

Sunbeam

NEW SteamFry Air Fryer + Steam

*Crispy outer crunch,
juicy tender inside*



CONTENTS

MENU

Homemade Pork & Prawn Dumpling Noodles	3
Sweet & Spicy Chicken & Kimchi Burger	4
Lemongrass & Ginger Steamed Fish	5
Teriyaki Chicken Bao Buns	6
Salt & Pepper Prawns with Crunchy Mint Salad	7
Homemade Falafel Pita Pockets	8
Prosciutto & Balsamic Brussel Sprout Salad	9
Middle Eastern Roast Chicken & Vegetable Cous Cous	10
Crispy Kung Pao Chicken	11
Pretzel S'mores	12

Homemade Pork & Prawn Dumpling Noodles 🍜



Calories 432 · Protein 36g · Fat 8g · Carbs 54g · Fibre 2g

INGREDIENTS

60g Lean Pork Mince
60g Peeled Prawns (weighed raw)
2 tsp Lemongrass Paste
2 tsp Grated Ginger
1 clove Minced Garlic
10g Spring Onion
5g Honey
15ml White Wine Vinegar
15ml Soy Sauce
5g Chilli Oil
8 Wonton Wrappers
50g Egg Noodles (weighed dry)
120g Bok Choy

STEPS

1. To make the dumplings, finely chop the prawns and add to a bowl with pork mince, lemongrass paste, chopped spring onion and half the ginger and half the garlic. Mix to combine.
2. Divide pork and prawn mixture between wonton wrappers, using a small amount of water on the edges to seal.
3. Add the dumplings to the Sunbeam SteamFry Air Fryer + Steam and set to 180°C on the STEAM FRY setting. Cook for 6 minutes. Remove from basket then add the bok choy to the basket and cook for 2 minutes on Steam setting.
4. Meanwhile, to make the sauce, mix together soy sauce, rice wine vinegar, melted honey, chilli oil and remaining ginger and garlic.
5. Cook noodles according to packet instructions. Transfer to a bowl. Top with dumplings, bok choy and sauce.



Make the dumplings in bulk and freeze, uncooked on a sheet of baking paper to cook whenever you like

Sweet & Spicy Chicken & Kimchi Burger!

Calories 479 · Protein 40g · Fat 11g · Carbs 54g · Fibre 2g



INGREDIENTS

- 120g Chicken Breast (weighed raw)
- 1 Egg White
- 1 tsp Grated Ginger
- 10g Sriracha
- 15g Panko Breadcrumbs
- 20g 99% Fat-Free Mayonnaise
- 5g Chilli Oil
- 10g Honey
- 60g Kimchi
- 40g Cucumber
- 1 Burger Bun

STEPS

1. Whisk together egg white, ginger and sriracha. Coat chicken breast in egg white mixture and then coat in breadcrumbs. Set the Sunbeam SteamFry Air Fryer + Steam to 200°C on STEAM FRY and cook for 12 minutes or until golden.
2. Meanwhile, mix together melted honey and chilli oil. Lightly toast both halves of the bun and top with kimchi, cucumber, chicken, chilli oil mix and mayonnaise.



Lemongrass & Ginger Steamed Fish



Calories 369 · Protein 32g · Fat 3g · Carbs 53g · Fibre 3g

INGREDIENTS

120g White Fish (weighed raw)
1 tsp Fresh Ginger
1 clove Minced Garlic
10g Lemongrass
1 Small Red Chilli
15ml Soy Sauce
30ml Light Coconut Milk
15ml Lime Juice
150g Bok Choy
125g Cooked Basmati Rice

STEPS

1. Crush the lemongrass with the back of a knife. Place a sheet of baking paper in the Sunbeam SteamFry Air Fryer + Steam basket and top with fish fillet, grated ginger, garlic, lemongrass, sliced chilli, soy sauce, coconut milk and lime juice. Set to 100°C on STEAM setting. Cook for 6 minutes then add bok choy to the basket and cook for a further 2 minutes.
2. Place rice in a bowl and top with fish and bok choy.



