

**Tupperware** 

Daily UNIVERSAL COOKWARE

Recipes

# **FEATURES**

This set focuses on the essentials to take you from the simplest recipes for everyday cooking into special, more complex dishes that will raise your cooking skills to the next level.

Designed with smaller kitchens and more organized pantries in mind, the Tupperware Universal Cookware stored together with the rest of the set, takes up the space of a single piece. Everything nests together and one, single lid covers every pot and pan.

- 3-ply construction allies stainless steel, which reaches high temperatures and retains heat, with aluminum that heats fast and distributes heat evenly.
- Waterless cookware locks in flavor and nutrients so foods can cook in their own juices. No need to add extra fat!
- Glass cover lets you check on cooking without lifting the lid.
- Thoughtfully designed lid features a utensil rest built into the handle to keep surfaces clean.
- Designed to cook evenly on virtually any stovetop, including ceramic, induction, gas, and electric.

It consists of single-ply stainless steel. The tri-ply construction of the base of the cookware consists of stainless steel and aluminium that ensures even and efficient heat conduction. The Cookware with nonstick coating will allow foods to release with ease and cook with a minimum amount of fat.

#### **Dimensions:**

**9%" FRYPAN**: 3.7"H x 9.4"D **4.2 QT. STOCKPOT**: 5.8"H x 9.4"D **7.4 QT. STOCKPOT**: 6.7"H x 9.4"D



# **USE & CARE TIPS**

- · Read the cookware manual thoroughly.
- . Remove labels before use, if any are present. Always wash and rinse your new cookware before first use.
- The diameter of the base of the cookware should correspond with the diameter of the stoyetop burner used.
- When boiling salted water in the cookware, always add the salt to the water when it is already boiling, making sure to disperse the salt
  evenly in the water. This reduces the risk of pitting.
- Do not use the product in a microwave oven, over an open-flame campfire, on top of a grill or under a broiler unit.
- . Do not use in the oven as the handles could start melting.
- Do not leave an empty piece of cookware on a hot burner or allow the pan to boil dry.
- Never pour water onto hot fat in the cookware.
- Although covers are made of tempered glass, they can shatter if dropped and should be handled with care.
- Before first use, lightly coat non-stick fry pans with fat. Do not use aerosol cooking sprays as they may leave a gummy residue and cause foods to stick.
- To protect the high quality non-stick coating of the cookware, DO NOT use metallic or sharp-edged utensils on the product, as they will damage the non-stick coating.
- Do not use a hand mixer in your cookware, as this will damage the non-stick coating.
- · Always stack the pans with a cloth between them in order to preserve the outside and inside surfaces of the cookware.
- Do not use a cookware with non-stick coating if the coating starts to peel.
- Always use oven gloves when using the cookware as handles may become warm during use.
- Always use a trivet when placing hot cookware on the dining table or worktop.
- Do not use a cookware item if it has a loose handle, as it can separate from the cookware and cause injury or damage to the product.



## **CLEANING GUIDELINES**

- Allow cookware to cool gradually before cleaning. Do not rinse a hot pan with cold water, as it may cause hot grease to splatter or steam to be created, which could cause injury.
- Remove stuck or crusted-on foods by soaking cookware in hot water with dish detergent.
- Use only non-abrasive, non-chloride cleansers with a sponge, nylon scrub brush or a Tupperware Microfiber Towel.
- Do not use steel wool or metal products for cleaning your cookware, as they will scratch the product.
- Although the product is dishwasher safe, we recommend handwashing because the product could be damaged if it touches other pans or
  metal surfaces during the dishwashing cycle.
- Use a special stainless steel cleaner to remove stubborn stains and polish the surface. Make sure to use the soft side of the sponge to avoid scratches on the mirror finish of the outside.

# **SAFETY GUIDELINES**

- · Keep out of the reach of children while in use.
- · Handles should never be placed directly over the heat source (see fig. A).
- Never allow flames from a gas cooker to extend up the sides of the cookware. To maintain balance on a gas range, ensure that long handles
  are positioned over grate prong (see fig. B). Cooking Guidelines
- For frying with a stainless steel interior, achieving the right temperature is required to prevent sticking and optimize browning of your meat.
   Check the temperature by sprinkling drops of water over the preheated stainless steel pan, without any grease. If the drops start rolling, that means your pan has reached the right temperature.
- Preheat cookware with little fat on low-to-medium heat for 1 to 2 minutes before adding food.
- · If cooking with oil, only add room-temperate oil to the preheated pan to minimize the risk of splashing.

## **ENERGY SAVING TIPS**

- Turn your stovetop off five minutes before the end of the cooking time. The encapsulated base will keep the pan hot enough to finish the
  cooking process.
- Choose the right size for the job; filling your pan to 2/3 is best.
- Use a low temperature on your dishwasher to save energy and help preserve the environment.



