

date
me

Tupperware®

Quick Chef® Pro System

This thing can be a total control freak. While the Power Chef™ System is our powerful, pull-cord prep tool, sometimes you need more control. The Quick Chef® Pro System's **turn handle** makes it easy to control processing power and speed. Date me and let's turn out a yummy treat.

- Process salsas, chopped salads, dips and more to your **preferred texture** and consistency.
- Create homemade ice cream. (That's some **sweet multi-tasking.**)



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Quick Chef® Pro System

This time, energy and money-saving alternative to an electric food processor helps you chop **chunky salsas**, chicken salads and toppings for pizzas, **flatbreads** and appetizers, create homemade **ice cream**, chop veggies and herbs for easy meal prep and create **delicious dips**.



• **Funnel** with measurements twists open or closed for slowly adding oils and other liquids.

• **Turn-handle** mechanism offers precise control for varied food texture.



• **Liquid-tight seal** for storing directly in Quick Chef® base.



• **Basket attachment** for cleaning and drying berries, herbs and small salads.



• **Three super-sharp straight blades.**



• **Paddle whisk** gently mixes and blends.

• **5½-cup/1.3 L base.**

• **Anti-skid ring** keeps it stable.

This product, like everything we sell in the U.S. & Canada, is BPA-free.

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96192 • Ordering # 76339



2
minutes

PREP: 2 minutes

Serves 8 • Serving size: ¼ cup

Berry Quick ICE CREAM

- 1 cup frozen strawberries
- 1 cup heavy whipping cream
- 1 tbsp. vanilla extract
- 3 tbsp. powdered sugar

- Place all ingredients in base of Quick Chef® Pro System, fitted with blade attachment.
- Turn handle approximately 90 seconds. Blades will get easier to turn and then more difficult. Ice cream will be soft-serve consistency and ready to eat.
- Store by freezing in a Freezer Mates® container. It will also freeze to a firmer consistency.

Nutritional Information (per serving):

Calories: 130 Total Fat: 11g Saturated Fat: 7g Cholesterol: 40mg Carbohydrate: 6g Sugar: 4g Fiber: 0g Protein: 1g Sodium: 10mg Vitamin A: 8% Vitamin C: 15% Calcium: 2% Iron: 0%

MUST HAVE



Quick Chef® Pro System

OPTIONAL



Measuring Cups Measuring Spoons Saucy Silicone Spatula Freezer Mates® container Ice Cream Scoop



2
minutes

PREP: 2 minutes

Serves 8 • Serving size: ¼ cup

Mini Chip ICE CREAM

- ¾ cup mini chocolate chips, frozen
- 1 cup heavy whipping cream
- 1 tbsp. vanilla extract
- 3 tbsp. powdered sugar

- Place all ingredients in base of Quick Chef® Pro System, fitted with blade attachment.
- Turn handle approximately 90 seconds. Blades will get easier to turn and then more difficult. Ice cream will be soft-serve consistency and ready to eat.
- Store by freezing in a Freezer Mates® container. It will also freeze to a firmer consistency.

Nutritional Information (per serving):

Calories: 220 Total Fat: 17g Saturated Fat: 11g Cholesterol: 40mg Carbohydrate: 17g Sugar: 15g Fiber: 1g Protein: 2g Sodium: 10mg Vitamin A: 8% Vitamin C: 0% Calcium: 2% Iron: 0%

MUST HAVE



Quick Chef® Pro System

OPTIONAL



Measuring Cups Measuring Spoons Saucy Silicone Spatula Freezer Mates® container Ice Cream Scoop



Serves 2 • Serving size: ½ frittata



PREP: 3 minutes

COOK: 2 minutes 15 seconds

Southwest Veggie FRITTATA

- ½ jalapeno pepper, seeded*
- ½ small onion, peeled and halved
- ¼ tsp. Simple Indulgence Southwest Chipotle Seasoning Blend
- ¼ medium tomato or ¼ cup grape tomatoes
- 3 large eggs
- 2 tbsp. water
- ½ cup pepper jack cheese, shredded

1. Combine jalapeno, onion and seasoning blend in base of Quick Chef® Pro System, fitted with blade attachment. Cover and turn handle to process until chopped.
2. Add tomato to Quick Chef® base, cover and turn handle to roughly chop.
3. Remove blade and replace with paddle whisk attachment. Add eggs and water, cover and turn handle until combined. Pour mixture into Microwave Breakfast Maker and sprinkle with cheese.
4. Microwave on high power 2 minutes and 15 seconds. If desired, serve topped with additional cheese and tomatoes.