Teriyaki Chicken Bao Buns

Prep Time
15 minutes

Cook Time
20 minutes

Serve
1 person

Calories 577 · Protein 39g · Fat 8g · Carbs 70g · Fibre 3g

INGREDIENTS

- 120g Chicken Breast
- 15g Teriyaki Sauce
- 20g Panko Bread Crumbs
- 50g Greek Yoghurt
- 50g White Self Raising Flour
- 60g Cucumber
- 15g Spring Onion
- 30g Red Cabbage
- 20g Reduced Fat Mayonnaise

STEPS

1. To make the bao buns, mix flour and yoghurt together in a bowl. Turn onto a floured work surface and knead until smooth. Cut dough into 3 pieces and roll each piece into a circle. Fold into a half moon shape and place in the Sunbeam SteamFry Air Fryer + Steam basket lined with baking paper. Set the Sunbeam SteamFry to 100°C on STEAM setting. Cook for 8 minutes. Remove and set aside to cool.
2. Meanwhile, coat chicken breast in Teriyaki sauce and then breadcrumbs. Place in the Sunbeam SteamFry basket and set to STEAM FRY setting on 180°C. Cook for 10 minutes.
3. Slice chicken and vegetables and divide between the bao buns with mayonnaise.



Short on Time? Buy ready made Bao Buns from the freezer section at the supermarket and STEAM in your Sunbeam SteamFry Air Fryer

Salt & Pepper Prawns with Crunchy Mint Salad 🌿

Calories 397 · Protein 36g · Fat 11g · Carbs 46g · Fibre 5g



INGREDIENTS

- 120g Peeled Prawns (weighed raw)
- 10g Rice Flour
- 1 clove Minced Garlic
- 1 small Red Chilli
- 5g Spring Onion
- 40g Snow Peas
- 50g Grated Carrot
- 10g Fresh Mint Leaves
- 10g Bean Sprouts
- 25g Fried Noodles
- 20g Honey
- 30ml Rice Wine Vinegar

STEPS

1. Add rice flour to a bowl with salt and pepper. Coat the prawns in the rice flour and add to the Sunbeam SteamFry Air Fryer + Steam basket with garlic, sliced chilli and sliced spring onion. Set to 180°C on the STEAM FRY setting. Cook for 8 minutes or until golden.
2. Meanwhile, thinly slice snow peas and add to a bowl with carrot, mint, bean sprouts and fried noodles. To make the sauce melt the honey and whisk together with the rice wine vinegar. Top with the salad with the prawns and pour the sauce over the top. Drizzle with sriracha mayo.



Spray with a light coat of olive oil for an extra golden finish

Homemade Falafel Pita Pockets



Calories 456 · Protein 22g · Fat 19g · Carbs 46g · Fibre 16g

INGREDIENTS

150g Canned Chickpeas (drained weight)
15g Hulled Tahini
10ml Lemon Juice
1 Clove Garlic
1 tsp Ground Cumin
1 tsp Ground Coriander
5g Fresh Parsley
1 Wholemeal Pita Pocket
20g Cucumber
20g Tomato
20g Lettuce
30g Greek Yoghurt
30g Hommus

STEPS

1. Add rinsed and drained chickpeas to a blender with tahini, lemon juice, spices, salt, and parsley. Blend until combined and roll into patties.
2. Place the falafel in the Sunbeam SteamFry Air Fryer + Steam and set to 180°C on Air STEAM FRY. Cook for 15-17 minutes or until golden.
3. Cut the pita pocket in half and fill it with yoghurt, hommus, sliced salad vegetables and falafel.



