

mico
microwave cookware

Delicious food made conveniently

MICO Toastie recipe e-book
New and Improved



morphyrichards
smart ideas for your home

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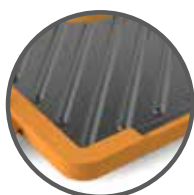
Our MICO cookware
features include:



Dishwasher Safe



Cool Touch



Non-Stick

mico
microwave cookware

www.morphyrichards.com.au



Love your microwave but
always achieve mediocre
cooking results?
Rethink how you use a
microwave, for great-
tasting food that is quick
and doesn't compromise
on quality... **think Mico!**





The Mico cookware range revolutionised microwave cooking for the ages! This microwave cookware will make you rethink how you cook with its innovative heatwave technology, the new method of cooking where you make the perfect meal every time, reinventing the meaning of conventional cooking. Perfect eggs and crispy and gooey toasties... every time! Cook fluffy baked potatoes in a fraction of the time.



11 recipes for your MICO Toastie

Make more than just tasty, crispy toasties

Cream Cheese and Lemon Butter Waffles

Sweet Raisin Bread Cheese Toastie

Croissant French Toast

Strawberry Brioche with Mixed Berries

Rye Toastie with Tuna Salad

Cheesy Baked Beans in Square Wrap

Raspberry and Cream Cheese Jaffle

Banana Choc Triangles

Peanut Butter Doughnut Stack

Hearty Mediterranean Toastie

Tuna Topper Bagel

morphyrichards®

DISCLAIMER: Images in this booklet are for pictorial reference only and may differ from the actual recipe. For more information, visit www.morphyrichards.com.au.







1

Serve

5

Minutes



Cream Cheese and Lemon Butter Waffles

Ingredients:

- 2 Belgian waffles
- 1 tablespoon cream cheese
- 2 tablespoons lemon butter (store-bought)
- Icing sugar, to serve
- Vanilla ice cream, to serve

Method:

Spread cream cheese and lemon butter on one waffle; place the other waffle on top to create a sandwich.

Place into the MICO Toastie and clip the top and bottom together; microwave for 5 minutes* (flipping halfway), or until waffles are golden brown.

Remove waffles from grill plates and cut into quarters.

Dust waffles with icing sugar and serve with vanilla ice cream.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



1

Serve

5

Minutes



Sweet Raisin Bread Cheese Toastie

Ingredients:

2 slices thick-cut raisin toast

Butter

1 tablespoon honey

1 tablespoon cream cheese

1/2 banana, sliced

Cinnamon sugar, to taste

Fresh strawberries, to serve

Extra honey, to serve

Method:

Butter one slice of raisin toast and place buttered side down onto the bottom plate of the MICO Toastie.

Spread honey and cream cheese onto the slice; add banana and dust with cinnamon sugar.

Butter the other slice of raisin toast and place on top, buttered side up.

Clip the top and bottom of the MICO Toastie together; microwave for 5 minutes* (flipping halfway), or until toastie is golden brown.

Remove toastie from grill plates and serve with strawberries and extra honey.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



2

Serves

5

Minutes



Croissant French Toast

Ingredients:

2 small croissants

Chocolate hazelnut spread

1 egg

1/4 cup milk

1/4 teaspoon vanilla essence

Fresh berries (of your choice), to serve

Maple syrup, to serve (optional)

Method:

Cut croissants horizontally (but not to cut all the way through) and spread with chocolate hazelnut spread.

Add egg, milk and vanilla essence to a bowl; whisk to combine.

Soak one croissant in the egg mixture; place into the MICO Toastie and clip the top and bottom together.

Microwave for 5 minutes* (flipping halfway), or until golden brown.

Remove croissant from grill plates and repeat with the other croissant.

Serve with berries and maple syrup.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



2

Serves

5

Minutes



Strawberry Brioche with Mixed Berries

Ingredients:

4 slices thick-cut brioche

Butter

1 tablespoon strawberry jam

1 egg

1/4 cup milk

1/4 teaspoon vanilla essence

Fresh mixed berries, to serve

Maple syrup, to serve (optional)

Method:

Spread two slices of brioche with butter and jam; place another slice on top to create two sandwiches.

Add egg, milk and vanilla essence to a bowl; whisk to combine.

Soak one brioche in the egg mixture; place into the MICO Toastie and clip the top and bottom together.

Microwave for 5 minutes* (flipping halfway), or until golden brown.

Remove brioche from grill plates and repeat with the other brioche.

Serve with berries and maple syrup.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



1

Serve

7

Minutes



Rye Toastie with Tuna Salad

Ingredients:

95g can tuna in olive oil, drained
4 capers, chopped
1 baby gherkin, chopped
2 teaspoons chives, chopped
3 teaspoons mayonnaise
2 slices thick-cut rye bread
Butter
1 slice cheddar cheese
Chargrilled capsicum (store-bought)
Rocket leaves, to serve (optional)

Method:

Add tuna, capers, gherkin, chives and mayonnaise to a bowl; mix well.

Butter one slice of rye and place buttered side down onto the bottom plate of the MICO Toastie.

Add cheese, capsicum and tuna salad onto the slice.

Butter the other slice of rye and place on top, buttered side up.

Clip the top and bottom of the MICO Toastie together; microwave for 7 minutes* (flipping halfway), or until toastie is golden brown.

