 30 minutes before slicing.

Stir fry meat strips in small batches to stop meat shedding its juice and 'stewing', resulting in tougher meat.

Cooking with Your Kambrook Square Frypan

continued

When adding meat strips to the square frypan, the pan should be hot enough that the strips will sizzle.

Stir fry meat strips for 1– 2 minutes. Any longer will toughen meat.

If cooking large amounts, cook in batches and remove each batch when cooked allowing the square frypan to reheat before stir frying the next batch. By cooking in small batches the heat of the square frypan remains constant, ensuring the meat doesn't stew and toughen.

Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.

Do not overfill the square frypan. If necessary cook vegetables in batches as well and reheat at the end of stir frying. If using this method, remember to under cook slightly so reheating will not spoil the finished dish.

Serve stir fried foods immediately to retain their crisp texture.

Sautéing

Recommended temperature probe setting 4-5.

Used for sautéing onions, garlic, spices, curry, pastes, herbs, vegetables, meat and seafood.

Shallow Frying

Recommended temperature probe setting 4-5.

Used to crispen and cook foods in a small amount of oil. The foods may have already been cooked.

Use approx 1 cup of oil, or sufficient oil so that half the food is immersed.

Preheat the oil before adding food.

When using oil, never cover with the lid during heating or cooking, as this will cause condensation to drip into the oil and result in bubbling and splattering.

Do not move the square frypan during heating or cooking. Wipe moisture from foods prior to shallow frying to avoid splattering during cooking.

Cook a few pieces at a time to ensure crispness.

Drain cooked foods on paper towels to reduce greasiness.

Never leave your square frypan unattended or unsupervised while shallow frying.

Allow oil to cool before removing from square frypan. Vegetable or canola oil is recommended for shallow frying.

NOTE: The square frypan should not be used to deep fry.

Pan Frying

Recommended temperature probe setting:

Searing – 4 – 5.

Medium heat - 2 – 3.

Used for cooking meats, fish, seafood, eggs, chicken, sausages.

Preheat square frypan. When heated, add a small amount of oil to help prevent the food from sticking.

Alternatively brush whole meat cuts eg. steaks, chicken breast, fish fillet with small amount of oil before pan frying rather than adding oil directly to the pan.

When cooking meats, seal each side for approx. 1 – 2 minutes on setting 5. Once sides are sealed, reduce heat to setting 2 - 3 to cook through meats to desired doneness.

Slow Cooking (braising)

Recommended temperature probe setting between 1-2.

Slow cooking method is ideal for less tender cuts of meat. Timing does not depend on the size of the cut as much as the connective tissue (gristle and sinew) which need long slow cooking to soften it. Never use tender cuts of meat for moist heat cooking as the long cooking time will make the meat shrink and toughen.

Always commence slow cooking on high heat to reach boiling point before reducing between setting 1-2.

Always brown and seal meat on setting 5 before reducing heat to low.

Cut meat into 3cm cubes.
Trim off any fat.

Cook for approx 2 – 3 hours stirring occasionally. Cooking times may differ depending on the food being cooked.

Add soft or quick cooking vegetables such as mushrooms, tomatoes, beans or corn in the last half hour of cooking.

Thicken towards end of cooking by stirring in a little cornflour blended with water, or plain flour blended with margarine or butter. Alternatively, coat meat in plain flour before frying (extra oil may be needed).

Recommended cuts for pan frying

Beef	Diced blade (boneless), chuck, round, shin, silverside
Chicken	Diced thigh, leg
Lamb	Diced forequarter
Pork	Diced shoulder
Veal	Diced forequarter

NOTE: As the square frypan is thermostatically controlled, it will cycle on and off during the cooking process.

Cooking with Your Kambrook Square Frypan

continued

Roasting

Recommended temperature probe setting 2 – 3.

Meat and Poultry

The square frypan is ideal for roasting meat and poultry, as the meat retains the flavour and juices. The square frypan's domed lid provides ample room for larger joints of meat and poultry.

Preheat the square frypan, on setting 5. Fattier joints of meat require no oil. Use only a small amount for less fatty joints.