# **UNIVERSAL COOKWARE RECIPES**

Apple Cinnamon Pancakes	27.	Garlic Butter Meatballs &	48.	Stovetop Pizza
Autumn Ravioli		Zoodles	49.	Sundried Tomato & Broccoli
Banana Split Pancakes with	28.	Garlic Butter Steak Bites with		Pasta
Chocolate Syrup		Zoodles	50.	Sweet Potato Latkes
Bean & Basil Soup	29.	Garlic Lemon Mahi Mahi	51.	Tomato Macaroni & Cheese
Beef & Broccoli Noodles	30.	Garlic Shrimp Zoodles	52.	Vegetable Pancakes
Beef Stroganoff	31.	General Tso's Chicken		
Berry Cobbler	32.	Homemade Pudding		
Breakfast Skillet	33.	Hot Water Cornbread		
Brown Butter Pasta with	34.	Lemon Asparagus & Chicken		
Walnuts & Pears		Pasta		
Chicken Fajitas	35.	Mahi Mahi		
Chicken Piccata	36.	Mexican Style Shredded		
Chili & Coconut Prawns		Chicken		
Cilantro Lime Rice	37.	Minestrone Soup		
Classic Paella	38.	Mongolian Beef Ramen		
Creamy Chicken & Mushrooms	39.	Orange Ginger Braised Chicken		
Creamy Garlic Chicken Alfredo	40.	Pan Seared Steak		
Zoodles	41.	Pasta Fagioli		
Creamy Garlic Mushroom	42.	Popcorn		
Spaghetti	43.	Rice Noodle Bowl		
Creamy One Pot Pasta	44.	Shakshuka Zoodle Breakfast		
Creamy Spinach Sweet Potato	45.	Shrimp Scampi		
Noodles with Cashew Sauce	46.	Spinach and Mushroom		
Farro Salad		Omelet		
Fusilli with Broccoli Pesto	47.	Spring Green Risotto		
	Autumn Ravioli Banana Split Pancakes with Chocolate Syrup Bean & Basil Soup Beef & Broccoli Noodles Beef Stroganoff Berry Cobbler Breakfast Skillet Brown Butter Pasta with Walnuts & Pears Chicken Fajitas Chicken Piccata Chili & Coconut Prawns Cilantro Lime Rice Classic Paella Creamy Chicken & Mushrooms Creamy Garlic Chicken Alfredo Zoodles Creamy Garlic Mushroom Spaghetti Creamy One Pot Pasta Creamy Spinach Sweet Potato Noodles with Cashew Sauce Farro Salad	Autumn Ravioli Banana Split Pancakes with Chocolate Syrup Bean & Basil Soup Beef & Broccoli Noodles Beef Stroganoff 31. Berry Cobbler Breakfast Skillet 33. Brown Butter Pasta with Walnuts & Pears Chicken Fajitas Chicken Piccata Chili & Coconut Prawns Cilantro Lime Rice Classic Paella Creamy Chicken & Mushrooms Creamy Garlic Chicken Alfredo Zoodles Creamy Garlic Mushroom Spaghetti 43. Creamy One Pot Pasta Creamy Spinach Sweet Potato Noodles with Cashew Sauce Farro Salad	Autumn Ravioli Banana Split Pancakes with Chocolate Syrup Bean & Basil Soup Beef & Broccoli Noodles Beef Stroganoff Berry Cobbler Breakfast Skillet Brown Butter Pasta with Walnuts & Pears Chicken Fajitas Chicken Piccata Chilli & Coconut Prawns Cilantro Lime Rice Classic Paella Creamy Garlic Chicken Alfredo Zoodles Seef Stroganoff Solution Again All Lemon Mahi Mahi Berry Cobbler Brown Butter Pasta with Walnuts & Pears Chicken Fajitas Chicken Fajitas Chicken Piccata Chilli & Coconut Prawns Cilantro Lime Rice Classic Paella Creamy Chicken & Mushrooms Creamy Garlic Chicken Alfredo Zoodles Creamy Garlic Mushroom Apaghetti All Pasta Fagioli Creamy Garlo Mushroom Spaghetti All Rice Noodle Bowl Creamy One Pot Pasta Creamy Spinach Sweet Potato Noodles with Cashew Sauce Farro Salad  Zoodles Condles Creamy Garlic Mushroom Creamy Spinach Sweet Potato Noodles with Cashew Sauce Farro Salad  Zoodles Coodles Coodles Coodles Coodles Coodles Coodles Creamy One Pot Pasta Creamy Spinach Sweet Potato Noodles with Cashew Sauce Farro Salad  Zoodles Coodles Cood	Autumn Ravioli Banana Split Pancakes with Chocolate Syrup Bean & Basil Soup Beef & Broccoli Noodles Beef Stroganoff Berry Cobbler Breakfast Skillet Brown Butter Pasta with Walnuts & Pears Chicken Fajitas Chicken Piccata Chili & Coconut Prawns Cilantro Lime Rice Classic Paella Creamy Garlic Chicken Alfredo Zoodles Creamy Garlic Mushroom Spaghetti Creamy One Pot Pasta Creamy Spinach Sweet Potato Noodles with Cashew Sauce Farro Salad  Pas Garlic Butter Steak Bites with Zoodles Garlic Butter Steak Bites with Garlic Butter Pasta Bites with Adouls Sarlic Butter Paodles Garlic Lemon Mahi Mahi Garlic Lemon Mahi Mahi Hot Water Cornbread Hot Water Cornbread Hot Water Cornbread Lemon Asparagus & Chicken Pasta Mongolian Beef Ramen Charlic Butter Steak Pasta Fagioli  Adoubles Whongolian Beef Ramen Pasta Fagioli Fasta Fagioli Adouble Bowl Creamy One Pot Pasta Chicken Shrimp Scampi Noodles with Cashew Sauce Farro Salad  Agolles Spinach and Mushroom Omelet



½ medium apple, cored and seeded

1 cup 1% milk

¼ cup egg substitute

1 Tbsp. prepared applesauce

1 cup mix whole wheat blend pancake/waffle mix

¼ tsp. ground cinnamon

- Place apple in the SuperSonic Chopper Extra fitted with the blade attachment cover and pull the cord until apple is finely chopped.
- Switch SuperSonic Chopper Extra to the paddle attachment and add wet ingredients, mix well and add dry ingredients.
- Heat 1 tbsp. olive oil in Universal 9½" Nonstick Frypan over medium low heat.
- 4. Scoop batter into pan and cook pancakes to golden.
- 5. Flip the pancake, then cook until golden on second side.



8-oz. package refrigerated butternut squash ravioli

- 1 Tbsp. honey
- 1 Tbsp. balsamic vinegar
- 2 Tbsp. butter
- ¼ cup fresh sage leaves
- ⅓ cup chopped walnuts
- 2 tbsp. Parmesan cheese, grated

#### DIRECTIONS

- 1. Cook pasta in **Microwave Pasta Maker** 8 minutes, or until al dente. Drain and set aside, reserving ½ cup pasta water.
- 2. Combine honey and balsamic vinegar in a small bowl. Set aside.
- In the Universal 9½" Nonstick Frypan, melt butter over medium heat.
- 4. Add sage and walnuts to melted butter and cook 3 minutes.
- 5. Add the reserved pasta water and boil until reduced by half.
- Add ravioli to the pan, toss to coat and sprinkle with Parmesan cheese.
- 7. Before serving, drizzle with balsamic and honey mixture.

Notes Note: If butternut squash ravioli are not available, substitute ravioli filled with cheese or wild mushrooms.



2 eggs

2 cups reduced-fat (2%) milk

2½ cups all-purpose flour

2 tbsp. baking powder

1 tsp. coarse kosher salt

¼ cup granulated sugar

2 bananas, sliced

5–6 strawberries, cut into wedges

Chocolate Syrup

¼ cup unsweetened cocoa

½ cup heavy cream

1/4 tsp. cinnamon

3 tbsp. light brown sugar

1 tbsp. light corn syrup

- In the SuperSonic Chopper Extra fitted with paddle attachment, combine eggs and milk. Cover and pull cord until well combined. Add flour, baking powder, salt and sugar to SuperSonic Chopper Extra. Replace cover and pull cord until ingredients are fully combined. (Use batter immediately or store up to 2 days in the refrigerator)
- 2. Heat Universal 9½" Nonstick Frypan over medium heat.
- Cook pancakes about 2 minutes per side until browned and cooked through.
- Combine all ingredients into 1 Qt. or 2 cup Micro Pitcher, whisk together until combined.
- Microwave on high power 1 minute. Stir well. (Store in refrigerator up to 4 weeks)
- Serve pancakes topped with fresh fruit and homemade chocolate syrup.



4 oz. elbow macaroni
½ Tbsp. extra virgin olive oil
5 garlic cloves, peeled and minced
1 cup chopped celery
½ tsp. red pepper flakes
2 (15 oz.) cans cannellini beans,
drained and rinsed
4 cups chicken broth

½ tsp. coarse kosher salt2 Tbsp. grated Parmesan cheese

Pesto Sauce

% cup basil leaves, packed

% cup Parmesan cheese, grated

3 tbsp. pine nuts, toasted

½ cup extra virgin olive oil

1 garlic clove

Salt and pepper

- Place basil, pine nuts, garlic, Parmesan cheese and oil in base of SuperSonic Chopper Compact. Replace cover, twist to seal and pull cord 4-5 times until finely chopped. Season with salt and pepper
- Cook pasta in Microwave Pasta Maker for 8 minutes or until al dente.
- Heat olive oil in Universal 7.4 Qt. Stockpot over medium heat.
   Sauté garlic, celery and red pepper flakes until fragrant. Add beans, pesto, chicken broth, salt and simmer 15 minutes.
- 4. Ladle into bowls and sprinkle with grated Parmesan cheese.



