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morphy richards®

mico



**MICROWAVE
ROUND GRILL**



**USER
MANUAL**

recipes!

USER MANUAL

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1. Health and Safety

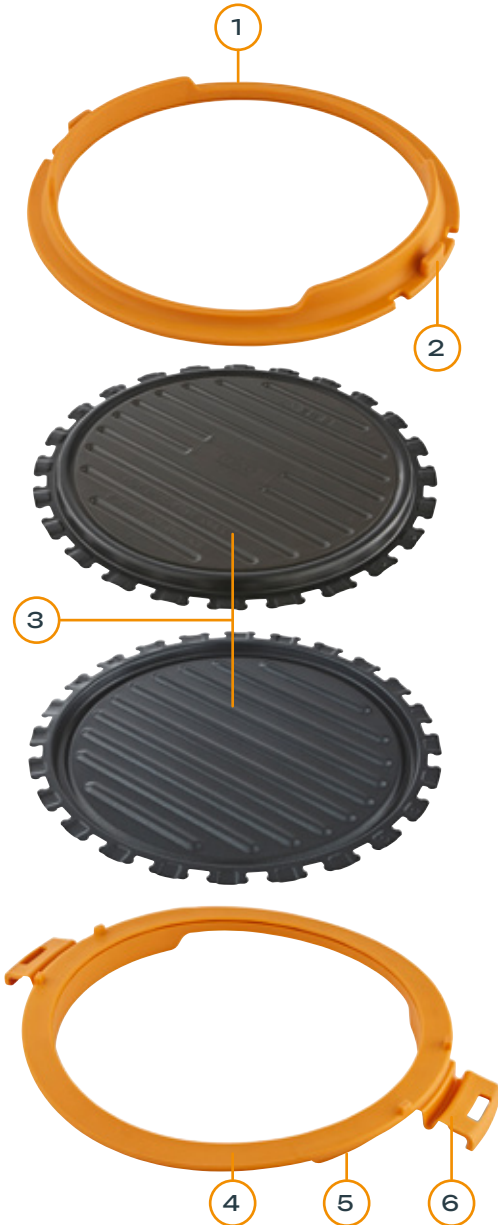
Please read these instructions carefully before using your Mico Grill.

- Not suitable for conventional ovens, hobs/grills or combination microwave ovens.
- Ensure caution is taken when removing cookware from the microwave oven as it will be hot.
- Children must not use this Mico Grill as it becomes hot in use.
- Allow metals parts to cool before removing.
- Ensure metal parts are correctly fitted into moulded housing. Do not use without the housing.
- Do not use for more than 15 minutes continuously.
- Do not use repeatedly more than 4 times before allowing to cool for 30 minutes.
- Not for commercial use. Household use only.
- Microwave power should not exceed 1000W.
- Do not use the Mico Grill without both of the silicone grill plate housings securely fitted.
- Do not use knives or utensils with sharp edges as it may damage the nonstick coating.

1. Health and Safety

- Do not place other accessories in the microwave while cooking with the Mico Grill.
- For safety and best results, put Mico Grill in the centre of microwave cavity.
- Should sparking or any other unusual malfunction occur during cooking, isolate power to the microwave immediately.
- **WARNING:** Handling hot surfaces with wet oven gloves can produce steam causing serious burns to skin.

2. Product Overview



1. Silicone upper grill plate housing
2. Upper clip
3. Grill plates
4. Silicone lower grill plate housing
5. Silicone legs
6. Lower clip

3. Using Your Mico Grill

Before First Use

Disassemble and wash your Mico Grill, dry thoroughly and reassemble. (see Care & Cleaning section and Product Overview for reassembly).

Important

- **ALWAYS** use oven mitts to remove and return the Mico Grill to the microwave.
- **Do not** use for more than 5 minutes continuously. Allow to cool in between use.
- **Do not** use repeatedly more than 4 times before allowing to cool for 30 minutes.
- This Mico Grill is designed to be used with a microwave that incorporates a turntable. It is possible to use with a microwave that does not have a turntable, however, for best results you may need to turn over half way through cooking (make sure to drain any liquid from the food that may have accumulated on the grill before turning it over).
- **Do not** use a single grill plate. The 2 plates of the grill **MUST** always be secured together before placing in the microwave.
- **Do not** use metal utensils when removing food from your Mico Grill. Metal utensils may damage the non-stick coating on the grill plates.

3. Using Your Mico Grill

- 1.** Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
- 2.** Remove the preheated grill from the microwave with care using oven mitts.
- 3.** Place the Mico Grill on a flat, level and stable surface, Lower Grill Assembly to the bottom. Unfasten the clips.
- 4.** Add ingredients to the grill plate.
- 5.** Replace the Top Grill Assembly with clips aligned to the clips on the Lower Assembly.
- 6.** Pull the lower clips upwards and 'lock' together.

