



# microwave recipe...

## ...Chicken à la King

### Ingredients

80g butter  
50g flour  
250ml water  
250ml milk  
1 chicken stock cube  
1 teaspoon celery salt  
freshly ground black pepper  
450g cooked chicken, diced  
200g ham, diced  
100g frozen peas  
1 cup (250ml) rice  
2 cups (500ml) water

**Preparation time:** 15 minutes

**Cooking time:** 12 minutes to cook rice  
15 minutes to cook chicken

### Method

- Put the rice and water in a deep dish, cover with clingfilm and microwave on HIGH for 12 minutes.
- Remove clingfilm, fluff with a fork and cover again.
- Put the butter in a large shallow dish and microwave on HIGH for 1 minute until melted.
- Stir in the flour.
- Add the water, milk, chicken cube, celery salt and pepper to taste. Stir well and microwave on HIGH for 4 minutes, stirring thoroughly after 2 minutes.
- Add the chicken, ham and peas to the sauce. Partially cover and microwave on HIGH for 10 minutes, stirring occasionally, until the peas are cooked and the chicken is hot.
- Fluff up the rice again, and serve with the chicken.

**Variation:** add 50g sliced mushrooms with the chicken and ham.



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## ...Meringues with Mandarins

### Ingredients

1 egg white  
250g icing sugar  
pinch of salt  
pinch of cream of tartar  
1 mlo vanilla extract  
250ml cream, whipped  
1 tin mandarin segments  
mint leaves to garnish

### Method

- Beat the egg white, salt and cream of tartar lightly.
- Gradually add the icing sugar, mixing until firm.
- Add the vanilla extract. The mixture must be firm enough to roll into balls.
- Roll mixture into 8 large balls.
- Place 4 on greaseproof paper on the turntable. Make a hollow in each ball.
- Microwave on HIGH for 1½ to 2 minutes until dry.
- Repeat with remaining balls. Allow to cool.
- Just before serving, spoon the whipped cream into the centre of the meringues and decorate with mandarin segments and mint leaves.

**Preparation time:** 10 mins

**Cooking time:** 5 minutes

**Serves:** 8





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## ...Vegetable Casserole

### Ingredients

1 potato thinly sliced  
1 onion, thinly sliced  
4 courgettes (baby marrow) sliced  
2 large carrots, thinly sliced  
250g button mushrooms, sliced  
500ml grated Gruyère cheese  
3 tablespoons butter  
125ml sour cream  
black pepper  
crusty rolls or French bread to serve

### Method

- Layer the vegetables with grated cheese in a large casserole - season each layer with black pepper.
- Dot with butter and pour over the sour cream.
- Cover and microwave on MEDIUM for 17-20 minutes, until the vegetables are soft.
- Uncover and microwave for a further 5 minutes on MEDIUM.
- Serve with crusty rolls or French bread.

**Preparation time:** 15 to 20 minutes

**Cooking time:** 25 minutes

**Serves:** 4