Remove toastie from grill plates and serve with rocket.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



1

Serve

5

Minutes



Cheesy Baked Beans in Square Wrap

Ingredients:

25cm/10" soft wrap

1 slice cheddar cheese

1/3 cup baked beans

Method:

Lay wrap in the centre of the bottom plate of the MICO Toastie, leaving excess wrap to overhang.

Place cheese and baked beans on top; fold excess pastry over, making a parcel to enclose the filling.

Clip the top and bottom of the MICO Toastie together; microwave for 5 minutes* (flipping halfway), or until wrap is golden brown.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



2

Serves

7

Minutes



Raspberry and Cream Cheese Jaffle

Ingredients:

1 sheet frozen puff pastry, thawed
2 tablespoons cream cheese
1/3 cup frozen raspberries, thawed
1 teaspoon sugar
Water
Cooking spray oil (of your choice)
Icing sugar, to serve

Method:

Cut pastry into quarters; divide cream cheese between two quarters and spread leaving a 2cm border around the edge of the pastry.

Add raspberries on top and sprinkle with sugar.

Brush the edges of each quarter with water and place the other two quarters on top; press the pastry edges together to seal and enclose the filling.

Spray the grill plates of the MICO Toastie with cooking oil; place the jaffle into the MICO Toastie.

Clip the top and bottom of the MICO Toastie together; microwave for 7 minutes* (flipping halfway), or until jaffle is puffed and golden brown.

Remove jaffle from grill plates and repeat with the other jaffle.

Serve with a dusting of icing sugar.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



2

Serves

7

Minutes



Banana Choc Triangles

Ingredients:

- 1 sheet frozen puff pastry, thawed
- 1 banana, sliced
- 1 tablespoon chocolate chips
- Water
- Cooking spray oil (of your choice)
- Icing sugar, to serve

Method:

Cut pastry into quarters; divide the banana between two quarters, leaving a 2cm border around the edge of the pastry.

Add chocolate chips on top.

Brush the edges of each quarter with water and place the other two quarters on top; press the pastry edges together to seal and enclose the filling.

Spray the grill plates of the MICO Toastie with cooking oil; place the pastry into the MICO Toastie.

Clip the top and bottom of the MICO Toastie together; microwave for 7 minutes* (flipping halfway), or until pastry is puffed and golden brown.

Remove pastry from grill plates and cut diagonally into two triangles; repeat with the other pastry.

Serve with a dusting of icing sugar.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



2

Serves

4

Minutes



Peanut Butter Doughnut Stack

Ingredients:

- 2 cinnamon sugar doughnuts
- 1 tablespoon crunchy peanut butter
- 1 tablespoon maple syrup
- Vanilla ice cream, to serve (optional)
- Roasted flaked almonds, to serve (optional)
- Maple syrup, to serve

Method:

Cut doughnuts in half horizontally; divide peanut butter between the two halves and spread.

Place the other two halves on top and brush with maple syrup.

Place one doughnut stack into one side of the MICO Toastie; place the other doughnut stack on the opposite side.

Clip the top and bottom of the MICO Toastie together; microwave for 4 minutes* (flipping halfway), or until doughnut stacks are golden brown.

Remove doughnut stacks from grill plates.

Serve with a scoop of ice cream, a drizzle of maple syrup and sprinkle with almonds.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



1

Serves

4

Minutes



Hearty Mediterranean Toastie

Ingredients:

Cooking oil spray

1/4 Turkish pide, split in half

2 tablespoons olive tapenade

4 slices salami

3 slices char-grilled marinated eggplant

4 semi-dried tomatoes, drained

2 slices mozzarella

Method:

Spray one side each piece of bread with oil. Place one piece of bread, oiled-side down onto one side of the Mico Toastie plate.

Spread with tapenade. Top with salami, eggplant, tomatoes and mozzarella.

Top with remaining bread, oiled-side out. Top with remaining Mico Toastie plate. Seal with rubber clips.

Microwave on HIGH (100%) for 2 1/2 minutes. Turn Mico Toastie over. Microwave on HIGH (100%) for a further 1 1/2 minutes for a golden brown toastie or until cooked to your liking.

*Based on a 1000W microwave. Cooking times may vary depending on microwave wattage.



1

Serves

4

Minutes



Tuna Topper Bagel

Ingredients:

95g can tuna in oil, drained, flaked

60g cream cheese, at room temperature

2 tablespoons grated tasty cheese

1 tablespoon jalapenos, chopped

1 green onion, finely chopped

1 sesame seed bagel, split in half

Cooking oil spray

Lemon wedge, to serve

Method:

Combine the tuna, cream cheese, grated cheese, jalapeno and half the green onion in a small bowl. Season.

Spray one side each piece of bread with oil. Place one piece of bread, oiled-side down onto one side of the Mico Toastie plate.

Spread with three-quarters of the tuna mixture. Top with remaining bread, oiled-side out. Top with remaining Mico Toastie plate. Seal with rubber clips.

Microwave on HIGH (100%) for 2 1/2 minutes. Turn Mico Toastie over. Microwave on HIGH (100%) for a further 1 1/2 minutes for a golden brown toastie or until cooked to your liking. Place on a serving plate.

Top with remaining tuna mixture. Sprinkle with remaining green onion. Serve with lemon.

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