

### **Fry me on medium/high**

Greek Style Pork Cutlets 10 Minutes  
Indian Chicken Stir Fry 10 Minutes  
Teriyaki Beef Stir Fry 8 Minutes  
Bistro Rump 8 Minutes  
Minute Steak 2 Minutes

### **Grill me on medium/high**

Boneless BBQ Spare Rib Chops 20 Minutes  
Lamb Steaks in Mint & Rosemary Sauce 20 Minutes  
Minted Lamb Cutlets 20 Minutes  
Greek Style Pork Cutlets 15 Minutes  
Marinated Cumberland Twist 15 Minutes

### **Bake me preheat to 180c/ gas mark 5**

Lamb Henry 91-120 minutes  
Duck in Rosemary & Redcurrent Sauce 60 minutes  
BBQ Spare Ribs 45 Minutes  
Boneless BBQ Spare Rib Chops 45 Minutes  
Chicken Breast in Mango Sauce 45 Minutes  
Chicken Curry 45 Minutes  
Chicken in Honey & Mustard 45 Minutes  
Chicken Kiev 45 Minutes  
Chicken Wraps Minutes  
Lamb Steaks in Mint & Rosemary 45 Minutes  
Lemon & Coriander Chicken 45 Minutes  
Mexican Meatballs 45 Minutes  
Minted Lamb Cutlets 45 Minutes  
Sweet & Sour Chicken 45 Minutes  
Sweet Chilli Chicken 45 Minutes  
Beef Olives 40 Minutes  
Chicken & Cheese Puff Pastry Parcel 40 Minutes  
Marinated Cumberland Twists 40 Minutes  
Sausage & Bacon Melts 40 Minutes