

Sunbeam

MINI SNACK PRESS *and* GRILL



*fast 2min
preheat*



*perfect for
single serves*



EASY RECIPES FOR QUICK BITES



QUICK
AND EASY

MAKES
5-6
FRITTERS

FULL OF
FLAVOUR

*serve with a
zesty avocado
salad*

SWEETCORN & FETA FRITTERS

WHAT YOU NEED

130g cooked sweetcorn
(if you are using canned,
drain well)

60g self raising flour

½ tsp garlic powder

Pinch of chilli flakes

Ground black pepper

60ml milk

1 medium egg

1 tbsp chopped chives

60g crumbled feta cheese

Vegetable oil

- 1** Place the flour, garlic powder, chilli flakes and black pepper into a small mixing bowl, stir to mix. Beat the egg and milk together in a small cup.
- 2** Pour into the flour mixture and stir with a fork to combine, do not overmix. Stir in the sweetcorn, feta and chives. Brush the plates with a little vegetable oil and pre-heat the Mini Snack.
- 3** Place a large spoonful of the batter mix onto the middle of the hot plate, close the lid and allow to cook for 2 ½ minutes before opening the lid and turning the fritter with a non stick spatula. Cook for a further 2 ½ minutes before removing to a warm plate. Cover with a piece of foil and repeat with the remaining batter mix.
- 4** Served best with a zesty avocado salad. In a bowl, mix 1 small diced avocado, 1 large diced vine tomato, 3 tbsp black beans, 2 tbsp sweetcorn, juice of ½ lime, ½ tbsp olive oil and chopped coriander. Season with salt and pepper to taste.



Soft and fluffy



BLUEBERRY PANCAKE STACK

WHAT YOU NEED

50g self-raising flour

1 tbsp caster sugar

15g melted butter

1 small/medium egg

60ml milk

150g pack blueberries

*serve with
Golden syrup or honey*

- 1 In a mixing bowl, whisk together flour, sugar, melted butter, egg and milk until smooth. Fold in a handful of blueberries.
- 2 Preheat and lightly oil the Mini Snack.
- 3 Spoon 1 tbsp batter onto the centre of the hot plate, close lid and cook for approx. 2 minutes. Flip when bubbles form and cook for another 2 minutes.
- 4 Repeat with remaining batter, covering the cooked pancakes with foil to keep warm.
- 5 Serve stacked with syrup and extra blueberries.



*yum
yummm
yummm...*



FLAPJACK BAKE

WHAT YOU NEED

100g rolled oats

25g light brown
soft sugar

50g butter

40g golden syrup

*2 sheets of
baking paper
≈ 22cm x 18cm*

- 1 Place the oats and sugar into a mixing bowl. Melt the butter and syrup, either in a small pan or a microwave.
- 2 Pour the butter mixture over the oats and sugar and mix well while preheating your Mini Snack.
- 3 Line the base plate with baking paper over the bottom of the plate, leaving enough to grab each side. Spread the flapjack mixture evenly over the paper.
- 4 Place the second sheet of baking paper on top and close the lid.
- 5 Cook for 4 minutes, then carefully flip using the baking paper.
- 6 Close the lid and cook for a further 2 minutes and then remove flapjack by lifting both sides of the baking paper.
- 7 While warm, cut in half and allow to cool completely before peeling off the base paper.



STRAWBERRY SHORTCAKE

WHAT YOU NEED

Vegetable oil
for greasing

10-15g butter

3 large strawberries,
quartered

1 tbsp maple
or golden syrup

Squirty cream

1 slice of left over
Madeira cake

*you can also
use store
bought cake*

- 1 Brush the plates with a little vegetable oil and pre-heat the Mini Snack. Place the slice of cake onto the bottom plate, close the lid and cook for approx 1 minute, before turning over to cook for a further minute.
- 2 Remove the hot cake and wrap in a little tin foil to keep warm.
- 3 Add the butter to the hot Mini Snack along with the strawberries and close the lid. Cook for 2-3 minutes, occasionally stirring to evenly cook the fruit.
- 4 Place the cooked cake onto a warmed plate, top with the cooked strawberries and any juices.
- 5 Drizzle over the syrup and top with cream.



