

Ping! Make Delicious Microwave Meals in Minutes



Easy microwave dishes cooked in a small bowl or a large mug. Some timings may need adjusting, depending on temperature of microwave, size of bowl or mug available, portion size and hunger.

Microwave cooking is not an exact science, but does need a certain amount of care. 20 seconds can make an OK meal into a burnt and dried out disaster. Best err on the side of caution and cook for slightly less time than you think it might need, give it a stir and a prod, then cook for a bit longer if necessary. All recipes serve 1. Recipes are based on a 700-watt microwave.

Equipment:

Small to medium sized bowl or a large mug (microwavable)

Small cup for measuring,

A plate and a knife (sharp enough to chop vegetables)

A fork and a spoon and little else.

Optional extras include a grater, and a sieve or colander

Ingredients. Mostly store cupboard basic, such as pasta, rice, noodles, (plus couscous if available), tinned, fresh or frozen vegetables, onions, garlic (if liked), potatoes, eggs, cheese, oats, stock powder or cubes, Marmite yeast extract cooking oil (olive oil, but any cooking oil available), tomato puree, tins chick peas, kidney beans, lentils, baked beans and tomatoes, any herbs and spices to hand, such as dried herbs, cumin, chilli and curry powder, salt and pepper, plus milk, flour, baking powder, butter or marge, sugar, dried fruit (sultanas), nuts, honey or jam.

Now you have all the basic information, feel free to click through the recipes.