

852680 Kitchen HQ Microwave Grill Recipes

Miso-Glazed Salmon

1 tbsp miso paste
1 tsp soy sauce
1 tsp sesame oil
1 tbsp brown sugar
1 tbsp mirin
2 tbsp olive oil
4 x 100g Salmon filets

Combine the miso, soy sauce, sesame oil, brown sugar, mirin, and olive oil and whisk well to combine. Spread onto your salmon and place in the Kitchen HQ Microwave Grill. Close and microwave on high for 5-6 minutes. Remove and serve with steamed rice and veggies.

Lemon and Herb Grilled Chicken

1 tsp parsley
1 tsp oregano
1 tsp chives
2 tsp olive oil
½ lemon, zested and juiced
2 chicken breasts, 1" thick

Combine the parsley, oregano, chives, olive oil, lemon zest and juice together and stir to combine. Spread onto your chicken breast then season with a pinch of salt and pepper to taste. Place in your Kitchen HQ Microwave Grill. Close and microwave on high for 5-6 minutes (or until your chicken is cooked through to 165 degrees). Serve with a tomato and cucumber salad. Enjoy!

Easy Cheeseburgers

1lb ground beef, divided into 3
3 slices American cheese
Salt and pepper to taste

Make three evenly sized patties and season both sides with salt and pepper. Place onto your Kitchen HQ Microwave Grill, close and microwave on high for 10 minutes, or until grill marks are formed and burgers are cooked through. Remove, top with cheese and microwave another minute. Add to burger buns, garnish, and enjoy!

Caprese Panini

3 small buns
¼ cup basil pesto
9oz fresh mozzarella, sliced
9oz salami, sliced
1 tomato, sliced
Fresh basil, picked

Spread the basil pesto on each side of your buns. Top with the mozzarella, salami, tomato, and fresh basil. Close and place in your Kitchen HQ Microwave Grill. Close and microwave on high for 5 minutes. Remove and enjoy while still hot and crispy!

Microwave S'mores!

16 graham crackers
8 large marshmallows
6oz milk chocolate

Put eight of the graham crackers down, then top each with a piece of chocolate and a marshmallow. Top each with another graham cracker then place in your Kitchen HQ Microwave Grill. Close and microwave on high for just 1 – 2 minutes. Remove and enjoy while still hot and gooey!

Sundried Tomato and Roast Chicken Quesadilla

4oz leftover rotisserie chicken, shredded
4oz cheddar cheese, shredded
2 tbsp sundried tomatoes, diced
2 tbsp cilantro, finely chopped
2 large tortillas

Place your tortilla down, then top with the cheese, chicken, sundried tomato, and cilantro. Enclose with the other tortilla then place in your Kitchen HQ Microwave Grill. Close and microwave on high for 3-4 minutes. Remove and serve with fresh sour cream and sliced avocado. Enjoy!

Chocolate Hazelnut Stuffed French Toast

2/3 cup whipping cream
2 tbsp brown sugar
2 eggs
2 tsp vanilla extract
1/2 tsp cinnamon
2 slice brioche bread, cut 2 1/2" thick
1/4 cup chocolate hazelnut spread

Cut an incision in the bottom of your bread, reaching the center but not cutting all the way through. Spread the chocolate hazelnut mixture inside your brioche. In a bowl, combine the cream, sugar, egg, vanilla, and cinnamon. Whisk well to combine, then dip the bread in and coat all over. Transfer to your Kitchen HQ Microwave Grill. Close and microwave on high for 4 minutes. Remove and dust with powdered sugar and serve with fresh berries and maple syrup.

Classic Meatballs

1/2 lb ground beef
1/2 lb ground veal
1 tsp salt
1 tsp dried parsley
1 tsp dried oregano
1/2 tsp black pepper
1 egg

1/3 cup milk
1/4 cup breadcrumbs

Combine the beef, veal, salt, parsley, oregano, pepper, egg, milk, and breadcrumbs evenly. Mix just to combine. Then portion into evenly sized meatballs and add to your Kitchen HQ Microwave Grill. Close and microwave on high for 10-11 minutes. When done, remove and serve with your favorite pasta!

Easy Microwave Nachos!

6 cups nachos
2 cups cheddar cheese, shredded
1/4 cup salsa
1/4 cup sour cream
1/4 cup black olives
2 tbsp pickled jalapenos
1/4 bunch cilantro, finely chopped

Method:

Add the nachos to your Kitchen HQ Microwave Grill. Top with the cheddar cheese, then transfer to your microwave. Microwave on high (uncovered) for 2 – 2 1/2 minutes. Remove, then garnish with the salsa, sour cream, olives, jalapenos, and cilantro. Enjoy while hot!

Microwave Shrimp Scampi

1lb shrimp, peeled and deveined
1/4 cup butter, melted
2 garlic cloves, finely minced
2 tbsp parsley, finely chopped

Method:

Mix the shrimp with the melted butter, garlic, and parsley. Place on your Kitchen HQ Microwave Grill. Close and microwave on high for 5-6 minutes. Remove and garnish with fresh parsley and lemons for squeezing!

Crispy Curry Chicken Thighs

3 bone-in, skin on Chicken thighs
2 tsp curry powder
1 tsp onion powder
1 tsp garlic powder
1 tsp paprika
1 tsp dried parsley
Salt and pepper to taste

Method:

Mix together the curry powder, onion powder, garlic powder, paprika, parsley, salt, and pepper together in a small bowl. Liberally rub all over the chicken thighs, then transfer to your Kitchen HQ Microwave Grill. Close and microwave for 16 minutes or until golden, crispy, and the

internal temperature has reached at least 165 degrees. Enjoy with some basmati rice and veggies!