



Serves: 4
Prep Time: 10 minutes
Cook Time: 15–20 minutes

Prepare food as described below. Stack components together and microwave on high power 15–20 minutes.

TOMATO RICE

- INGREDIENTS**
- 2 cups instant brown rice
 - 2 cups water
 - 1½ tsp. minced garlic
 - ½ cup diced tomatoes
 - 1 tsp. salt
 - 1 tsp. parsley

DIRECTIONS
 Add all ingredients to TupperWave Stack Cooker 3-qt/3 L Casserole and stir to combine.

CREAMY BALSAMIC CHICKEN

- INGREDIENTS**
- 1 lb./455 g boneless, skinless chicken breasts, thinly sliced
 - 1 tsp. salt
 - ½ tsp. black pepper
 - 1 tsp. minced garlic
 - 1 tbsp. all-purpose flour
 - ¼ cup balsamic vinaigrette
 - ¼ cup heavy cream
 - 1 tsp. parsley for garnish

DIRECTIONS
 Place chicken in 1¼-qt/1.75 L Casserole. Add salt, pepper, garlic and flour. Toss to coat chicken, add balsamic vinaigrette and mix well. At the end of cooking time, add heavy cream and parsley.

MAPLE CANDIED APPLES

- INGREDIENTS**
- 1 large granny smith apple, cored & peeled, cut into wedges
 - ¼ cup pure maple syrup
 - ¼ cup apple juice
 - 1/8 tsp. salt
 - Dash of cinnamon, optional

DIRECTIONS
 In ¾-qt/750 mL Casserole/Cover combine all ingredients.



Serves: 4
Prep Time: 10 minutes
Cook Time: 15–20 minutes

Prepare food as described below. Stack components together and microwave on high power 15–20 minutes.

TOMATO RICE

- INGREDIENTS**
- 2 cups instant brown rice
 - 2 cups water
 - 1½ tsp. minced garlic
 - ½ cup diced tomatoes
 - 1 tsp. salt
 - 1 tsp. parsley

DIRECTIONS
 Add all ingredients to TupperWave Stack Cooker 3-qt/3 L Casserole and stir to combine.

CREAMY BALSAMIC CHICKEN

- INGREDIENTS**
- 1 lb./455 g boneless, skinless chicken breasts, thinly sliced
 - 1 tsp. salt
 - ½ tsp. black pepper
 - 1 tsp. minced garlic
 - 1 tbsp. all-purpose flour
 - ¼ cup balsamic vinaigrette
 - ¼ cup heavy cream
 - 1 tsp. parsley for garnish

DIRECTIONS
 Place chicken in 1¼-qt/1.75 L Casserole. Add salt, pepper, garlic and flour. Toss to coat chicken, add balsamic vinaigrette and mix well. At the end of cooking time, add heavy cream and parsley.

MAPLE CANDIED APPLES

- INGREDIENTS**
- 1 large granny smith apple, cored & peeled, cut into wedges
 - ¼ cup pure maple syrup
 - ¼ cup apple juice
 - 1/8 tsp. salt
 - Dash of cinnamon, optional

DIRECTIONS
 In ¾-qt/750 mL Casserole/Cover combine all ingredients.

Tupperware®

©2019 Tupperware. All rights reserved. 2019-1940-164 EN

Tupperware®

©2019 Tupperware. All rights reserved. 2019-1940-164 EN