Brown and seal the meat on all sides. Position the lid.

After browning, turn the dial to setting 2 – 3, cooking the meat as desired. Turn the meat during cooking to ensure even cooking.

Once the meat is cooked, set aside and cover with foil, whilst the gravy is prepared from the juice in the square frypan.

Vegetables

Cut into even sized pieces. Add to the square frypan 40 – 65 minutes before serving.

Turn the vegetables during cooking. For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times

The following times are for dishes that are well done. To suit your personal taste, these times can be reduced.

Recommended roasting times (well done)

Pork	30 – 40 minutes/500g after browning
Veal	30 – 40 minutes/500g after browning
Lamb	25 – 30 minutes/500g after browning
Chicken	25 – 30 minutes/500g after browning
Beef	25 – 30 minutes/500g after browning

NOTE: As the square frypan is thermostatically controlled, it will cycle on and off during the cooking process.

Toasting Sandwiches

Recommended temperature probe setting 3.

Up to four sandwiches can be toasted at once in the square frypan. Choose fillings which will hold together and not spill out of the sandwich.

Preheat the square frypan. Butter the pieces of bread well and place the sandwich in the square frypan with the buttered sides on the outside.

Cook for approx 3 – 4 minutes on either side, depending on the depth of colour desired.

NOTE: Temperature setting will depend on filling.

Boiling - Pasta/Rice

Recommended temperature probe setting 3.

Using no more than 6 cups boiling water to 3/4 cup pasta/rice.

Cooking time approx 10 – 15 minutes. Cooking times will vary with the usage of different types of rice and pasta.

Always bring water to the boil covered. Add ½ teaspoon salt to season the water and 1 tablespoon of oil to water to assist with cooking to prevent rice and pasta from sticking.

Cook rice or pasta uncovered, stirring occasionally to prevent sticking.

Reduce to a lower setting if water boils too quickly.

Baking

Recommended temperature probe setting 5.

Your square frypan can be used for baking cakes.

Preheat the square frypan on setting 5, with the lid on.

Elevate the cake pan or tray from the base of the square frypan using a small wire rack being careful not to scratch the non-stick surface.

Cooking times will be longer than those of a conventional oven.

Care, Cleaning and Storage

Care

- Do not leave plastic cooking utensils in contact with the hot surface while cooking.
- Do not use metal utensils on the non-stick coating of the square frypan. Only use wooden or good quality plastic utensils to stir or serve food.
- Before cleaning, switch the square frypan to 'MIN' and unplug from the power outlet. Remove the temperature control probe with caution from the probe socket of the appliance when cooled.

Cleaning

Temperature control probe

If cleaning is necessary, wipe the temperature control probe over with a slightly damp cloth. Ensure it is completely dry before use.

NOTE: Never immerse the temperature control probe, plug or cord in water or any other liquid.

Non-Stick Cooking Surface

Cooking on a non-stick surface minimises the need for oil. As food does not stick, cleaning is also normally easier.

Any discolouration that may occur on the non-stick surface may detract from the appearance of the square frypan, but will not affect the cooking performance.

Do not use metal (or other abrasive) scourers when cleaning the non-stick coating. Wash with hot soapy water. Remove stubborn spots with a soft plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

NOTE: To clean the interior and exterior surface and glass lid, wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush.

Glass Lid

Wash the lid in warm soapy water using a soft cloth or sponge, rinse and dry thoroughly.

Dishwasher Safe

Your square frypan and glass lid are dishwasher safe for easy cleaning. Remove the probe and power cord before placing square frypan into the dishwasher.

NOTE: Before inserting the temperature control probe into the probe socket, ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.



WARNING: Do not place hot glass lid under cold water or in dishwasher. Wait until lid is thoroughly cooled before cleaning.

Storage

Store the square frypan upright with the lid in position.

Store the temperature control probe carefully. Take care not to knock or drop the probe as this can cause damage. If damage is suspected, take the temperature control probe with the square frypan to your nearest Kambrook Service Centre for inspection.