*chocolate and gooey caramel...
... what's not to love?* 

OAT POWERED

ENERGY

SERVES
2

DESSERT

IN MINUTES

CARAMELITA

WHAT YOU NEED

- 50g oats
- 70g plain flour
- 50g light brown soft sugar
- 50g milk chocolate chips
- 80g melted butter
- 4 tsp vanilla extract
- 2 tbsp shop bought caramel sauce

*4 sheets of
baking paper
≈ 22cm x 18cm*

- 1 Mix oats, flour and sugar in a bowl. Stir in melted butter and vanilla extract.
- 2 Preheat Mini Snack. Place a piece of the parchment paper over the bottom plate and spoon a quarter of the mixture.
- 3 Sprinkle half the chocolate chips and drizzle over 1 tbsp caramel sauce.
- 4 Top with another quarter of the mixture. Cover with parchment paper and close the lid.
- 5 Cook for 4 minutes. Remove the bake using the parchment paper and place on wire rack. Remove top paper.
- 6 Repeat steps for second bake. Heat 2 tbsp caramel sauce in microwave briefly. Drizzle half over one bake, flip the second on top to sandwich and peel off paper.
- 7 Drizzle remaining caramel over the top. Cool completely, then slice.



CHEESY CHIPS

WHAT YOU NEED

100g frozen microwave chips pack

Chip seasoning spice or similar

Handful of grated cheese of your choice

*serve with
squeezy salsa & guacamole*

- 1 Preheat your Mini Snack and place a sheet of baking paper across the bottom plate, allowing enough either side for easy removal later.
- 2 Spread the frozen chips across the bottom plate and shake over some of your seasoning mix. Close the lid and allow to cook for 3 minutes.
- 3 Open the lid and sprinkle over the grated cheese. Top with the remaining paper.
- 4 Close the lid and cook for approx 8 minutes. Remove the cheesy chips from the Mini Snack and top with the squeezy dips. Eat from the paper whilst hot.
- 5 Jalapenos, sriracha or similar spicy sauces also make great toppings.



Pub classic



FISH FINGER & MUSHY PEA TOASTIE

WHAT YOU NEED

4 frozen fish fingers

2 slices thick sliced white bread

Butter for spreading

1-2 tbsp mushy peas

2 thin slices of cheese

*serve with
tartare
or
tomato sauce*

- 1 Brush the plates with a little vegetable oil and pre-heat the Mini Snack.
- 2 Add the frozen fish fingers, close the lid and cook for approx 4 minutes. Carefully turn over the fish fingers and cook for approx 4 minutes.
- 3 Once the fish fingers are cooked remove from the Mini Snack. Assemble your sandwich by placing 1 tbsp mushy peas onto one of the bread slices. Top with a slice of cheese before placing all 4 fish fingers on top.
- 4 Top this with the remaining mushy peas, sliced cheese and the bread on top, ensuring the buttered side is to the outside.
- 5 Place the sandwich horizontally into the heated Mini Snack and close the lid. Cook for approx 5 minutes.
- 6 Serve hot with some fries and your choice of sauce.



HOT CAKE TO GO

WHAT YOU NEED

50g softened butter

50g caster sugar

1 large egg

50g self-raising flour

½ tsp vanilla extract

Splash of milk

Vegetable oil

Icing sugar to dust

- 1 Place all the ingredients into a mini chopper or a bowl with a hand mixer and whizz to form a cake batter.
- 2 Brush the plates with a little vegetable oil and pre-heat the Mini Snack.
- 3 Spoon in the cake mixture, spreading this out to all 4 corners and close the lid. Allow to cook for 4-5 minutes until golden and carefully remove to a foil sleeve or a plate.
- 4 Dust with a little icing sugar and eat on the go. Alternatively, you can top with ice cream, fruit coulis or berries for a quick dessert.

Tip

A packet sponge mix that you add an egg/ water/milk to, will also work well.