12 oz. wide rice or udon noodles ½ cup low-sodium soy sauce
3 cloves garlic, minced
Juice of 2 limes, plus wedges for serving

1 Tbsp. Sriracha

1 tsp. honey

3 Tbsp. toasted sesame oil, divided

1 Tbsp. cornstarch

¾ lb. flank steak, thinly sliced against the grain

1 large head broccoli, cut into florets

8 oz. baby bella mushrooms, sliced

#### DIRECTIONS

- In the Universal 4.2 Qt. Stockpot full of salted boiling water, cook noodles according to package directions until al dente. Drain, then rinse with cold water.
- In a small bowl, whisk together soy sauce, garlic, lime juice, Sriracha, honey, and 2 tablespoons of sesame oil, then whisk in cornstarch until smooth.
- In a Universal 9½" Nonstick Frypan over medium-high heat, heat remaining 1 tablespoon sesame oil. Add steak and sear 3 to 5 minutes per side.
- 4. Stir in broccoli, mushrooms, and 2 tablespoons water and cook until tender, about 6 minutes more. Add sauce, simmer 3 minutes, then reduce heat to low and add cooked noodles. Toss until fully coated and warmed through.

5.



1 lb. sirloin beef

2 tbsp vegetable oil, divided

1 large onion, sliced

10 oz. mushrooms, sliced

3 Tbsp. butter 2 Tbsp. flour

2 cups beef broth, reduced salt

1 Tbsp. Dijon mustard

 $\frac{1}{3}$  cup sour cream

Salt and pepper

8-10 oz. pasta or egg noodles of choice, cooked
Chopped chives, for garnish

- Use a rolling pin to flatten the steaks to about ¾" thick. Slice into ¼" strips, discarding excess fat. Sprinkle with a pinch of salt and pepper.
- 2. Heat 1 tbsp oil in a Universal 9%" Nonstick Frypan over medium high heat. Add half the beef in the skillet, spread it with tongs. Leave untouched for 30 seconds until browned. Turn beef over, wait 30 seconds to brown. Remove to a plate. Add remaining 1 tbsp oil and repeat with remaining beef.
- 3. Turn heat to medium high. Add butter and add onions, cook for 1 minute, then add mushrooms. Cook mushrooms until golden. Scrape bottom to get all the golden bits off (this is flavor). Add flour, cook, stirring, for 1 minute.
- 4. Add half the broth while stirring. Once incorporated, add remaining broth. Stir, then add sour cream and mustard. Stir until incorporated (don't worry if it looks split, sour cream will "melt" as it heats).
- Bring to simmer, then reduce heat to medium low. Once it thickens to the consistency of pouring cream (3 - 5 minutes), adjust salt and pepper to taste.
- Add beef back in (including plate juices). Simmer for 1 minute, then remove from stove immediately.
- 7. Serve over pasta or egg noodles, sprinkled with chives if desired.



11/2 cups all-purpose flour

2 tsp. baking powder

1 tsp. salt

3 Tbsp. sugar

3 Tbsp. unsalted butter

½ cups whole milk

4 cups mixed berries

⅓ cups granulated sugar

⅓ cup water

1 tsp. lemon juice

- In base of SuperSonic Chopper Extra fitted with blade attachment place flour, baking powder, salt, sugar and butter. Cover and pull cord until mixture is crumbly. Remove blade, add milk and, using spatula, mix just until combined. Set aside.
- Place berries, sugar, water and lemon juice in Universal 4.2 Qt. Stockpot over medium heat. Stir well to combine.
- 3. Top berries with dough and cover. Turn to medium low heat and let cook 20 minutes or until cobbler mixture is set and berry mixture is thick. Let cool slightly and serve.



2–3 russet potatoes, peeled & quartered ½ stick unsalted butter

 $\frac{1}{2}$  lb. fresh chorizo, removed from casing

1 green bell pepper, cored & chopped

1 onion, peeled & chopped

4 eggs

Salt and pepper to taste

Optional Topping: 1 ripe avocado, sliced

- Assemble Grate Master Shredder with coarse cone. Place medium bowl underneath and a potato into the hopper. Turn handle to grate potato, pressing down as necessary to help grate potato.
- 2. Using **microfiber towel**, squeeze moisture from potatoes to dry as much as possible.
- 3. Over medium heat melt butter in Universal 4.2 Qt. Stockpot. Add grated potatoes in a thin, even layer into bottom of pan. Allow to cook until potatoes have begun to brown. Flip potatoes gently push to the edges of the pan in order to create a well in the center of the potatoes.
- 4. Add the fresh chorizo, onions peppers to center of pan to sauté. Cook until chorizo has cooked through and onions have softened. Spread chorizo mixture over the top of the now completely browned potatoes.
- 5. Using Silicone Spatula, create 4 small holes in the mixture, crack an egg into each hole. Allow egg to cook through to desired doneness. Cover pan with cover as necessary to help yolk cook through. If you want scrambled eggs instead, make one large hole in the center of the mixture and pour in slightly beaten eggs and cook through.
- Season with salt and pepper to taste and serve topped with avocadon slices.

# BROWN BUTTER PASTA

With Walnuts & Pears



#### INGREDIENTS

16-oz. box angel hair pasta

6 cups water

1 tbsp. coarse kosher salt

1½ stick butter

1 lemon, zested and juiced

1 cup walnuts, chopped

8-10 fresh basil leaves

2 ripe pears, peeled and sliced thin

- Place pasta, water and salt in base of Microwave Pasta Maker. Microwave on high, uncovered, for 10–12 minutes or until al dente.
- Place Universal 9%"Nonstick Fry Pan over medium high heat and add butter. Melt butter and then wait for it to start to brown. Once it begins to take on a brown color and smells nutty, about 2 minutes after melting, remove from heat.
- 3. Whisk lemon zest and juice into warm butter.
- 4. Strain cooked pasta and place in large bowl. Toss with browned butter sauce and chopped walnuts. Adjust seasoning to taste and serve topped with fresh basil and sliced pears, if desired.



#### Ingredients

Marinade

- 2 garlic cloves, peeled
- 1 chipotle in adobo
- ¼ cup orange juice
- 1 lime, juiced
- 1 tbsp. extra virgin olive oil
- ½ tsp. cumin
- ½ tsp. coarse kosher salt

- 1-lb. chicken breast
- 2 bell peppers, desired colors
- 1 small onion
- 2 tbsp. extra virgin olive oil
- Tortillas and avocado for serving

- 1. Slice chicken into thin  $\frac{1}{4}$ " strips.
- Place garlic and chipotles in SuperSonic Chopper Compact, cover and pull cord until finely chopped. Add to Quick Shake Container.
- Add remaining marinade ingredients in Quick Shake. Seal and shake until combined. Pour over chicken and refrigerate 4 hours or overnight.
- 5. Thinly slice peppers and onions into long strips.
- Heat 1 tbsp. olive oil in Universal 9%" Nonstick Frypan over medium high heat. Add peppers until just slightly soft and beginning to brown. Remove from pan and set aside for serving.
- Add remaining olive oil to pan and add onions, cook until brown and softened. Remove from pan and set aside for serving.
- Add ½ of the chicken strips to hot griddle and sauté until opaque all the way through, about 5–6 minutes. Repeat with remaining chicken.
- 9. Serve with tortillas and desired toppings.



1 Tbsp. extra-virgin olive oil

4 bone in, skin on chicken thighs

Kosher salt

Freshly ground black pepper

2 Tbsp. butter

3 cloves garlic, minced

¼ cup dry white wine luice of 1 lemon

2 Tbsp. capers

1 lemon, sliced

Freshly chopped parsley, for garnish

- In the Universal 4.2 Qt. Stockpot over medium-high heat, heat oil.
   Season chicken with salt and pepper and cook until golden and no longer pink, 8 minutes per side. Transfer to a plate.
- $2. \ \mbox{Discard}$  half the chicken juice from skillet and reduce heat to low.
- To skillet, add butter, garlic, white wine, lemon juice, and capers and bring to a simmer.
- Add lemon slices and return chicken thighs to skillet. Let chicken simmer in sauce 5 minutes, then garnish with parsley before serving.