TIP: For convenient storage of the temperature control probe, line the square frypan with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug do not scratch the non-stick surface.

Recipes

Chicken Marsala

Serves 4-6

Preparation time – 10 minutes

Cooking time – 30 minutes

Ingredients

850g chicken breast,
cut into large 100g pieces
½ cup gluten free plain flour
1 tsp salt
½ tsp. ground white pepper
½ tsp. onion powder
½ tsp. garlic powder
½ tap. Mustard powder
3 tbsp. vegetable oil
3 cloves garlic, chopped
350g button mushrooms, sliced
½ cup Marsala wine
2/3 cup chicken stock
2/3 cup cream

Directions

1. Toss the chicken breast with the flour, salt, pepper, onion powder, garlic powder and mustard powder.
2. Pre-heat your frypan on dial 5 until the orange light is no longer illuminated.
3. Add 2 tbsp. oil and dusted chicken breast pieces. Cook until the chicken is sealed all over.
4. Using a silicon spoon, move the chicken to the side of the frypan and add the remaining oil, the garlic and mushrooms and saute for 2 minutes. Move the chicken back to evenly cover the frypan. Deglaze with the Marsala wine, add the chicken stock and place the lid on top and let cook for 2 minutes. Turn the dial down to 3 and add the cream to the frypan and replace the lid and cook for another 3 minutes.
5. Remove the chicken using silicon tongs, slice the chicken and serve on mashed potato.

Asian Mushroom Omelette

Serves 4

Preparation time – 10 minutes

Cooking time – 10-15 minutes

Ingredients

3 tbsp. peanut oil
8 button mushrooms, sliced
1 stick shallot, sliced
80g baby spinach
¼ tsp. ground white pepper
1 tbsp. soy sauce
4 eggs
1 tbsp. fresh cream
1 tbsp. oyster sauce
Snow pea sprouts

Directions

1. Pre-heat your frypan by turning the heat setting dial to maximum until the orange light is no longer illuminated. Place 2 tbsp. of the peanut oil into the frypan and add the mushrooms. Saute for 2 minutes then add the shallots, spinach, pepper and ½ tbsp. soy sauce. Stir until the spinach is wilted, turn the frypan off and unplug and then remove the mushrooms, using a silicon spoon. Strain the liquid from the mushroom mix.
2. Mix the eggs, cream and remaining soy sauce together. Plug the frypan back into the power then turn the dial to setting 4 and pre-heat until the orange light is no longer illuminated. Add the remaining peanut oil to the frypan, add the egg mix and spread out to cover the entire surface. Let cook for 3-4 minutes then turn the frypan off and unplug from the main power. Slide the egg out onto a large flat chopping board and then place the mushroom mix in a straight line along one end of the omelette. Using a wide spatula, roll the omelette from one end to the other end.
3. Slice the omelette into 4 and serve with a drizzle of oyster sauce.

Beef, Bacon and Mushroom Stew

Serves 4

Preparation time – 15 minutes

Cooking time – 3 hours

Ingredients

800g diced chuck beef
2 tbsps. Gluten Free plain flour
2 tbsps. vegetable oil
300g onion, fine dice
30g garlic, crushed
3 bacon rashers, large dice
8 button mushrooms, cut into ¼'s
6 thyme sprigs
3 tbsps. tomato paste
1 ½ cup red wine
3 carrots, 2cm dice
400g cup diced tomatoes
1.5L beef stock
Salt and pepper
Pinch dried mixed herbs

Directions

1. Toss the diced beef with the flour and discard excess flour.
2. Pre-heat the KAMBROOK frypan until the orange light is no longer illuminated.
3. Add the oil then the beef and cook until the beef is browned all over. Add the onion, garlic, bacon, mushrooms and thyme sprigs, cook for 3 minutes, continuously stirring.
4. Add the tomato paste and deglaze with red wine. Add the tomatoes, carrots and beef stock. Turn the dial to 2 and place the lid on top.
5. Leave to cook for 2-3 hours, or until tender, stirring every 30 minutes.
6. Season if required and add pinch of dried mixed herbs.
7. Serve with mashed potato.

