

# Microwave Cooking Basics



Microwaves are not just for reheating leftovers, they can be used to cook a range of quick, easy meals in just minutes. As well as saving on time, microwaves are cost-effective as they are far more energy efficient compared to conventional ovens, grills and hobs.



## Jacket potato

- Scrub the potato and prick all over with a fork.
- Place on a microwaveable plate and cook on the High setting depending on the size and density of your potato, cooking times will vary.
- Start with 3 or 4 minutes, then flip the hot potato with a pair of tongs and continue with an additional 3 minutes of cooking time, adding more time as necessary to get the perfect tender, creamy, baked potato.
- Carefully remove from the microwave and cut in half. Serve with your favourite toppings or as a side dish.

## Jacket sweet potato

- Scrub the potato and prick all over with a fork.
- Place on a microwaveable plate and cook on the High setting depending on the size and density of your potato, cooking times will vary.
- Start with 3 or 4 minutes, then flip the hot potato with a pair of tongs and continue with an additional 3 minutes of cooking time, adding more time as necessary to get the perfect tender, creamy, baked potato.

- Carefully remove from the microwave and cut in half. Serve with your favourite toppings or as a side dish.

## Pasta

- Place the pasta in a microwave-safe bowl, cover with water and microwave on the High setting for the same amount of time stated on the packet directions, plus 3 minutes, or until soft.
- Drain and serve.

## Rice

- Add washed rice and water to a microwave safe dish or bowl.
- Using a ratio of 1-1/2 cups rice: 2-1/4 cup water.
- Microwave for 5 mins on full power, then 15 minutes at 50% power and leave to rest for 5 mins before serving.

## Omelette

- Mix 2 eggs in a microwaveable bowl or mug. Add a handful of your favourite chopped vegetables or cooked meat and mix well.
- Cook for 2-3 minutes, making sure the egg doesn't bubble over. Stir halfway through the cooking process.

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## Scrambled Eggs

- Beat together 2 eggs and 2 tablespoon semi skimmed milk in a microwaveable bowl or mug.
- Cook in the microwave on a high setting for 30 seconds, remove and beat again, then return to the microwave for another 30 seconds on a high setting.

## Poached Egg

- In a microwaveable mug, add in 1/2 cup of water, or fill to about 1/3rd of the mug.
- Carefully crack open an egg and add it into the mug on top of the water, taking care not to break the yolk.
- Make sure that the egg is completely submerged in the water, if it's not you can add a little more water to the mug.
- Once the egg is in the water gently prick the yolk with a fork to prevent mess. Cover the mug with a microwaveable plate or cover with cling film.
- Microwave on a high setting for 1 minute.
- Remove from the microwave and check that the egg is cooked—the egg white should be firm. If it's not you can microwave for a further 15 seconds.

## Porridge

- In a large microwavable bowl or dish, mix 1/2 cup or 50g of oats and 1 cup or 240ml of semi-skimmed milk.
- Microwave on a high setting for 2 minute.
- Remove carefully, the bowl will be hot, and stir in another 1/3cup or 60ml of semi-skimmed milk.

- Return to the microwave and cook for another 1 minute on a high setting.
- Remove from the microwave carefully, the bowl will be hot, and add in any desired toppings such as fresh fruit or nuts.
- Allow to cool for 1 minute before eating.

## Toasted Nuts

- Toss a cup-ful of nuts in a teaspoon of vegetable oil.
- Spread them out into a single layer on a microwaveable plate and toast in one-minute intervals, turning between each interval, be careful as the oil will be very hot!
- They will take 3-8 minutes depending on the size and quantity in the cup.

## Steamed Vegetables

- Prepare and chop vegetables. Lay them in a single layer on a microwaveable plate or dish and cover them with a triple layer of damp paper towels or a single, clean, damp kitchen towel.
- Microwave on a high heat for 2—6 minutes until vegetables are tender.
- Alternatively, you can place prepared and chopped vegetables into microwaveable plate or dish, pour over enough water so that the bottom of the dish is covered (covering about 1/8th of the vegetables).
- Cover with cling film, leaving one corner uncovered, or cover with a microwaveable plate or lid, and microwave on a high setting for 2-5 minutes until vegetables are tender.

For information about how to store and reheat leftovers safely, please visit:

[www.food.gov.uk/safety-hygiene/chilling](http://www.food.gov.uk/safety-hygiene/chilling) AND [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

Recipe produced by the Children's Nutrition Team

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