



## *the Diamond Wave Book*

*Flatbed microwave with even heat distribution*

**Breville®**

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*Vegetable Frittata*



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# Vegetable Frittata



Prep 10 minutes / Cook 35 minutes



Serves 4-6



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*1 onion, chopped finely*

*1 clove garlic, chopped finely*

*60g butter*

*350g sweet potato, 1cm diced*

*2 zucchini, sliced 5mm thick*

*50g baby spinach*

*8 eggs*

*300ml fresh cream*

*200g feta, crumbled*

*½ teaspoon sea salt*

*¼ teaspoon ground white pepper*

*1 cup tasty cheese, grated*

## Method

1. Place the onion, garlic and 20g butter into a microwave safe dish with vented lid and microwave on HIGH for 3 minutes. Tip into a large bowl.
2. Place the sweet potato and 20g butter into a microwave safe dish with vented lid and microwave on HIGH for 5 minutes. Add to the onion in the large bowl.
3. Place the zucchini slices and 20g butter into a microwave safe dish with vented lid and microwave on HIGH for 3 minutes. Add to the large bowl.
4. Place the spinach into a microwave safe dish with vented lid and microwave on HIGH for 2 minutes. Squeeze out the excess water and add to the large bowl.
5. Lightly whisk together eggs, cream, feta, salt and pepper and pour half over the vegetable mixture. Lightly toss to combine. Place into a rectangle microwave safe dish and then pour the remaining egg mix over the top and rest the lid on top without sealing. Microwave on 80% power for 20 minutes, turning every 5 minutes.
6. Add the grated cheese and microwave for a further 2 minutes to melt the cheese, without the lid. Serve with a green salad.



*Pumpkin, Spinach and Ricotta Lasagne*



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# Pumpkin, Spinach and Ricotta Lasagne



Prep 10 minutes / Cook 40 minutes



Serves 4-6



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450g butternut pumpkin, sliced  
0.5cm thick

350g baby spinach

20g garlic, chopped

550g fresh ricotta

$\frac{1}{2}$  cup milk

$\frac{1}{4}$  teaspoon ground white pepper

1½ teaspoons salt

$\frac{1}{2}$  bunch sage, finely chopped

1½ cups passata

100g dried lasagne sheets

1 cup cheese, grated (preferably a mix of  
mozzarella, parmesan and cheddar)

20 sage leaves

## Method

1. Place the sliced pumpkin into a microwave safe dish with 1 tablespoon water and place the lid on top. Microwave on HIGH for 8 minutes and set aside.
2. Place the spinach into a microwave safe dish with lid and microwave on HIGH for 2 minutes or until slightly wilted.
3. Place the chopped garlic into a microwave safe dish and cook on HIGH for 1 minute.
4. In a large bowl, place the ricotta, milk, pepper, salt, sage and garlic and stir until smooth and combined. Taste to check the seasoning.
5. Place  $\frac{1}{3}$  of the passata and 2 tablespoons of water as the first layer in your microwave safe lasagne dish, lay  $\frac{1}{3}$  of the lasagne sheets on top of the passata, then  $\frac{1}{3}$  of the ricotta mixture, sprinkle a little of the grated cheese, lay half of the pumpkin in 1 layer, then half of the spinach. Repeat with the remaining ingredients, finishing with the ricotta and grated cheese. Spray the microwave safe dish lid with a little non-stick spray (so that the cheese does not stick to the lid) and place loosely on top of the lasagne.
6. Place into the microwave and cook on HIGH for 8 minutes. Turn the dish and continue cooking on HIGH for a further 8 minutes.
7. Change the power to 80% and continue cooking for a further 10 minutes. Let rest for 5 minutes before cutting and serving.

## Sage Garnish

8. Drizzle the sage leaves with the olive oil and microwave on HIGH in intervals of 20 seconds until crispy.
9. Serve with baby spinach salad leaves and crisp sage leaves.