#### Ingredients

- 1 cup coconut milk
- 1 tsp. corn starch
- ½ tsp. salt

Chili powder to taste

- 1 garlic clove
- 1 green onion
- 1 lb. raw shelled prawns
- 1 tsp. oil for cooking

- In the Quick Shake Container, add coconut milk, corn starch, salt and chili powder. Shake to combine.
- Chop garlic and scallion in the SuperSonic Chopper Compact then combine with the prawns.
- 3. Heat oil in the Universal 9½" nonstick Frypan on high heat
- 4. Sear prawns for 20 seconds on each side.
- Lower the heat to medium, add contents of the Quick Shake Container and allow to cook without cover for 2 minutes, stirring occasionally.
- 6. Serve immediately with rice or noodles.



- 1 white onion
- 3 Tbsp. olive oil
- 2 cups long grain rice
- 3 cups hot water
- 1 tsp. salt

Pepper or chili powder

- 10 sprigs of cilantro
- 1 lime

- 1. Finely chop onion using the SuperSonic Chopper Compact.
- In the Universal 4.2 Qt. Stockpot, sauté the chopped onion with olive oil on medium-high heat for 3 min., stirring frequently. Add the rice (unwashed) and cook for an additional 2 minutes, stirring frequently
- 3. Add hot water and salt. Stir, cover and bring to a boil. Reduce to medium-low heat and continue to cook for 16-18 minutes.
- Turn off heat and allow to stand for 5 minutes covered, then fluff the rice with a fork
- Add pepper or chili powder, chopped cilantro and lime juice, then serve



1 tsp. saffron % cup extra virgin olive oil 8 garlic cloves, peeled 1 small green bell pepper, seeded and cut into 2" pieces small yellow onion, peeled and quartered

4 boneless, skinless chicken

thighs, cut into 2" pieces

2 cups long grain rice

1 tbsp. dried oregano
garlic 2 tbsp. paprika
½ tsp. cayenne pepper
eded 2 tsp. kosher salt
4 cups chicken stock
12 fresh shrimp, peelec

12 fresh shrimp, peeled and deveined 12 fresh mussels (optional) fresh parsley, chopped

- In the 1 cup Micro Pitcher, stir together saffron and 2 tbsp. of warm water; set aside to bloom.
- In the Universal 4.2 Qt. Stockpot , heat olive oil over medium-high heat until shimmering.
- In the base of the SuperSonic Chopper Extra, with the blade attachment, add garlic, bell pepper and onion. Cover and pull cord until finely chopped. Transfer to pan, stirring occasionally until soft, 3 –5 minutes.
- 4. Stir in chicken and cook until lightly browned on one side, about 2 minutes. Add rice to pan, stir to incorporate. Cook until lightly toasted, about 1 minute. Stir in oregano, paprika and cayenne, salt, stock and saffron mixture.
- Bring to boiling. Reduce heat to medium-low and cover. Cook 15 minutes. Stir, nestle mussels into rice. Cover and cook an additional 5 minutes or until rice is cooked to desired doneness.
- Nestle shrimp into rice and turn off heat. Leave pan on burner, cover and let stand 6–7 minutes or until mussels open and shrimp is cooked through. Garnish with chopped fresh parsley. Serve warm.



- 1½ cups button mushrooms
- 1 garlic clove
- 1 green onion
- 2 tsp. vegetable oil
- 4 chicken breasts
- Salt and pepper
- 3/4 cup heavy cream

- Cut mushrooms into quarters or eighths depending on the size. If using, chop garlic and scallion using the SuperSonic Chopper Compact.
- Heat 1 tsp oil in the Universal Cookware 9½" Nonstick Frypan on medium-high heat.
- 3. Season chicken with salt and pepper, add to Frypan and sear for 2-3 min. on each side until golden brown. Remove from pan. In the hot pan, add remaining 1 tsp oil, mushrooms, chopped garlic and scallion mixture, salt and pepper. Cook and stir on medium-high heat until brown, approx. 5 minutes.
- Place chicken back in the Universal Cookware 9½" Nonstick
  Frypan with the mushrooms, add cream and simmer without cover
  on medium heat for 8-10 min., flipping chicken halfway through.
  Serve with rice.



3 medium zucchini

2 lb. boneless skinless chicken

breasts, cut into small pieces or to vour preferred size.

1 Tbsp. olive oil

3 Tbsp. butter

3 cloves garlic, minced

3 Tbsp. all-purpose flour

2 cups milk

14 tsp. thyme leaves, fresh or

dried

¼ tsp. dried mustard powder

1½ cups freshly grated parmesan

cheese

kosher salt, to taste pepper, to taste

minced parsley for garnish

- Use the Handy Spiralizer to spiralize the zucchini. Use paper towels to press out excess liquid.
- Blanch the zucchini noodles for 1 minute in boiling water. Drain and set aside.
- Heat Universal 9½" Nonstick Frypan on medium high heat. Add oil. Season chicken with salt and pepper and cook the chicken until brown around edges and cooked through. Remove chicken; set aside.
- 4. In same pan, melt butter. Add garlic and cook until fragrant. Whisk in flour, cook for two minutes. Slowly whisk in milk, bring to a simmer and reduce heat. Simmer until sauce thickens.
- Add thyme, mustard powder, fresh grated parmesan cheese, salt and pepper to taste.
- Add zucchini noodles and cook in the sauce about 2-3 minutes. Do not overcook the zucchini noodles or they'll become mush.
- Add chicken back into the Universal 9½" Nonstick Frypan, allow the chicken to simmer in the sauce and noodles for about 1 minutes. Garnish with parsley and serve warm.



8 oz. Regular or whole wheat pasta (spaghetti, linguine, etc.)
4 Tbsp. butter, divided
3 cloves garlic, minced, divided
16 ounces fresh mushrooms, sliced
2 Tbsp. flour (or whole wheat flour)
1 tsp. herbes de provence

salt and pepper to taste
3 Tbsp. olive oil
additional ¼ cup water, broth,
milk or cream (optional)
¼ cup fresh parsley

# 1½ cups milk DIRECTIONS

- Cook the pasta according to package directions. Set aside and toss with a little oil to prevent sticking.
- In a Universal 9½" Nonstick Frypan melt 2 tablespoons of butter over medium high heat. Add one clove of the garlic and sauté for a minute until fragrant. Add the mushrooms and sauté for 5-10 minutes, until golden brown and softened. Set aside.
- 3. Add the remaining 2 tablespoons of butter to the Universal 9½" Nonstick Frypan and melt again over medium high heat. Add the garlic and sauté for a minute until fragrant. Add the flour and herbes de provence. Stir fry for a minute to cook out the flour taste. Add the milk slowly, whisking to incorporate. Let the mixture simmer until thickened. Season with salt and pepper.
- Toss the sauce, pasta, and mushrooms together. Add the olive oil and water as needed to keep the sauce from getting too thick. Stir in the parsley just before serving.