Prosciutto & Balsamic Brussel Sprout Salad

Calories 407 · Protein 28g · Fat 18g · Carbs 25g · Fibre 14g



INGREDIENTS

50g Prosciutto
200g Brussel Sprouts
40g Red Onion
3g Minced Garlic
5g Lemon Zest
20g Unsalted Almonds - Skin On
30ml Balsamic Vinegar
10g Honey
50g Kale

STEPS

1. Remove the stems from the Brussel sprouts and cut into quarters. Add to the Sunbeam SteamFry Air Fryer + Steam basket. Set to STEAM and adjust temperature to 180°C. Cook for 3 minutes.
2. Slice the onion and prosciutto and add to a bowl with the garlic, lemon zest, chopped almonds, balsamic and melted honey. Toss to coat.
3. Add to the Sunbeam SteamFry basket. Set to 200°C on STEAM FRY setting. Cook for 6 minutes then add chopped kale and toss to combine. Cook for a further 2 minutes or until kale is slightly crispy. Transfer to a bowl to serve.



Tips

Great as a standalone meal
or as a share dish when
entertaining

Middle Eastern Roast Chicken & Vegetable Cous Cous'

Calories 530 · Protein 39g · Fat 11g · Carbs 65g · Fibre 8g



INGREDIENTS

150g Chicken Thigh (weighed raw)
15g Harissa Paste
20g Greek Yoghurt
30g Red Onion
60g Carrot
120g White Potato
1 tsp Ground Coriander
1 tsp Ground Cumin
30g Cous Cous (weighed dry)
2g Fresh Parsley
15g Dried Dates
20ml Lemon Juice

STEPS

1. Mix the harissa paste and greek yoghurt together in a bowl and season with salt and pepper. Coat the chicken with the yoghurt and set aside.
2. Chop the onion, potato and carrot and add to a bowl with cumin, coriander, salt and pepper and add to the Sunbeam SteamFry Air Fryer + Steam basket lined with baking paper. Set to STEAM FRY and adjust temperature to 180°C. Cook for 5 minutes. Shake the basket and add the chicken. Cook for a further 14 minutes.
3. Meanwhile, make cous cous as per packet instructions. Fluff with a fork and add finely chopped parsley, finely chopped dates, lemon juice, salt and pepper.
4. Transfer the cous cous to a plate and top with vegetables and chicken.



Crispy Kung Pao Chicken

Calories 605 · Protein 43g · Fat 11g · Carbs 81g · Fibre 3g



INGREDIENTS

120g Chicken Breast (weighed raw)
1 Egg White
20g Panko Breadcrumbs
½ tsp Garlic Powder
15ml Balsamic Vinegar
15ml Soy Sauce
15ml Oyster Sauce
10g Brown Sugar
5g Cornflour
1 tsp Fresh Ginger
1 Minced Garlic Clove
½ tsp Chilli Flakes
50g Red Capsicum
50g Zucchini
10g Spring Onion
15g Unsalted Cashews
125g Cooked White Rice

STEPS

1. Dice the chicken breast and place the bread crumbs in a bowl with garlic powder, salt and pepper. Coat the chicken in the egg white, then the breadcrumb mix. Add to the Sunbeam SteamFry Air Fryer + Steam basket lined with baking paper set to STEAM FRY and adjust temperature to 180°C. Cook for 8 minutes, shaking the basket halfway through. Once cooked remove from basket and set aside.
2. Chop the zucchini, capsicum and spring onion. Add the to the Sunbeam Steam Fry, set to STEAM FRY and adjust temperature to 180°C. Cook for 5 minutes or until vegetables are soft.
3. Meanwhile, to make the sauce, add vinegar, soy sauce, oyster sauce, brown sugar, corn flour, grated ginger, garlic and chilli flakes to a bowl. Whisk until smooth.
4. Add the chicken, cashews and sauce and vegetables and cook for a further 3 minutes. Serve with rice.



Pretzel S'mores

Prep Time
5 minutes

Cook Time
5 minutes

Serve
1 person

Calories 105 • Protein 1g • Fat 84g • Carbs 16g • Fibre <1g

INGREDIENTS

2 McVitie's Digestives Milk Chocolate Choc Tops

4 Mini Marshmallows

1 Pretzel

STEPS

1. Place one biscuit, chocolate side up on Sunbeam SteamFry Air Fryer + Steam basket and top with marshmallows, pretzel and remaining biscuit (chocolate side down). Set the Sunbeam SteamFry to STEAM FRY adjust temperature to 180°C and cook for 5-6 minutes or until the marshmallow has melted.