3. Using Your Mico Grill

7. Cook in the microwave for the recipes' recommended cooking period (this may vary with personal taste and microwave wattage).

For even cooking on both sides, turn the grill over halfway through the cooking time. Before turning, make sure to drain any liquid that has collected inside the grill from the food.

8. When cooking is complete, remove from the microwave using oven mitts or similar.

Note: Do not over fill the grill.

As you become more familiar with the grill, you can modify the recipes and experiment with your own.

4. Care and Cleaning

Important

Cleaning your Mico Round Grill after each use will prolong its life.

- Disassemble the grill plates from the silicone housing to enable thorough cleaning.
- All parts are dishwasher safe.
- If hand washing, do so in warm soapy water with a soft cloth to protect the non-stick coating on the grill plates. Do not use scouring pads or abrasive chemicals.
- Dry thoroughly.
- Ensure the grill is securely re-assembled into the silicone housing with the legs the correct way up and the griddle lines on the grill plates following the same direction (see Product Overview diagram).

5. Recipes

Note: An 800W microwave has been used to create the recipes. Cooking times may require adjustment for lower or higher wattage microwaves, or preferred doneness of food.

Chicken Fajitas **Serves 1**

100g chicken breast,
thinly sliced

¼ bell pepper, thinly
sliced

¼ onion, thinly sliced

1 tsp olive oil

1 tsp cumin

1 tsp paprika

1 tsp soy sauce

1 pinch salt and
pepper

2 mini tortillas

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While it preheats, chop the chicken and vegetables. In a bowl, mix the chicken with olive oil, cumin, paprika, soy sauce, salt and pepper.
3. Remove the preheated grill from the microwave using oven mitts.
4. Using a paper towel, wipe the grill plates with a small amount of olive oil. Place the chicken and vegetables on the grill, close the grill and place it back in the microwave. Cook for 7–9 minutes at full power (depending on how well done you like it).
5. Remove the grill and set aside the cooked ingredients.
6. Stack the tortillas and place on the grill and return it to the microwave for 1 minute to warm.
7. Remove the grill from the microwave and fill the fajitas with the chicken and vegetables.
8. Serve the fajitas hot, add salsa and/or sour cream or your favourite sauce to taste.

5. Recipes

BLT Sandwich Serves 2

4 slices bread
4 rashers bacon
4 slices of tomato
Lettuce leaves
2 tsp butter
Mayonnaise to taste

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating, slice the cheese and tomato, wash and dry the lettuce leaves.
3. Remove the preheated grill from the microwave using oven mitts.
4. Place the bacon on the grill. Microwave for 2½ minutes on full power, remove from the microwave, for even cooking/ browning drain any liquid and turn the bacon over, return to the microwave for a further 2½ minutes. Remove and set aside when cooked.
5. Using a paper towel, wipe the grill plates with butter.
6. Place 2 slices of bread (stacked) inside grill to heat for 3 minutes, turn half way for even browning, (this may vary depending on the thickness and freshness of the bread and cooking preference).
7. Remove the bread from the grill and spread mayonnaise on the bread slices, assemble the sandwich with the bacon, tomato and lettuce.
8. Repeat steps 5 & 6.

5. Recipes

Classic Hamburger Serves 2

2 burger buns

2 beef burger patties
(approx 100g each)

2 slices cheddar
cheese

Sliced tomato

Lettuce leaves

1 tsp olive oil

Mayonnaise, mustard
and ketchup to taste

Salt and pepper
to taste

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating, season the burgers with salt and pepper. Slice the tomato, wash and dry the lettuce leaves.
3. Remove the preheated grill from the microwave using oven mitts.
4. Using a paper towel, wipe the bottom grill plate with a small amount of oil and place the two burgers on to it.
5. Close the grill and place it in the microwave. Cook for 3½ minutes, remove from the microwave, turn the burgers over and return to the microwave for a further 3½ minutes. Depending on the thickness of the meat and cooking preference, cooking time may need adjusting.
6. Remove the patties from the grill, assemble each bun with meat, cheese, tomato, lettuce and desired condiments.