**If desired, leave seeds for extra heat.*

Nutritional Information (per serving):

Calories: 220 Total Fat: 16g Saturated Fat: 7g Cholesterol: 305mg Carbohydrate: 5g
Sugar: 2g Fiber: 1g Protein: 16g Sodium: 530mg Vitamin A: 15% Vitamin C: 8%
Calcium: 25% Iron: 10%

MUST HAVE



Quick Chef® Pro System



Southwest Chipotle



Microwave Breakfast Maker

OPTIONAL



Measuring Cups



Measuring Spoons



Saucy Silicone Spatula





PREP: 5 minutes

Serves 8 • Serving size: ¼ cup

Simply SALSA

- 1 medium onion, peeled and quartered
- 2 garlic cloves, peeled
- ¼ cup cilantro
- 1 jalapeno pepper, seeded*
- ½ lime, juiced using Zest 'N Press® Gadget
- 15-oz./425 g can unsalted diced tomatoes
- 1 tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend

1. Place onion, garlic, cilantro and jalapeno in base of Quick Chef® Pro System, fitted with blade attachment. Cover and turn handle to process until finely chopped.
2. Add remaining ingredients, cover and turn handle to process until salsa reaches desired consistency.

**If desired, leave seeds for extra heat.*

Nutritional Information (per serving):

Calories: 25 Total Fat: 0g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 5g
 Sugar: 2g Fiber: 1g Protein: 1g Sodium: 320mg Vitamin A: 6% Vitamin C: 20%
 Calcium: 2% Iron: 2%

MUST HAVE



Quick Chef® Pro System



Southwest Chipotle

OPTIONAL



Measuring Cups



Measuring Spoons



Saucy Silicone Spatula



Can Opener



Zest 'N Press® Gadget

MUST HAVE



Quick Chef® Pro System

OPTIONAL



Measuring Cups



Measuring Spoons



Saucy Silicone Spatula



Can Opener



Zest 'N Press® Gadget



PREP: 5 minutes

Serves 8 • Serving size: ¼ cup

Pineapple SALSA

- ½ small onion, peeled and quartered
- 1 jalapeno pepper, seeded*
- ¼ cup cilantro
- 20-oz./570 g can pineapple chunks, drained
- ⅛ tsp. coarse kosher salt
- ½ lime, juiced using Zest 'N Press® Gadget

1. Place onion, jalapeno, and cilantro in base of Quick Chef® Pro System, fitted with blade attachment. Cover and turn handle to process until finely chopped.
2. Add pineapple, cover and turn handle to process until desired consistency is reached.
3. Pour salsa into basket attachment to drain excess juice.
4. Return salsa to base of Quick Chef® Pro System, fitted with paddle whisk attachment, add salt and lime juice, cover and turn handle to thoroughly combine. Serve with tortilla chips or over chicken.

**If desired, leave seeds for extra heat.*

Nutritional Information (per serving):

Calories: 45 Total Fat: 0g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 12g Sugar: 10g
 Fiber: 1g Protein: 0g Sodium: 30mg Vitamin A: 2% Vitamin C: 15% Calcium: 2% Iron: 2%



Tupperware®



5
minutes

PREP: 5 minutes

Serves 8 • Serving size: ¼ cup

Strawberry SALSA

- ½ medium cucumber, seeded and cut into 1"/2.5 cm pieces
- ½ lb./225 g strawberries, hulled
- 1 tbsp. honey
- ½ lime, juiced using Zest 'N Press® Gadget
- ½ tsp. Simple Indulgence Cinnamon-Vanilla Seasoning Blend

1. Place cucumber and strawberries in base of Quick Chef® Pro System, fitted with blade attachment. Cover and turn handle until coarsely chopped.
2. If desired, drain excess juice using basket attachment.
3. Remove blade attachment from base and replace with paddle whisk attachment.
4. Return cucumber/strawberry mixture to base, add remaining ingredients, cover and turn handle until well combined. Serve with tortilla chips or over chicken.

Nutritional Information (per serving):

Calories: 20 Total Fat: 0g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 5g Sugar: 4g Fiber: 1g Protein: 0g Sodium: 0mg Vitamin A: 0% Vitamin C: 30% Calcium: 2% Iron: 2%

MUST HAVE



Quick Chef® Pro System



Cinnamon-Vanilla

OPTIONAL



Measuring Spoons



Saucy Silicone Spatula



Zest 'N Press® Gadget



7
minutes

PREP: 7 minutes

Serves 8 • Serving size: ½ cup

Mango SALSA

- ½ medium red bell pepper, seeded and quartered
- ½ medium green bell pepper, seeded and quartered
- 1 jalapeno pepper, seeded*
- ½ small red onion, peeled and halved
- ¼ cup cilantro
- 2 mangos, peeled and pit removed
- 1 lime, juiced using Zest 'N Press® Gadget
- ½ tsp. Simple Indulgence Southwest Chipotle Seasoning Blend

1. Combine peppers, onion and cilantro in base of Quick Chef® Pro System, fitted with blade attachment. Cover and turn handle to process until finely chopped.
2. Add remaining ingredients, cover and turn handle to process until salsa reaches desired consistency.

**If desired, leave seeds for extra heat.*

Nutritional Information (per serving):

Calories: 60 Total Fat: 0g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 15g Sugar: 12g Fiber: 2g Protein: 1g Sodium: 110mg Vitamin A: 25% Vitamin C: 80% Calcium: 2% Iron: 2%

MUST HAVE



Quick Chef® Pro System



Southwest Chipotle

OPTIONAL



Measuring Cups



Measuring Spoons



Zest 'N Press® Gadget

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