Lamb Rack Dinner

Serves 4

Preparation time – 15 minutes

Cooking time – 45 minutes

Ingredients

2 tbsps. vegetable oil
2 x 8 bone lamb rack (16 bones in total)
6 medium potatoes, peeled and cut into ¼'s
1 small sweet potato, cut into 8
¼ butternut pumpkin cut into 3cm pieces
1 corn cob, cut into 4
150g green beans, top and tailed
Salt and pepper

Directions

1. Rub the lamb racks with 1 tbsps. vegetable oil and season with salt and pepper.
2. Pre-heat your KAMBROOK frypan on dial 5 until the orange light is no longer illuminated.
3. Add the remaining 1 tbsps. of vegetable oil to the frypan then add the potatoes, sweet potato and pumpkin and brown them. Replace the lid and cook for another 2 minutes.
4. Remove the lid and using silicon tongs, move the vegetables to the side and place the lamb racks in with the fat side down. Replace the lid. Let the fat render down for 15 minutes. During the 15 minutes move the vegetables regularly to avoid one side getting too much colour.
5. Remove the lid and turn the lamb. Add the corn and replace the lid.
6. The lamb should take a further 10-15 minutes to cook through. When the lamb complete, turn off at the dial and remove the lid, add the beans and replace the lid. Leave to rest for 3 minutes.
7. To serve, place the vegetables onto the serving plates and cut the racks into 2 bone racks and rest on top of the vegetables.

Recipes continued

Lamb Roast Dinner

Serves 6

Preparation time – 10 minutes

Cooking time – 40 minutes

Ingredients

1 sprig rosemary

6 cloves garlic – squashed

1.1kg rolled lamb leg roast

2 tbs. vegetable oil

3 tsp sea salt

½ tsp ground white pepper

6 medium potatoes –peeled and cut in half

½ butternut pumpkin –peeled and cut into 6 large pieces

1 onion – peeled – cut into 6 wedges

½ butternut pumpkin –peeled and cut into 6 large pieces

2 corn cobs, cut into 6 pieces

200g green beans – top and tailed

Directions

1. Rub a little oil on the lamb leg and season with salt and pepper.
2. Place your vegetables into a bowl and drizzle with the remaining vegetable oil, salt and pepper.
3. Pre-heat your KAMBROOK frypan on dial 5 until the orange light is no longer illuminated.
4. Place your lamb roast into the frypan and turn until the lamb is browned all over.
5. Turn the dial to 3 and place the potatoes and onion wedges into the frypan around the lamb and replace the lid.
6. After 10 minutes turn the potatoes and onion, then add the pumpkin. Cook for a further 10 minutes, add the corn and turn the vegetables again.
7. Cook for another 10 minutes, remove the lid, put the green beans into the frypan, replace the lid and turn the electric frypan off at the dial and main power source and let rest for 10 minutes.
8. Remove the lid and using silicon tongs remove the lamb roast and vegetables.
9. Serve.

Chilli, Basil and Broccoli Beef

Serves 4

Preparation time – 8 minutes

Cooking time – 5 minutes

Ingredients

400g beef fillet – cut into thin strips
2 tbsp. oyster sauce
1 tbsp. fish sauce
1 tsp caster sugar
2cm piece ginger, finely grated
2 cloves garlic, chopped
1 tbsp. vegetable oil
1 red capsicum, sliced into thin strips
100g button mushrooms, sliced
1 large red chilli, de-seeded, finely chopped
150g broccoli
3 shallots – sliced
15 basil leaves

Directions

1. Place the beef strips, oyster sauce, fish sauce, sugar, ginger and garlic into a bowl and stir to combine.
2. Turn the heat to 5 (maximum) until the orange light is no longer illuminated, then add the oil and beef and sauté for 1 minute, stirring constantly.
3. Add the capsicum, mushrooms, chilli, broccoli, shallots and basil leaves and sauté for 1 minute stirring constantly. Turn the dial to 3, replace the lid and cook for a further 1 minute.
4. Serve with rice.

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KAMBOOK

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