3 cups spiral/fusilli pasta

4 cups water

1 cup cream

1 stock cube (chicken or vegetable)

1 clove garlic, crushed or 1 tsp. garlic paste

1 bunch asparagus, trimmed, cut in half or 1 bunch baby broccoli, trimmed, cut into shorter lengths ½ cup frozen peas Grated parmesan, to serve

Optional extras: Finely grated zest and a squeeze of lemon juice, a handful of baby spinach or chopped parsley

- Combine pasta, water, cream, stock cube and garlic in Universal 4.2
   Qt. Stockpot. Bring to the boil. Cook on a gentle boil for 8 minutes, or until pasta becomes tender and liquid has reduced.
- Add asparagus and peas, simmer extra 2-3 minutes, or until tender and liquid has reduced to a coating sauce.
- Season with salt and pepper and serve with parmesan and optional lemon.



1 cup cashews

34 cup water (more for soaking)

½ tsp. salt

1 clove garlic

1 Tbsp. oil

4 large sweet potatoes, spiralized

2 cups baby spinach

a handful of fresh basil leaves,

chives, or other herbs

salt and pepper to taste olive oil for drizzling

- Cover the cashews with water in a bowl and soak for 2 hours or so.
   Drain and rinse thoroughly. Place in the SuperSonic Chopper Extra
   with blade attachment and add the ¾ cup water, salt, and garlic.
   Puree until very smooth.
- Heat the oil in a Universal 9½" Nonstick Frypan over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp. Remove from heat and toss in the spinach – it should wilt pretty quickly.
- Add half of the herbs and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky. Season generously with salt and pepper, drizzle with olive oil, and top with the remaining fresh herbs.



4 cups water

1 bay leaf

½ tsp. coarse kosher salt

2 tbsp. apple cider vinegar

2 cups farro

1 tbsp. extra virgin olive oil

½ cup slivered almonds

½ cup dry cranberries

1 cup packed arugula

3 tbsp. goat cheese

1 lime, zested

1 green onion, chopped

- Place water, bay leaf, salt and apple cider vinegar in Universal 4.2 Qt. Stockpot.
- Bring to a boil and add farro. Cook 15–20 minutes or until farro is al dente. Drain remaining water and remove bay leaf. Place farro in medium bowl.
- 3. Let farro cool slightly Fluff with fork.
- 4. Top with remaining ingredients.



12 oz. fusilli pasta

12 oz. frozen broccoli florets

2 clove garlic

½ cup water

½ cup fresh basil leaves

3 Tbsp. olive oil

1 Tbsp. grated lemon zest

kosher salt

toasted sliced almonds

Grated Parmesan cheese

- In the Universal 7.4 Qt. Stockpot cook the pasta according to package directions. Reserve ½ cup of the cooking liquid, drain the pasta, and return it to the pot.
- 2. Meanwhile, in a Vent N Serve Container, combine the broccoli, garlic, and ½ cup water. Cover and cook on high, stirring once halfway through, until the broccoli is tender, 5 to 6 minutes. Transfer the mixture (liquid included) to a the SuperSonic Chopper Extra with blade attachment. Add the basil, oil, zest, and ¾ teaspoon salt, and purée until smooth.
- Toss the pasta with the pesto and ¼ cup of the reserved liquid (adding more liquid if the pasta seems dry). Sprinkle with almonds and Parmesan, if desired.



1 lb. zoodles (3 medium zucchinis)

1 lb. ground chicken

5 garlic cloves, minced, divided

1 egg, beaten

½ cup grated Parmesan, plus more for garnish

2 Tbsp. freshly chopped parsley

¼ tsp. red pepper flakes

Kosher salt

Freshly ground black pepper

2 Tbsp. extra-virgin olive oil

4 Tbsp. butter

- Use the Handy Spiralizer to spiralize the zucchini. Use paper towels to press out excess liquid.
- In a large bowl mix together ground chicken, 2 garlic cloves, egg, Parmesan, parsley, and red pepper flakes. Season with salt and pepper then form into tablespoon sized meatballs.
- In a Universal 9½" Nonstick Frypan over medium heat, heat oil and cook meatballs until golden on all sides and cooked through, 10 minutes. Transfer to a plate and wipe out skillet with a paper towel.
- 4. Melt butter in skillet then add remaining 3 garlic cloves and cook until fragrant, 1 minute. Add zoodles to skillet and toss in garlic butter then squeeze in lemon juice.
- 5. Add meatballs back and heat just until warmed through. Garnish with Parmesan to serve.



Marinade

¼ cup soy sauce

1 Tbsp. olive oil

1 Tbsp. hot sauce or Sriracha

Fresh cracked black pepper, to taste

Juice of 1/2 lemon

4 medium zucchini, spiralized

1¼ lb. sirloin steak cut into small cubes

1 Tbsp. olive oil

3 Tbsp. butter, divided

2 tsp. minced garlic

¼ cup beef or vegetable broth

1 Tbsp. minced parsley

1 tsp. fresh thyme leaves Juice of ½ lemon

- Using the Handy Spiralizer, spiralize the zucchini.
- In a Season Serve container, combine marinade and add the steak bites. Mix well and marinate for 15 to 20 minutes.
- Heat the olive oil in a Universal 9½" Nonstick Frypan over high heat. Drain steak from the marinade. Save remaining marinade for later.
- 4. Place the steak in the skillet in a single layer. Do not overcrowd the skillet or meat will steam, so you may have to work in batches. Cook for 3-4 minutes, stirring occasionally until steak cubes are golden brown. Repeat with remaining meat.
- Add 2 Tbsp. butter and garlic to the skillet; cook for 1-2 minutes, stirring. Remove to a shallow plate and set aside.
- 6. In the same skillet, add butter, lemon juice, red pepper flakes, beef broth, and remaining marinade juices. Bring to a simmer and allow to reduce for 2 -3 minutes, stirring regularly.
- 7. Add the zucchini noodles and toss for two to three minutes to cook it up. Stir in the fresh parsley and thyme, then allow the cooking juices to reduce for one minute if the zucchini renders too much water. Push the zucchini noodles on the side, add the steak bites back to the pan and reheat for another minute. Serve immediately.



3 Tbsp. butter, divided

1 Tbsp. extra-virgin olive oil

4 (4-oz.) mahi mahi fillets

kosher salt

Freshly ground black pepper

3 cloves garlic, minced

Zest and juice of 1 lemon

1 Tbsp. freshly chopped parsley,

plus more for garnish

- 1. In a **Universal 9%" Nonstick Frypan** over medium heat, melt 1 tablespoon butter and olive oil.
- 2. Add mahi mahi and season with salt and pepper.
- 3. Cook until golden, 3 minutes per side. Transfer to a plate.
- To skillet, add remaining 2 tablespoons butter. Once melted, add garlic and cook until fragrant, 1 minute, then stir in lemon zest and juice and parsley.
- Return mahi mahi fillets to Universal 9½" Nonstick Frypan and spoon over sauce.
- 6. Garnish with more parsley and serve.



2 medium zucchini, spiralized
1 lb. shrimp , shelled and deveined
2 Tbsp. butter (or olive oil)
3 cloves garlic , minced (or to taste)
% cup parmesan cheese
(approximately)
kosher salt or sea salt, to taste

black pepper, to taste ¼ tsp red chili flakes Lemon wedges , optional

- 1. Using the Handy Spiralizer, spiralize the zucchini.
- Heat the butter in a Universal 9½" Nonstick Frypan over medium high heat, then add garlic and shrimp. Cook shrimp until pink and cooked through. Don't let the garlic burn.
- 3. Add zucchini noodles and cook until tender, about 3-5 minutes. Zucchini noodles cook really fast, so taste a strand as you cook and decide how firm or "al-dente" you want the zucchini. Don't overcook the zucchini noodles or else they'll become mush.
- Remove the pan from the heat, add parmesan cheese, squeeze some lemon juice and season generously with salt and pepper to taste. Add chili flakes then serve warm.