*Thai Chicken Curry*



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# Thai Chicken Curry



Prep 20 minutes / Cook 25 minutes



Serves 4



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## Curry Paste

10cm piece of lemongrass stalk  
(the base of the stalk)  
1 tablespoon grated ginger  
3 kaffir lime leaves, sliced thinly  
3x 10cm coriander stalks including  
the root, cleaned  
10 coriander seeds  
4 long red chillis, sliced  
3 cloves garlic  
1 red apple, grated  
1 small red eschallot  
1 x 1cm piece shrimp paste

## 5g palm sugar

1 teaspoon apple cider vinegar  
1.2kg chicken marylands, skin on  
2 tablespoons cornflour  
350ml coconut milk  
80g button mushrooms  
½ tablespoon fish sauce  
1 tablespoon soy sauce  
200g green beans, top and tailed  
1 x 225g can bamboo shoots,  
drained and rinsed  
½ bunch Thai basil, rinsed  
2 long red chillis, sliced

## Method

1. Place the ingredients into mortar and using the pestle, work the curry paste ingredients to a paste.
2. Place the chicken legs and thighs into a large bowl and toss with the cornflour, pour the curry paste over the top, add the coconut milk, button mushrooms, fish sauce and soy sauce.
3. Toss to coat the chicken and place into a minimum of 2 litre microwave safe dish with lid.
4. Put into the microwave on HIGH for 24 minutes, turning every 6 minutes.
5. In the last 5 minutes add the green beans, replace the lid and continue cooking for the final 5 minutes of cooking time.
6. When complete, stir through the bamboo shoots and let rest for 3-5 minutes, garnish with the Thai basil and red chillis.





*Whole Snapper with Nahm Jim*



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# Whole Snapper with Nahm Jim



Prep 15 minutes / Cook 20 minutes



Serves 2



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## Nahm Jim

80g roasted unsalted peanuts  
200g palm sugar  
30ml water  
2½ tablespoons fish sauce  
100ml lime juice  
3cm piece peeled ginger  
¼ red chilli, de-seeded  
3 coriander stalks – reserve coriander leaves for garnish

## Poaching Liquor

20g ginger, rough cut  
3 coriander stalks  
1 teaspoon tamarind paste

1 clove garlic, roughly chopped  
½ onion, roughly chopped  
100ml Chinese cooking wine  
1½ tablespoons soy sauce  
1 teaspoon brown sugar  
1½ cups coconut water  
2 cups fish stock  
1 long red chilli, sliced  
1 x 750g whole fish, cleaned and scaled  
1 bunch Chinese broccoli  
100g green onions, sliced  
½ bunch Thai basil leaves  
2 long red chillis, sliced  
2 tablespoons sesame seeds, toasted

## Method

### For the Nahm Jim

1. Place the peanuts on a tray lined with greaseproof paper.
2. Place the palm sugar and water into a microwave safe dish and microwave on HIGH for 2 minutes, stir and continue at 2 minute intervals until a light caramel colour is reached. If the caramel requires more cooking, only cook for 15 seconds at a time until it reaches the correct colour.
3. Pour the caramel over the peanuts and set aside to harden.
4. Put the fish sauce, lime juice, ginger, chilli, coriander stalks and ¾ peanut palm sugar toffee (reserve the rest to garnish the fish) into a mortar and using the pestle, work the ingredients together. Set aside.

### For the poaching liquor

5. Place the ginger, coriander stalks, tamarind paste, garlic, onion, Chinese cooking wine, soy, brown sugar, coconut water, stock and chilli into a bowl and mix together.
6. Place the fish into an appropriate sized microwave safe dish and pour the poaching

liquor over the fish and cook in the microwave on HIGH for 6 minutes then carefully turn the fish over and put back into the microwave and put on 60% power for a further 6 minutes. Remove from the microwave and set aside.

7. Take a little of the poaching liquor and put into a microwave safe dish with the Chinese broccoli and put the lid on. Microwave on HIGH for 3–4 minutes or until cooked.
8. Arrange the Chinese broccoli on a serving plate and carefully remove the fish from the poaching liquor and place on the top of the Chinese broccoli and put the nahm jim in a jug to drizzle, garnish with picked coriander leaves, remaining peanut brittle, green onions, Thai basil leaves and toasted sesame seeds. Serve.