MINI CELEBRATION CAKE

WHAT YOU NEED

- 100g softened butter
- 100g caster sugar
- 2 large eggs
- 100g self raising flour
- 1 tsp vanilla extract
- Splash of milk
- Vegetable oil

FOR DECORATION

- 200-300ml whipping cream
- 2 tbsp raspberry jam
- Small punnet of raspberries
- 1 tsp icing sugar

- 1 Place all the ingredients into a mini chopper or a bowl with a hand mixer and whizz to a cake batter.
- 2 Brush the plates with a little vegetable oil and pre-heat the Mini Snack.
- 3 Spoon in the cake mixture, spreading this out to all 4 corners and close the lid. Allow to cook for 4-5 minutes until golden and carefully remove to a foil sleeve or a plate.
- 4 Repeat with the remaining mixture so you have 2 sponges. Place onto a wire rack to fully cool. Meanwhile, whip the cream.
- 5 Spoon the jam onto the base of one of the sponges. Spoon or pipe the cream onto the jam and top with the remaining sponge.
- 6 Pipe remaining cream onto the top, then decorate with some raspberries and mint. Dust with the icing sugar before serving.



classic pastie

SAUSAGE, BEAN & CHEESE PASTY

WHAT YOU NEED

1 sheet defrosted shortcrust pastry

1 small tin (200g) sausage and beans

2 slices cheddar cheese

Salt and pepper

Oil for brushing

Milk for brushing the bakes

1 Cut pastry into half, then half again so you will have 4 pieces.

Trim the edges if necessary (these need to fit into your Mini Snack).
2 Remove the sausages from the tin of beans and slice in half lengthways.

Place the cheese onto 2 of the pastry slices.
3 Divide the sausage and beans over the top, allowing a small gap around each edge.

Dampen the edges all around with a little water
4 before covering with a pastry lid. Mark the edges all around with a fork to create a good seal. Brush with the milk.

Brush the plates with a little vegetable oil and
5 pre-heat the Mini Snack. Add the pasty and bake for 7-8 minutes before carefully removing. Repeat with the remaining ingredients.



SPINACH & CHEESE OMELETTE

WHAT YOU NEED

- 2 medium eggs
- Salt and pepper
- 30g grated cheese
- Small handful of spinach leaves
- Vegetable oil

- 1 Mix all the ingredients together in a small bowl.
- 2 Brush the plates with a little vegetable oil and pre-heat the Mini Snack.
- 3 Spoon in the mixture and close the lid. Cook for approx 3 minutes before opening the lid and removing the omelette. Delicious eaten warm.

*great way to
start your day*

SERVES

1

READY IN

10

MINUTES

HIGH IN



PROTEIN

PROTEIN BRUNCH STACK

WHAT YOU NEED

50g cottage cheese

2 large eggs

Ground black pepper

Pinch of oregano

Garlic/onion powder

1 chicken sausage

½ avocado, sliced

2 tbsp hummus

Vegetable oil
for greasing

Sriracha

Rocket leaves

- 1 Blend cottage cheese, 1 egg, pepper, oregano, and garlic/onion powder (optional) until smooth. Lightly oil both Mini Snack plates and pour in the mixture. Close lid and cook for 3 minutes.
- 2 Whilst this cooks, warm a serving plate and prepare a piece of foil. Carefully remove the omelette with a silicone spatula and place on the warmed plate and cover loosely with foil.
- 3 Add the chicken sausage to the Mini Snack. Close lid and cook for approx 4 mins, occasionally turn to brown evenly. Remove the sausage and wipe the plates.
- 4 Lightly oil plates again and crack egg into the Mini Snack. Tilt the Mini Snack to spread the egg white evenly. Cook for approx 1 min, then close the lid for 30 seconds (for a runny yolk or an additional 30 seconds for firmer consistency).
- 5 Top omelette with hummus, avocado, sausage slices, and sriracha. Add the fried egg and finish with rocket leaves.



*perfectly paired
with a gravy dip*

THE LEFTOVER ROASTIE TOASTIE

WHAT YOU NEED

Left-over roast dinner

2 slices white bread

Softened butter

Condiment of your choice -
mustard, horseradish,
cranberry or mint sauce

30g sliced cheese

Gravy for dipping

*can include
stuffing, potatoes,
meat & veggies*

- 1 Preheat your Mini Snack. Cut up the leftover roast dinner foods and butter both bread slices on one side only.
- 2 Assemble your sandwich by spreading the condiment of your choice on the unbuttered side of 1 slice of bread.
- 3 Arrange the leftovers on top and finish with sliced cheese. Top with remaining bread slice with the buttered side to the outside.
- 4 Place into the hot Mini Snack. Close the lid and cook for approx 6-7 minutes until golden and piping hot.
- 6 Cut into quarters and eat with gravy on the side.