#### Ingredients

inch chunks

1 pound chicken thighs cut into 1

¼ cup cornstarch oil for frying

1 Tbsp. minced ginger ½ tsp. red chili flakes

2 cloves garlic minced

Sauce

3 Tbsp. rice vinegar

3 Tbsp. sov sauce

2 tsp. hoisin sauce

¼ cup water 3 Tbsp. sugar

1 Tbsp. cornstarch

- 1. Toss the chicken thighs with the quarter cup of cornstarch and let sit while you mix the sauce ingredients.
- 2. Add sauce ingredients in the base of the Quick Shake Container. cover and shaker, until well combined.
- 3. Add the chicken to a Universal 9½" Nonstick Frypan with the oil and fry until crispy.
- 4. Remove chicken from the pan and drain all but a tablespoon of the oil and add the chili flakes, ginger and garlic.
- 5. Cook until you smell the garlic (about 30 seconds).
- 6. Add in the chicken and toss, then add in the sauce.
- 7. Stir for about 30 seconds until thickened.
- 8. Serve immediately.

# Homemade PUDDING **Tupperware**

#### INGREDIENTS

2 cups reduced-fat (2%) milk

¾ cup granulated sugar, divided

3 tbsp. cornstarch

2 egg yolks

1 whole egg

½ tsp. vanilla

2 tbsp. butter

#### DIRECTIONS

- Place milk and ½ cup sugar in Universal 4.2 Qt. Stockpot over medium heat until milk is simmering.
- In Thatsa Medium Bowl, place remaining sugar, cornstarch, egg yolks and whole egg and whisk until smooth.
- Once milk is simmering, remove from heat and slowly add milk into cornstarch mixture\* while whisking.
- 4. Pour mixture back into Universal 4.2 Qt. Stockpot
- over low-medium heat and cook, whisking constantly, for an additional 2–3 minutes or until pudding is thick and smooth.
- Remove from heat, whisk in vanilla and butter. Let cool completely before pouring in storage container.
- 6. Keeps in refrigerator for 3-5 days.

Add 4 tbsp. cocoa powder along with cornstarch mixture to give the pudding a chocolate flavor.



1½ cup yellow cornmeal ½ cup self rising flour 2 tbsp. granulated sugar 1½ cup boiling hot water ½ cup vegetable oil

- Pour the vegetable oil into the Universal 9½" Nonstick Frypan, heat olive oil over medium-high heat until shimmering.
- In a Thatsa Bowl combine the cornmeal, self rising flour, and sugar in a medium sized bowl. Sift or whisk until everything is well combined.
- Next, pour in the hot water, and mix. Form the mixture into patties.
- 4. Fry the patties for about 1 to 2 minutes on each side.
- 5. Remove from the oil, and place on paper towel lined plate.



1 lb. linguine or spaghetti

1 tbsp. extra-virgin olive oil

1 lb. boneless skinless chicken breasts

Freshly ground black pepper

2 tsp. Italian seasoning

2 tbsp. butter

1 small red onion, chopped

1 lb. asparagus, trimmed cut into thirds

34 cup heavy cream

½ cup low-sodium chicken broth

Juice of 1 lemon

3 cloves garlic, minced

34 cup shredded mozzarella

½ cup freshly grated Parmesan,

plus more for garnish

1 lemon, sliced into half moons

Freshly chopped parsley, for garnish

- In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain and return to pot.
- In the Universal 9½" Nonstick Frypan over medium heat, heat olive oil. Add chicken and season with salt, pepper, and Italian seasoning. Cook until golden and no longer pink, 8 minutes per side. Transfer to a plate to let rest, then thinly slice.
- 3. To the Universal 9½" Nonstick Frypan, melt butter over medium heat. Add red onion and asparagus and season with salt and pepper. Cook until tender, 5 minutes, then add heavy cream, chicken broth, lemon juice, and garlic and simmer 5 minutes.
- Stir in cheeses and let cook until melty, then add lemon slices and cooked linguine. Top with sliced chicken and garnish with more Parmesan and parsley.



4 Mahi filets

1½ tsp. salt, divided

¼ tsp. fresh black pepper

½ cup slivered almonds

4 tbsp. unsalted butter

½ lemon, juiced

- 1. Season fish with salt and pepper, reserving ½ tsp. for sauce.
- Place Universal 9½" Nonstick Frypan over medium heat. Once pan is hot, place fish filets into pan and sear until browned, about two minutes. Flip with Spatula to sear other side and cook through, 2— 3 minutes longer.
- Meanwhile, place Universal 9½" Nonstick Frypan over medium heat. Add almonds to pan and toast, about 2–3 minutes or until you can smell them. Stir occasionally to keep from burning.
- 4. Once toasted, remove almonds from pan and set aside. Add butter to pan and heat until it begins to brown and smell nutty. Swirl pan while cooking to keep from burning.
- Once browned, return almonds to pan and add lemon juice and salt to season. Stir to combine and serve over seared fish.



#### Ingredients

- 2 tsp. ground cumin
- 1 tsp. smoked paprika
- 1 tsp. garlic salt
- 1 tsp. ground cinnamon
- 1 tsp. brown sugar
- ½ tsp. chili powder
- 1 Tbsp. vegetable oil
- Juice of 1 orange

1 lb. skinless chicken breast fillets

- 1. Combine spice mix, oil and orange juice in a bowl or Season Serve. Marinate until you are ready to cook Heat Universal 9½" Nonstick Frypan. Brown chicken on both sides.
- 2. Add marinade and ¼ cup water. Simmer, covered, for 15 minutes. Remove cover, simmer a further 2-3 minutes, or until liquid has thickened slightly.
- 3. Place chicken on a plate. Shred with two forks. Add back to sauce to coat.
- 4. Serve with tortillas, desired toppings



3 tbsp. olive oil

1 small white onion, minced

½ cup chopped zucchini

½ cup frozen Italian cut green beans

1/4 cup minced celery

4 cloves minced garlic, minced

4 cups vegetable broth

2 (15 oz.) cans red kidney beans,

drained

2 (15 oz.) cans white beans, drained

1 (14 oz.) can diced tomatoes

½ cup carrot

2 tbsp. minced fresh parsley

1½ tsp. dried oregano

1½ tsp. salt

½ tsp. ground black pepper

½ tsp. dried basil ¼ tsp. dried thyme

3 cups hot water

4 cups fresh baby spinach

½ cup small shell pasta

- Place Universal 7.4 Qt. Stockpot over medium heat. Once pan is hot, Heat three tablespoons of olive oil over medium heat.
- Sauté onion, celery, garlic, green beans, and zucchini in the oil for 5 minutes or until onions begin to turn translucent.
- Add vegetable broth to pot, plus drained tomatoes, beans, carrot, hot water, and spices.
- Bring soup to a boil, then reduce heat and allow to simmer for 20 minutes.
- Add spinach leaves and pasta and cook for an additional 20 minutes or until desired consistency.