5. Recipes

Salmon with Vegetables **Serves 1**

1 Salmon fillet
(approx. 130g)

½ courgette, sliced

1 small carrot,
julienned

4 asparagus tips

1 tbsp of olive oil

Juice ½ lemon

Salt and pepper
to taste

Lemon wedges
to serve

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating, season salmon and vegetables with olive oil, lemon juice, salt and pepper.
3. Remove the preheated grill from the microwave using oven mitts. Arrange the salmon and vegetables evenly.
4. Microwave at full power for 5–7 minutes (depending on the thickness of the salmon and how well done you like it the cooking time may need adjusting).
5. Carefully remove, plate and serve hot.
6. Serve with white rice and lemon wedges.

5. Recipes

Chicken & Mushroom Quesadilla **Serves 1**

2 mini tortillas

100g chicken breast
mini fillets

100g fresh
mushrooms, sliced

3 slices or grated
cheddar cheese
(approx 40g)

Salt and pepper to
taste

1 tsp of olive oil

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating, prepare the mushrooms and season the chicken breast with salt and pepper. Mix with the olive oil.
3. Remove the preheated grill from the microwave using oven mitts. Place the chicken and mushrooms inside, distributing them evenly.
4. Microwave at full power and cook for 8 minutes. Check half way through and pour away any excess liquid.
5. Remove the chicken and mushrooms from the grill. Clean the surface if necessary.
6. Place a tortilla onto the grill, spread the chicken and mushrooms evenly then cover with the cheese slices/ grated cheese. Place the second tortilla on top and close the grill.
7. Return the grill to the microwave at maximum power and cook for 3 minutes.
8. Carefully remove, plate the quesadilla and cut into quarters.
9. Serve hot with guacamole, salsa or sour cream, as preferred.

5. Recipes

Grilled Avocados **Serves 2**

2 avocados
2 medium tomatoes ,
chopped
1 small red onion,
chopped
Juice of ½ lime
Chives
Extra virgin olive oil
Salt
Pepper
200g Brie or
Camembert cheese,
cubed (optional)

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating, cut the avocados in half and remove the pit and skin.
3. Remove the preheated grill from the microwave using oven mitts. Place the avocados on the grill and microwave for 6 minutes. Check after 3 minutes and turn over for even grilling.
4. Chop the onion, tomatoes and chives. Mix in a bowl with the lime juice and a little salt.
5. Plate the avocados, serve with the tomato, onion and lime mixture and cheese (optional).

5. Recipes

Red Pepper Omelette **Serves 1**

2 eggs, beaten

40g cheddar cheese,
grated (optional)

¼ red pepper,
chopped

1 tbsp parsley,
finely chopped

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating, whisk the eggs, cheese, peppers and parsley together
3. Remove the preheated grill from the microwave using oven mitts. Pour the mixture onto the grill and microwave for 3 minutes. For best results, turn the grill over after 2 minutes to give a more even browning.
4. Remove and plate the omelette.

5. Recipes

Grilled Portobello Mushrooms with Pesto

Serves 2

4 large portobello mushrooms

2 tsp pesto

1 tbsp olive oil

Salt and pepper to taste

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating, clean the portobellos, remove the stems and gills (to reduce the amount of liquid released). Brush with olive oil, salt and pepper.
3. Remove the preheated grill from the microwave using oven mitts and place the portobellos face up on the grill.
4. Cook for 3½ minutes, remove from the microwave, pour away any excess liquid, turn the mushrooms over and return to the microwave for a further 3½ minutes. Depending on the size and thickness of the mushrooms and cooking preference, cooking time may need adjusting.
5. Remove from the grill, add a teaspoon of pesto on top of each portobello.

5. Recipes

Asparagus with Parmesan and Garlic Serves 2

12 green asparagus
tips

1 clove garlic, crushed

2 tbsp grated
Parmesan cheese

1 tbsp olive oil

Salt and pepper to
taste

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating, mix the asparagus with the garlic, olive oil, salt and pepper.
3. Remove the preheated grill from the microwave using oven mitts and arrange the asparagus evenly on the grill.
4. Microwave at full power for 5–7 minutes (this may vary depending on the thickness of the asparagus tips and cooking preference).
5. Remove, sprinkle with Parmesan and serve hot.

5. Recipes

Toasted Ham & Cheese Sandwich **Serves 2**

4 slices bread (white or whole wheat)

4 slices cheddar or mozzarella cheese

4 slices cooked ham (can be substituted with tomato)

2 tsp butter

Salt to taste

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While it preheats, spread a light layer of butter on the one side bread, assemble the sandwiches with ham and cheese between two slices of bread (butter on the outside).
3. Remove the preheated grill from the microwave using oven mitts.
4. Place a sandwich into the grill, close it and place in the microwave. Cook for 3 -4 minutes at full power (this may vary depending on the thickness and freshness of the bread and cooking preference). It is recommended to turn the sandwich over half way for even browning.
5. Repeat step 4.