TOAD IN THE HOLE

WHAT YOU NEED

- 2 sausages
- Vegetable oil
- 40g plain flour
- 1 medium egg
- 50ml milk
- Pinch salt

- 1 Brush the plates with a little vegetable oil and pre-heat the Mini Snack. Prepare the batter mix by whisking the flour, egg, milk and salt together.
- 2 Add the sausages to the heated Mini Snack and close the lid. Cook for approx 1 minute before turning, close the lid and cook a further minute. Turn again adding 1 tsp vegetable oil to the bottom plate.
- 3 Pour in the batter mix until it fills the bottom plate and comes up to the first line.
- 4 Close the lid and latch onto the first handle catch (the lid is not closed all the way). Cook for 6 minutes.
- 5 Carefully remove onto a warmed plate and enjoy!



3
STORE
CUPBOARD
ITEMS

MAKES
2
BAKES

FULL OF

FLAVOUR

VEGI CURRY NAAN BAKE

WHAT YOU NEED

1 pack rectangular flatbread

400g tin vegetable curry

**1 tsp lime
or aubergine pickle**

Mango chutney for dipping

Vegetable oil

- 1** Cut both rectangular flatbreads into half, giving you 4 pieces to work with and trim the edges so that these fit into the Mini Snack.
- 2** Brush little water around the edges of the flatbread pieces and spoon some of the curry onto 2 of the flatbreads, topping it with the pickle.
- 3** Place a piece of naan on top so you have 2 sandwiches. Brush the plates with a little vegetable oil and pre-heat the Mini Snack.
- 4** Add the sandwiches to the hot Mini Snack, close the lid and bake for approx 5-6 minutes.
- 5** Carefully remove the naan bake from the Mini Snack and cook the second sandwich. Serve alongside a dipping pot of chutney.



WARM SMORES COOKIE BAKE

WHAT YOU NEED

60g softened butter

75g light brown soft sugar

1 medium egg

½ tsp vanilla extract

60g self raising flour

50g digestive biscuit

50g milk or dark
chocolate chip

1 tbsp milk

2 tbsp marshmallow or
chocolate spread

*2 sheets of
baking paper
≈ 30cm x 22cm*

- 1 Place the softened butter and sugar into a small bowl and whisk for a couple of minutes until light and fluffy.
- 2 Add the egg and vanilla extract and continue whisking until combined.
(Don't worry if this is a little curdled at this stage).
- 3 Whisk in the flour and digestive crumbs. Stir in the chocolate chips and milk. Preheat your Mini Snack.
- 4 Open the lid and place a piece of the baking parchment paper over the bottom of the plate, leaving enough to grab each side and to fold over the raw mixture for baking.
- 5 Place half of the cookie mixture onto the paper and spread out over the base. Fold over the paper and close the lid, encasing the cookie.
Cook for 6-7 minutes.
- 6 Place the marshmallow spread into a small bowl and warm for a few seconds in the microwave. Drizzle over the warm cookie with the melted chocolate.
Delicious with a scoop of vanilla ice cream.



ZESTY PRAWN SKEWERS WITH HOT HONEY

WHAT YOU NEED

- 10-14 fresh peeled prawns
- 1 lime zest and juice
- 1 garlic clove
- 1 red chilli
- 1 tbsp olive oil
- 75ml honey
- ½ tbsp crushed chilli seeds
- ½ tbsp cider vinegar
- Salt and pepper

- 1 Drain the juices off the prawns and dry on some clean kitchen paper. Place the lime juice and zest, garlic, chilli and olive oil into a small bowl and mix well.
- 2 Add the raw prawns, stir to fully coat, then cover and place in a fridge for 30 minutes.
- 3 Make the hot honey dressing by placing the honey and crushed chilli seeds into a small pan. Gently heat until bubbling, remove from the heat, stir and leave to infuse for 10 mins.
- 4 Add the cider vinegar to the honey, stir again and strain through a small sieve into a clean jar.
- 5 Thread the marinated prawns onto 6 mini skewers (approx 13cm in length). Heat the Mini Snack, once hot, place 3 of skewers onto the bottom plate and close the lid.
- 6 Cook for 1-2 minutes, remove and place onto a warmed plate. Season with a little salt and pepper and drizzle with the honey dressing. Repeat with the remaining 3 skewers

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