3 pkg. instant ramen, flavor pack discarded

2 tbsp. vegetable oil

1 lb. sirloin steak, sliced against the grain

2 Tbsp. cornstarch

1 Tbsp. sesame oil

3 garlic cloves, minced

1 tsp. minced ginger

½ cup soy sauce

m % cup lightly packed brown sugar

1 cup chicken or beef broth pinch red pepper flakes

1 large head broccoli, cut into florets

1 carrot, peeled, cut into matchsticks

3 green onions, thinly sliced

Toasted sesame seeds, for garnish

- Cook ramen noodles according to package instructions. Drain and set aside.
- In a Universal 9½" Nonstick Frypan over medium-high heat, heat oil. Toss beef with cornstarch. Add to skillet and cook until seared about 2 minutes per side. Transfer to a plate.
- Reduce heat to medium-low. Add sesame oil to Universal 9½"
   Nonstick Frypan and stir in garlic and ginger. Cook until fragrant,
   then add soy sauce, brown sugar, and broth. Bring mixture to a
   boil, reduce heat and simmer until the sauce is thickened, 3 to 5
   minutes.
- Add broccoli and carrots then cover the Universal 9½" Nonstick
  Frypan with a tight-fitting lid and cook until the vegetables are
  tender, about 5 minutes.
- Return beef to Universal 9½" Nonstick Frypan and stir until completely coated in sauce. Stir in cooked ramen noodles and green onions. Garnish with toasted sesame seeds.



- 1"piece fresh ginger
- 1 tsp. vegetable oil
- 7 chicken legs, thighs and drumsticks split
- Salt and pepper
- 1 cube chicken bouillon
- 1¾ cup orange juice
- 1 Tbsp. corn starch
- 2 Tbsp. cold water

- Cut ginger into pieces, then mince using the SuperSonic Chopper Compact.
- Heat oil in the Universal Cookware 4.2 Qt. Stockpot on mediumhigh heat for 1 minute.
- Season chicken thighs and drumsticks with salt and pepper then add to the Universal Cookware 4.2 Qt. Stockpot and sear for 2 minutes on each side until golden brown. Transfer to a plate.
- Repeat with remaining chicken drumsticks. Put all chicken back into the Universal Cookware 4.2 Qt. Stockpot.
- Add chopped ginger and crumbled cube of chicken stock onto the drumsticks, pour orange juice on top. Reduce to medium-low heat, cover and cook for 40 minutes.
- Mix the corn starch with 2 Tbsp. cold water and add into the sauce. Allow to simmer for 2 minutes to thicken the sauce
- 7. Serve with rice or fresh noodles.



1 (12 oz.) strip steak

½ tsp. coarse kosher salt

¼ tsp. black pepper

1 tbsp. extra virgin olive oil

1 garlic clove, crushed

1 tbsp. salted butter

Suggested serving: Roasted potatoes

## DIRECTIONS

- 1. Let steak stand at room temperature, about 30 minutes.
- 2. Season steak with salt and pepper.
- Heat Universal 9½" Nonstick Frypan over medium high heat. Pan is hot enough when water sprinkled in the pan sizzles. Add olive oil.
- 4. Add steak to hot pan and sear 4–5 minutes until golden brown. Flip and sear remaining side 3–4 minutes or until golden brown and desired temperature is reached.
- 5. Remove steak from pan and let rest 8–10 minutes before slicing.
- Meanwhile, add crushed garlic to still warm pan to sauté briefly.
   Top steak with sautéed garlic and butter while resting. Serve immediately after resting.

\*If you've reached the desired coloring on outside of steak but want it cooked more in the center (especially for a particularly thick cut), place entire pan in a 350° F/232° C oven for 5–8 minutes. Watch closely as this will quickly cook through your meat.



5 garlic cloves, peeled 1 small onion, quartered

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1 tbsp. extra virgin olive oil

1 (28 oz.) can whole tomatoes

3¼ cups fat-free low-sodium chicken stock

2 (15 oz.) cans cannellini beans, drained and rinsed

1 tsp. Italian herb seasoning

4 oz. ditalini or other small pasta 4 cups kale or Swiss chard, roughly

chopped % cup Parmesan cheese, grated

¼ cup Parmesan cheese, gratec ¼ cup chopped parsley

- In base of SuperSonic Chopper Extra , with blade attachment add onion and garlic, cover and finely chop. Transfer to a small bowl and set aside.
- 2. Preheat a Universal 7.4 Qt. Stockpot over medium-high heat.
- Add olive oil and sauté onion and garlic until translucent and fragrant.
- 4. Chop tomatoes in base of  ${\bf SuperSonic\ Chopper\ Extra}$  .
- Add tomatoes, chicken stock, beans and seasoning blend to onions and garlic.
- 6. Bring to a boil, reduce heat and simmer 20-30 minutes.
- 7. Cook ditalini in Microwave Pasta Maker for 8 minutes. Drain.
- 8. Add kale and cooked pasta to pot.
- 9. Reduce heat and simmer 5-10 minutes until kale is wilted.
- Sprinkle with grated Parmesan cheese and parsley before serving.



3 Tbsp. vegetable oil ⅓ cup popcorn kernels

- Heat oil in the Universal Cookware 4.2 Qt. Stockpot on mediumhigh heat
- 2. Once oil is hot, add popcorn kernels and place cover on top
- Once you no longer hear popping, which should take about 3–5 min., remove from heat and remove cover.
- 4. Add chosen seasoning, stir gently and serve



3 garlic cloves, peeled 2" fresh ginger, peeled

2 tbsp. extra virgin olive oil

2 tbsp. red curry paste

4 cups veggie stock

13-oz. can coconut milk

8 oz. rice noodles

Suggested serving: Fresh cilantro, crushed red pepper flakes & areen onions to aarnish

- Place garlic and ginger in base of SuperSonic Chopper Compact and pull cord until finely chopped.
- 2. Place olive oil in **Universal 4.2 Qt. Stockpot** over medium heat.
- Sauté garlic, curry paste and ginger in olive oil until it begins to brown. 4–5 minutes.
- Add veggie stock and coconut milk to Universal 4.2 Qt. Stockpot. Bring to a boil.
- Add rice noodles and cook 4–5 minutes or according to package directions. Serve warm topped with cilantro and green onions.



2 medium zucchini, spiralized ½ tsp. salt

1 jalapeño pepper, deseeded and chopped

1 small onion, chopped

3 garlic cloves, minced

2 tsp. ground cumin

2 medium vine-ripened tomatoes

2 Tbsp. canola oil, divided 1 (8 oz.) can tomato sauce 8 eggs ½ cup loosely packed fresh

parsley, diced

- Using the Handy Spiralizer, spiralize the zucchini, and on paper towels, sprinkle with salt to drain excess moisture.
- 2. Place the jalapeño, onion, garlic, and cumin in a small bowl.
- Cut the tomatoes into quarters. Place them into the SuperSonic Chopper Extra with blade attachment and chop until pureed.
- 4. Heat 1 tbsp. of oil in the Universal 9½" Nonstick Frypan over medium heat for 3–5 minutes. Add the zoodles and cook for 3–5 minutes, or until softened, stirring. Remove the noodles from the skillet; place them into a colander and press with paper towels to drain.
- Add the remaining oil to the Universal 9½" Nonstick Frypan, and cook the pepper mixture for 2–3 minutes, or until softened.
- Stir in the chopped tomatoes, tomato sauce, and zucchini noodles. Cover and simmer for 5–6 minutes.
- Crack eggs and gently add them to the skillet, spacing them 1" apart.
   Cook, covered, for 4–5 minutes, or until the eggs are just set. The egg whites should be firm and the yolk a little runny.
- 8. Remove the **Universal 9%" Nonstick Frypan** from the heat. Sprinkle parsley over the top of the skillet.