5. Recipes

Baked Apples with Brown Sugar & Cinnamon Serves 2

2 apples (peeled,
cored and sliced)

1 tsp brown sugar

½ tsp cinnamon
powder

1 tsp butter

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating, peel, core and slice the apples (approx ½ inch thick).
3. Remove the preheated grill from the microwave using oven mitts, wipe the butter onto the grill plates using kitchen paper and place the apple slices in a single layer on the grill. Sprinkle with brown sugar and cinnamon.
4. Microwave for 7–8 minutes, or until the apples are well marked. For even marking it is recommended to turn the apples over half way through the cooking time.
5. Remove, plate and serve hot.

5. Recipes

Chocolate Chip Pancakes **Serves 2**

120g plain flour
1 tsp salt
1 tsp baking powder
1 tbsp sugar
230ml buttermilk
1 egg
3 tbsp butter, melted
50g chocolate chips

1. Preheat the Mico Grill: Place the empty grill in the microwave and preheat for 1 minute at full power.
2. While preheating combine the flour, salt, baking powder and sugar in a bowl then set aside
3. In a separate bowl whisk together the buttermilk, egg and melted butter. Add the dry ingredients to form a pancake batter. Lastly, fold in the chocolate chips.
4. Remove the preheated grill from the microwave using oven mitts.
5. Pour a thin layer of batter onto the grill.
6. Microwave for 7–8 minutes. For best results, for more even cooking/browning turn the grill over halfway through (times may vary depending on the amount of batter added to the grill and your cooking preference).
7. Remove, plate and serve hot.
8. Repeat steps 5 & 6 until all the batter is used.

Unused batter can be stored in an airtight container in the fridge for up to 24 hours.

6. Contact Us

If you are having a problem with your appliance, please contact our Helpline, as we are more likely to be able to help than the store you purchased the item from.

Please have the product name, model number and serial number to hand when you contact us to help us deal with your enquiry quicker.

email: **hello@morphyrichards.co.uk**

www.morphyrichards.co.uk

7. Register your 3 Year Guarantee

Your standard 2 year guarantee is extended for an additional 1 year when you register the product within 28 days of purchase with Morphy Richards. If you do not register the product with Morphy Richards within 28 days, your product is guaranteed for 2 years.

To validate your 3 year guarantee, register online at www.morphyrichards.co.uk

N.B. Each qualifying product needs to be registered with Morphy Richards individually. Please note that the 2 year guarantee is only available in the UK. Please refer to the 2 year guarantee for more information.

Your 2 Year Guarantee

It is important to retain the retailer's receipt as proof of purchase.

Please quote the following information if the product develops a fault. These numbers can be found on the base of the product.

Model no.

Serial no.

All Morphy Richards products are individually tested before leaving the factory. In the unlikely event of any appliance proving to be faulty within 28 days of purchase, it should be returned to the place of purchase for it to be replaced. If the fault develops after 28 days and within 24 months of original purchase, you should contact the Helpline quoting Model number and Serial number on the product, or write to Morphy Richards at the address shown. You may be asked to return a copy of proof of purchase.

Subject to the exclusions set out on the next page (see Exclusions), the faulty appliance will then be repaired or replaced as appropriate and dispatched usually within 7 working days of receipt.

If, for any reason, this item is replaced or repaired during the 2 year guarantee period, the guarantee on the new item will be calculated from the original purchase date. Therefore it is vital to retain your original till receipt or invoice to indicate the date of initial purchase.

7. Register your 3 Year Guarantee

To qualify for the 2 year guarantee, the appliance must have been used according to the instructions supplied.

The appliance is intended for domestic use only. Misuse or use for commercial or any other purpose will render the guarantee invalid.

Exclusions

Morphy Richards shall not be liable to replace or repair the goods under the terms of the guarantee where:

- The fault has been caused or is attributable to accidental use, misuse, negligent use or used contrary to the manufacturer's recommendations or where the fault has been caused by power surges or damage caused in transit.
- The appliance has been used on a voltage supply other than that stamped on the products.
- Repairs have been attempted by persons other than our service staff (or authorised dealer).
- The appliance has been used for hire purposes or non domestic use.
- The appliance is second hand or refurbished.
- Morphy Richards reserves the right not to carry out any type of servicing under the guarantee at its discretion.
- This guarantee does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage. This guarantee is offered as an additional benefit and does not affect your statutory rights as a consumer. Morphy Richards products are intended for household use only. See usage limitations within the location safety instructions.

Disclaimer

Morphy Richards has a policy of continuous improvement in product quality and design. The company, therefore reserves the right to change the specification of its models at any time.

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