*Cauliflower Mornay*



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# Cauliflower Mornay



Prep 5 minutes / Cook 20 minutes



Serves 6



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**800g cauliflower florets**

**1 tablespoon water**

**35g plain flour**

**35g butter**

**400ml LITE milk**

**120g vintage cheddar cheese, grated**

**Salt and pepper**

**½ bunch chives, chopped**

## Method

### Cauliflower

1. Place the florets and 1 tablespoon of water into a microwave safe dish with vented lid. Microwave on HIGH for 5 minutes then turn the dish around and continue to microwave for a further 5 minutes. Drain off any excess moisture and put aside until the sauce is complete.

### Sauce

2. Put the butter in a large microwave safe dish and microwave on HIGH for 30 seconds until melted. Add the plain flour and stir together. Microwave on HIGH for a further 30 seconds, uncovered.
3. Add the milk to the flour and butter mixture and microwave on HIGH for 1 minute. Remove from the microwave and whisk to combine. Return to the microwave for a further minute, remove and whisk again. Continue this until the sauce is thick enough to coat the back of a spoon. Season to taste and whisk together.
4. Sprinkle half of the cheese over the cooked cauliflower and then pour the sauce over the top and sprinkle the remainder of the cheese over the top. Microwave uncovered on HIGH for 4 minutes, serve with chopped chives.



*Coconut Lentil Dahl*



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# Coconut Lentil Dahl



*Prep 5 minutes / Cook 18 minutes*



*Serves 4-6*



*the Diamond Wave*

*2 onions, finely diced  
3 cloves garlic, chopped  
1½ teaspoons grated ginger  
2 tablespoons vegetable oil  
¾ teaspoon turmeric  
¾ teaspoon curry powder  
300g red lentils, rinsed and drained*

*2 cups coconut milk  
3 cups chicken stock  
Salt and pepper  
½ bunch coriander  
½ cup Natural yoghurt  
1 Lebanese cucumber, finely diced  
¼ cup coconut shavings, lightly toasted*

## Method

- 1. Place the oil, onion, garlic, ginger, turmeric and curry powder into a large microwave safe dish with no lid and microwave on HIGH for 3 minutes. Stir and add the red lentils, coconut milk and stock.*
- 2. Microwave on HIGH with lid for 15 minutes, stirring every 5 minutes.*
- 3. Carefully remove the lid from the dish and serve with yoghurt, cucumber, fresh coriander and coconut shavings.*





*Moroccan Spiced Chicken*



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# Moroccan Spiced Chicken



Prep 10 minutes + marinating / Cook 35 minutes



Serves 4-6



the Diamond Wave

**3 tablespoons olive oil**  
**2 clove garlic, peeled and minced**  
**3cm piece ginger, grated**  
**½ teaspoon ground cinnamon**  
**1 teaspoon ground turmeric**  
**¼ teaspoon nutmeg**  
**2 teaspoons ground coriander**

**2 tablespoons chopped coriander root and stalk**  
**2 teaspoons table salt**  
**¼ teaspoon ground white pepper**  
**2kg whole chicken, rinsed, dried and trussed**  
**Lemon wedges**  
**½ bunch coriander**

## Method

1. Place the olive oil, garlic, ginger, cinnamon, turmeric, nutmeg, ground coriander, chopped coriander root and stalk, salt and pepper into a large bowl and mix to combine.
2. Add the rinsed and dried chicken into the bowl and cover the chicken in the spices. If time allows, marinate overnight or as long as possible.
3. Place the chicken and excess spice mix into a microwave safe oven bag. Follow the oven bag directions, pierce the bag 3-4 times.
4. Cook on **HIGH** for 35 minutes. Let the chicken rest in the bag for a further 10 minutes to ensure that it is thoroughly cooked. Test the chicken at the thickest part with a thermometer to ensure that it is above 74°C.
5. Remove the chicken from the bag and serve with lemon wedges and coriander.