11/2 lbs. large or extra-large shrimp, peeled and deveined 4 cloves garlic, chopped

3 Tbsp. unsalted butter

3 Tbsp. extra virgin olive oil 1/2 tsp. red pepper flakes, or to

taste ½ cup dry white wine

½ tsp. salt

Freshly ground pepper, to taste Zest and juice of 1 lemon\*

1½ Tbsp. capers.\* rinsed and drained, optional

2 Tbsp. chopped Italian parsley

# DIRECTIONS

- 1. With Universal Series Paring Knife, carefully cut shrimp down the back to butterfly them (don't cut all the way through). Set aside.
- 2. Heat butter and olive oil in Universal 4.2 Qt. Stockpot over medium-high heat. Add garlic and pepper flakes and stir constantly until garlic is softened and barely turning golden. Remove and discard garlic.
- 3. Add wine to Universal 4.2 Qt. Stockpot and cook until reduced by almost half, about 2 minutes. Add shrimp, lemon zest, and capers and sauté, stirring occasionally for about 2 minutes or until pink.
- 4. Taste for seasoning then add salt, pepper and lemon juice\*. Stir in chopped parsley. Remove from heat and serve immediately.

\*If using capers then only use the zest and juice of ½ lemon, or to taste.



- 2 tsp. extra virgin olive oil
- 2 mushrooms, sliced
- 1/4 cup spinach leaves
- 3 eggs
- ¼ cup reduced-fat (2%) milk
- 1/8 tsp. coarse kosher salt
- 1/8 tsp. black pepper
- ⅓ cup Parmesan cheese

- 1. Heat olive oil in Universal 9½" Nonstick Frypan over medium heat. Once hot, add mushrooms and cook 2–3 minutes or until brown, stirring as necessary. Add spinach leaves and sauté briefly until just beginning to wilt. Remove from pan and set aside.
- In base of Quick Shake Container, add eggs, milk, salt and pepper. Seal and shake until combined.
- 3. Pour egg mixture into fry pan over medium heat. Once egg begins to set on the bottom, use a Silicone Spatula to gently pull egg away from the sides of the pan to allow the raw egg on top to move to the bottom of the pan.
- Once most of the raw egg on top has been cooked and only a little moisture is left on top, flip to cook on other side.
- Cook until lightly browned on other side, add Parmesan and cooked spinach and mushrooms to the center, fold in half using spatula and serve warm.



2-3 Tbsp. butter

1 leek, finely chopped

2 garlic cloves, crushed

1½ cups Arborio rice

4½ cups hot vegetable stock

2 cups fresh peas

3 cups baby spinach

1 medium zucchini, ends trimmed

1 lemon chunk of parmesan salt and pepper

- Melt butter in Universal 4.2 Qt. Stockpot, Cook leek and garlic over low heat for 2 minutes. Stir in rice.
- Add stock, gradually, stirring continuously for about 17-18 minutes, or until almost absorbed, but still creamy.
- 3. Stir through peas and spinach, cook for 3 minutes.
- Using the Fusion Master Grater, grate over zucchini, lemon and parmesan. Stir in gently.
- 5. Season with salt and pepper. Serve.



Crust

⅔ cup self-rising flour

½ cup all-purpose flour

1 tsp. Italian Herb Seasoning %-oz. package active dry yeast

(2¼ tsp.)

1 tsp. granulated sugar or honey

<sup>2</sup>⁄<sub>3</sub> cup lukewarm water

# **Toppings**

½ cup pizza sauce

1½ cups shredded mozzarella

Any other desired toppings

- In Universal 4.2 Qt. Stockpot, combine dry ingredients. Turn stove on to low to slowly start heating pan. Add water and mix well until soft dough forms. Use spatula to spread dough evenly.
- Turn stove up to medium-high heat, cover and let cook until top
  of dough is set and no wet spots of dough remain, about 5–8
  minutes.
- 3. Uncover, add sauce and cheese, and any additional toppings. Cook uncovered 10 minutes
- If necessary, cover for an additional 2 minutes to further melt cheese.
- 5. Using spatula, move pizza to cutting board to cut and serve.



2 tbsp. salted butter
4 boneless, skinless chicken
breasts, cut into 1" pieces
1 cup sundried tomatoes
1 small yellow onion, peeled and
quartered
8 garlic cloves, peeled
1½ cups chicken stock
1¼ cup heavy cream, divided

1 tsp. kosher salt 5 cups wide or curly egg noodles 12-oz. bag frozen broccoli florets ½ cup chopped fresh parsley

- In the Universal 7.4 Qt. Stockpot, melt butter over medium-high heat. Add chicken, cook until browned on one side, about 2–3 minutes.
- Meanwhile, in the base of the SuperSonic Chopper Extra, with blade attachment, combine sundried tomatoes, onion and garlic. Cover and pull chord until well minced. Add mixture to pan with chicken and stir to combine. Cook, stirring occasionally, 1 minute.
- Stir in chicken stock, 1 cup of the heavy cream, salt and egg noodles. Cover and bring to a boil. Reduce to a simmer, cook 6 minutes.
- Stir in broccoli, cover and cook an additional 7–10 minutes or until noodles are desired doneness. Remove from heat, stir in remaining cream, and top with parsley. Serve warm.



- 1 large sweet potato, peeled and cut into 3" chunks
- 1 yellow onion, cut into 3" chunks
- ¼ cup all-purpose flour
- 1 tsp. baking powder
- ½ tsp. black pepper
- 1 tsp. salt
- 2 tbsp. oil

- Assemble Grate Master Shredder with large cone attachment and place bowl underneath.
- Place sweet potatoes in hopper two at a time and turn handle to grate the potatoes. Press down using plunger as necessary. Repeat this process until the remaining sweet potato is grated.
- 3. Repeat process with onion until it is completely grated.
- Add remaining ingredients to the bowl of grated sweet potato and onion and mix until combined.
- 5. In the Universal 9½" Nonstick Frypan, melt oil over medium heat.
- Spoon 1 tbsp. of mixture at a time into hot skillet, making sure they do not touch.
- Flatten with a spatula and cook until golden brown on each side, about 5 minutes.



4 Tbsp. unsalted butter

3 Tbsp. all-purpose flour

2 cups whole milk

2¼ cups water

1 lb. elbow macaroni, uncooked

1 (28-oz.) can crushed tomatoes

2 tsp. yellow mustard 1½ tsp. garlic powder

3 cups cheddar cheese, shredded

1 cup ricotta cheese

1 tsp. kosher salt

¼ tsp. pepper

- 1. Melt butter in Universal 4.2 Qt. Stockpot over medium heat.
- Stir in flour and cook 2 minutes. Slowly add milk, continually whisking to thicken.
- Add water, elbow macaroni, crushed tomatoes, mustard and garlic powder. Mix well to combine.
- 4. Cook, uncovered, 13–15 minutes or until pasta is fully cooked.
- ${\bf 5. \ Add \ remaining \ ingredients, \ mix \ well \ and \ serve.}$



- 1 small shallot or scallion
- 1 cup vegetables, chopped carrot, cucumber, zucchini, bell pepper

¼ cup all purpose flour

- 1 egg
- Salt and pepper
- 1 Tbsp. vegetable oil

- Peel shallot and vegetables, then chop using the SuperSonic Chopper Compact Add egg, flour, salt and pepper and blend again for a few sec
- Evenly coat surface of the Universal Cookware 9½" nonstick Frypan with oil and heat on medium-high heat
- 3. Drop one heaping Tbsp. of vegetable batter in the Frypan. Repeat until no batter remains
- Reduce to medium heat and cook for 2-3 min. Flip, then cook for an additional 2-3 minutes.
- 5. Serve immediately.