*Asian Quinoa Bowl*



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# Asian Quinoa Bowl



Prep 23 minutes / Cook 20 minutes



Serves 4



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1 cup white quinoa, rinsed  
1 2/3 cups chicken stock  
1/2 tablespoon soy sauce  
1 small carrot, small dice  
1 corn cob, kernels removed, kept and cob discarded  
1 tablespoon peanut oil  
2 shallots, white part sliced finely  
1 clove garlic, chopped

100g bacon, small dice  
1 tablespoon Shoaxing Chinese cooking wine  
1/2 bunch coriander, rinsed and chopped  
100g bean shoots  
30g snow pea sprouts  
4 eggs  
2 tablespoons fried shallots  
1 long red chilli, sliced

## Method

1. Place the quinoa, stock, soy sauce, carrot dice and corn kernels into a large microwave safe dish with vented lid and microwave on HIGH for 10 minutes then remove and stir. Place the dish back into the microwave and continue to microwave on HIGH for a further 10 minutes. Remove from the microwave and set aside, leaving the lid on.
2. Place the peanut oil, sliced shallots, garlic and bacon into a microwave safe dish and place into the microwave uncovered for 2 minutes then remove, add the Chinese cooking wine and return to the microwave to cook on HIGH for a further 1 minute. Remove from the microwave and add to the quinoa.
3. Place into serving dishes and top with the coriander, bean shoots and snow pea sprouts.
4. For the soft boiled eggs, place the eggs into a microwave safe dish with vented lid. Place 1 litre of cold tap water into the dish and place the lid on with the vent open. Microwave on HIGH for 5 minutes. Remove eggs from dish and run under cool water briefly and peel.
5. Serve with soft boiled eggs, sliced chilli and fried shallots.



*Rice Bubble Slice*



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# Rice Bubble Slice



*Prep 5 minutes / Cook 3-5 minutes*



*Makes one 30x20 cm tray*



*the Diamond Wave*

**250g vanilla marshmallows**

**70g unsalted butter, cubed**

**5 cups rice bubbles**

**350g milk cooking chocolate**

**100g coloured sprinkles**

## Method

1. Prepare a slice tray by lining it with greaseproof paper.
2. Place the marshmallows and butter into a microwave safe dish, uncovered and microwave on *HIGH* for 1 minute. Stir to combine. Return to the microwave if the butter is not melted and microwave for 10 seconds at a time, until the butter melts. Transfer to a large bowl and then add the rice bubbles and stir until combined. Tip into the prepared slice tray and then place another piece of greaseproof paper on top and using your hands push it down flat then remove the greaseproof paper from the top.
3. Place the chocolate into a microwave safe dish and microwave on *HIGH* for 30 seconds then stir and microwave for 10 seconds at a time until the chocolate melts, stirring at every interval. When the chocolate is melted, pour over the rice bubble slice and spread out evenly using a palette knife. Sprinkle the coloured sprinkles over the top and put into the refrigerator to set.
4. When cool, cut into squares and serve.





*Hummingbird Loaf*



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# Hummingbird Loaf



Prep 15 minutes / Cook 10 minutes



Makes 1 loaf



the Diamond Wave

**1 cup self raising flour**  
**Pinch mixed spice**  
**1 teaspoon cinnamon ground**  
**½ cup brown sugar**  
**½ cup caster sugar**  
**½ cup maple syrup**  
**2 eggs**  
**½ cup vegetable oil**  
**1 cup grated carrot**

**½ cup chopped pecans**  
**¼ cup crushed pineapple**  
**1 banana, mashed**  
**Pinch salt**

## Icing

**250g cream cheese**  
**1 tablespoon unsalted butter**  
**3 tablespoons maple syrup**  
**1 teaspoon vanilla paste**

## Method

1. Line the loaf tray with greaseproof paper.
2. For the loaf, mix together the dry ingredients and the wet ingredients separately then add the wet to the dry and stir to combine. Pour into the prepared loaf tray and place into the microwave.
3. Microwave on HIGH for 5 minutes, take the loaf out and turn it.
4. Place the loaf back into the microwave and continue to cook on HIGH for further 3 minutes.
5. Place a piece of greaseproof paper on the top of the cake and continue to cook for another 2 minutes.
6. Let the loaf rest for 3–5 minutes before turning out onto a cooling rack.
7. In the bowl of a bench mixer, whisk the cream cheese, butter, vanilla paste and maple syrup until light and fluffy.
8. Spread the cream cheese mixture over the top of the cooled hummingbird loaf. Serve.